

LORNE INDEPENDENT

\$2

No 170 January 2016 produced as an independent newsletter by Lorne Independent Inc. PP381624/0254

Lorne was lucky - this time!

Lorne was lucky this past Christmas but next time we may not get out of it as easily as that.

And, by no means are we in the all clear – the fires along the Great Ocean Road are still burning and according to fire authorities, it may be weeks before all is safe.

Tree trunks apparently are so hot that water makes little difference and all that's needed for the fire to flare up is rising temperatures and an increase in wind ferocity.

Unfortunately, other populated pockets along the Great Ocean Road, notably Separation Creek and Wye River suffered the full brunt of the Christmas fires with a total (at the time of our publication) of 116 homes lost, in addition to sheds and other structures.

More than 2,200 hectares of bushland and forest has been burned and it may be some time before the total damaged is assessed.

Meanwhile, Lorne – itself in grave danger and at time of writing still on Watch and Act Notice – has launched an appeal to help those fire victims in need of help (See page 8 and 9).



The spectacular photo top was taken by Lorne local Ian Walding, also of the nonchalant fisherman near Artillery Rock with the fire raging nearby. Ian said that the pilot of the helicopter and his wife were from Arizona, USA, and both were staying at Colac. Immediately above, the Lorne community meeting two days before Christmas attracted more than 400 people.

Lorne Independent Inc.
Published by Lorne Independent Inc.
No. A0041756Y
ABN: 54 724 981 550
Published monthly

Finalist (2006), Best Layout,
Community Newspaper Association of Victoria

Alan J. Holding Award (2008), for
Outstanding Community Service,
Lions Clubs International District 201 V2

Winner (2008), Best Editorial Writing,
Community Newspaper Association of Victoria

Winner (2009), Best Sports Article,
Community Newspaper Association of Victoria

Finalist (2011), Best News Reporting,
Community Newspaper Association of Victoria

Finalist (2011) Best Editorial Comment,
Community Newspaper Association of Victoria

Finalist (2012) Best Feature Article,
Community Newspaper Association of Victoria

Finalist (2013) Best Feature Article,
Community Newspaper Association of Victoria

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The Lorne Independent Inc. is produced on a non-profit voluntary basis and, as a newsletter, seeks to give in its pages open access to the community. It is important to note, however, that opinions expressed by authors of articles are their own.

Advertising and publicity for community events is free, and all other contributions are most welcome. Supplied copy and pictures must bear the name and address of the author and/or organisation.

The editorial committee of the Lorne Independent reserves the right to cut, alter or otherwise work the articles to make them suitable for publication. The committee also reserves the right to reject articles and/or photos if it deems the material to be unsuitable for publication. **Please note:** Absolute deadline for copy is four days before the end of the month.



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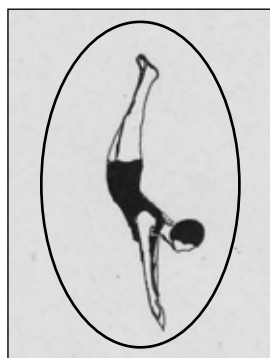
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The Louttit Loop



Following quite the most dramatic Christmas Day in Lorne's colourful history, anything in the pipeline for this January's Lillian chat seems simply frivolous. Thoughts, fears, sympathy and love go out to our mates at Wye River and Separation Creek. A big test for the mettle of this strong, small community snuggled into a bend in the Otways. Lots of ways to donate needed \$'s – collections tins in most shops (emptied daily) and the

incredible "Spirit Foundation" being advertised even on TV – go Google.

Having observed Incident Controller Alistair Drayton in action at the first Community Meeting in Lorne prior to Christmas, we felt well cared for by a most competent leader in charge of a huge team. He popped up again at the Boxing Day Community Meeting in Torquay, in Apollo Bay and at the Cumberland Resort – all three in one day. Confident, compassionate, capable and knowledgeable he reported the situation, answered questions and declared Lorne to be open for business once more. His back-up personnel stood ready to support him and us. A very impressive show of the very smarts.

It was heart breaking to see the folk from Sep and Wye who had no idea if their houses had survived or suffered. As quick as a wink, Controller Alistair asked these folk to stay behind for a special meeting of their own. He gently offered them the chance to take a mini-bus guided tour of their town to visit their properties – reminding them that this would be a most emotional and probably painful experience, but he felt they deserved to have the full picture. His ground force were checking out asbestos, power lines, fallen trees, live solar power lines etc. prior to opening up to residents. But in they went by bus over the next three days, supported by many professional care givers.

Amazing stories being shared – those who stayed in Lorne heard horses clip clopping down the main street after midnight – they had been walked to the beach from Allenvale. Other animals were assembled on the hot beach as in the '83 fires. Everyone was full of praise for those they shared the big night with and for the Surf Club, and of course our wonderful Springy and Clive who stayed in Lorne expressly to help out.

Beaut to hear the dulcet calm tones of Geoff Couper on 774 – at Teddy's Lookout with others who stayed.

Horrrifying to see more traffic coming bumper-to-bumper into Lorne on Christmas Day as residents drove carefully out to motels or relatives elsewhere. Finally the GOR inbound was closed at Torquay when the word "Evacuate" flashed up.

If you have a situation with injured wildlife, please contact the fantastic Jirralinga folk at Barwon Heads – 52542484.

Anyway, here we go again. The Silly Season has sort of commenced, and the delightful sound of hammers hitting tent pegs echoes round the streets as our visitors settle in once more. Or twice more for those evacuated on Christmas Day.

Those who showed up at the Lions Arvo Tea to celebrate Lorne's philanthropic achievements, community partnerships and strong culture of volunteerism loved the sangers and dev. tea from Lorne Larder over the road. Volunteers nodded almost in unison as they were thanked and only later realized that those doing the thanking were in fact the most hard working, giving, generous volunteers in the whole world probably! Belated appreciation for all their efforts on our behalves to Peter Spring and Clive Goldsworthy.

Peter (Rip) and Lisa finally had to say farewell to cool dude Maverick – their almost ancient border collie who knew so many gardens in Lorne and was an excellent example of a "tradies dog"!

How damned embarrassing is it for a beautiful tourist destination such as Lorne to have folk arrive at their rental property only to find that towels, sheets, even tea towels are not provided. Only blankets, doonas, bare mattresses and pillows. Luckily the Op Shop is open seven days a week for a grizzle and a \$100 stock up.

And, speaking of the Op Shop – a recent large donation of disgusting, filthy, broken, rusty, ripped, cobwebby, totally unusable and unsaleable household items caused anger and tears to the team on duty. "How could they?" "We don't deserve this!" Straight to the tip at a cost of almost \$50! The donor was identifiable by books and a stamp collection with many named envelopes! Lillian has resisted the pleading and bribes to name and shame these people – but next time! Mostly the amazing donors are thoughtful about what they send and only deliver what they would actually buy!

Sadly Michael Callanan missed out on the Lornecare's 15th Birthday bash picnic and Christmas working bee. He was laid up once more in the Alfred, and hopefully will be home in Lorne by now!

Lorne Larder is running a competition over summer to win 'Coffee for a Year' valued at up to \$1,464. All entrants need to do is Like their Facebook Page or Follow them on Instagram to be in the draw. Councillor Clive Goldsworthy will randomly select the winner on Australia Day January 26, 2016.

Check out the excellent Recipe Book put out by the Lorne Hospital available at various shops round town, and also at the Medical Centre and Hospital Reception. Well done to Marian, Eve, Emily and Vicki – all on staff at the Hospital – for collecting all the recipes and tips – a great job and only \$12

T'riffic article by Gary Allen about the Dux of our School – Leo Coleman with an ATAR score of 94.2 - a great effort! Leo has chosen to study Engineering at Deakin which will suit his love of maths and science.

The Lorne Op Shop team offer a cash incentive each year to a VCAL student and this year's winner was Dylan McKean. Dylan lives just out of town with his Grandparents who must be very proud of him – his academic efforts were most impressive and his mentor Cherie compares his spirit and work ethic to those of the volunteers at the Op Shop – namely resilience, hard work, motivation, and a passion for a good cause! Congratulations Dylan and good luck as School Captain in 2016!

The Lorne Independent also presents a monetary award for a student showing talent in the field of literature or journalism. Year 8 student Belle Daffy romped it in with a mega passion for literature, and for her hard work as sub-editor of her classroom newspaper "The Good News". Belle is a gifted and inspiring student who has amazing skills for interpreting and reading poets such as Keats. She is much loved by both students and teachers.

As a senior member of the Lorne Community, it is most encouraging to hear of such dedicated young folk, who have a great influence on others in our smallish school community.

Happy, safe, fire free 2016 to each and every special one of you, and thanks a trillion to the enormous firefighting team of devoted human beings who have worked so bloody hard in dreadful conditions to keep us safe..... Lillian.

LorneCARE News

- caring for our environment

Joining in a LorneCare working bee is a practical way of learning about Lorne's magical environment and showing your love for it.

As usual, the LorneCare team will be cleaning up the Lorne foreshore and beach on New Year's Day starting at

6am

There will be no monthly working bee in January. Working bees will recommence on February 21 2016.

See the February issue of the 'Lorne Independent' for details.

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

Mobile: 0417 031 905

Michael Callanan

Mobile: 0408 891 886

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Lorne - a place of natural beauty and special significance

Men who lunch

Health workers are always on about how beneficial it is for men to talk and how difficult it is to get the males of the species to open themselves up.

Well, a bunch of guys in Lorne have taken this statistically proven fact and turned it round – about thirty of them meet once a month and lunch.

Of enormous importance is that the meet takes place in the sophisticated and convivial atmosphere at QDOS, the food is excellent and fine wine helps to lubricate tongues and depress inhibition.

The inspiration of Men's Shed President, Allan Walls, the gatherings have become more expansive and interesting with each month. No rules apply, though each month one of the men is invited to tell others about his life, a now firmly established custom that has unearthed some interesting histories.

**Give Allan a ring and join Men who Lunch
0418 319 533**

Lorne Independent

There are many of us still around who remember the catastrophic 1983 Ash Wednesday Bushfire with its terrible loss of life and property.

And every year with government sponsored awareness and advertising campaigns, we've lived with the quiet dread and realisation that it could all happen again.

Well, it has! Or almost, at least for Lorne!

A lot of time has passed since 1983 and the horrendous Black Saturday fires of 2009, and obviously there have been dramatic improvements in the way we understand and are able to live with bushfire.

Advancements have been enormous, especially in areas such as communications, radar and weather prediction, basic fire-fighting science, even in areas such as psychology.

But perhaps the most important factor is that a successful life in a fire-prone area must have the understanding, support and active participation of the whole community.

Without community involvement, fire will be a clear-cut winner.

All the above factors played enormously important parts in last months' Surf Coast emergency, and it was only the superb co-operation between the Surf Coast communities and emergency agencies that created a situation which guided us through without loss of life.

Lorne community even had the foresight some time ago in setting up a foundation which could provide help to both individuals and community in emergency situations and at time of need.

The Spirit Foundation is certainly ready to offer some measure of financial comfort to those in need.

But life is a continuous process which moves ever forward; realistically there is never a time to pause and mark time.

One glaring factor was obvious from the very first public meeting in December and the realisation had about it the substance of our most horrific nightmare!

Lorne was just about to have an influx of a large number of holiday visitors and a good number of them had little knowledge on how to conduct themselves in a bushfire situation.

Unfortunately, too, many Lorne locals were neglectful of their own fire safety ...for instance, camping out on the beach does not necessarily protect you from flying objects such as iron sheeting, branches and other debris, all too common in a firestorm.

And burning embers are especially dangerous ...

There are a lot of weeks still to go before it's all over for another year, and with more and more visitors flooding into Lorne each year, there is still much to learn.

And plan!

By the community of Lorne! By each of us individually! Perhaps also by tourist operators!

And yes, even by visitors themselves, especially those contemplating entering a fire-prone holiday area.

Let's take the fire scare last Christmas as a warning and a wake-up call!

- Jo Vondra



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1 Ferny Grove, Kennett River

- 2 brm, 1 bthrm, \$280 p/w, available now.

1480 Deans Marsh Road, Lorne

- 2 brm, 1 bthrm, \$300 p/w

Lorne & District Men's Shed should be up in a couple of months

As the Lorne & District Men's Shed is moving towards completion, the committee is asking for suggestions and ideas on activities as these would relate directly to the internal function and what sort of work and actions the Shedders will engage in.

"At this stage, we are after ideas that ultimately, we can bring to reality," said Men's Shedder President, Allan Walls.

The Shedders are already considering a range of woodworking activities, and planning and inquiries for suitable equipment are well advanced.

He also said that activities, and the installations and equipment needed, are also directly related to fund raising.

"If we need a specialised piece of equipment, we will obviously have to have the money to pay for it," said Secretary Don Baldwin.

"We expect the Shed to be completed to lock up stage by the end of February and work will then commence on Stage 2 of this two-stage project," Don said.

Stage two will see the installation of various partitions to divide the Shed into appropriate sections such as a kitchen area for the preparation of refreshments, as well as lounge/recreation area and of course the import work spaces for woodwork and other activities.

Landscaping is of course another important consideration.

"As with projects of this kind, we will be fundraising towards a target of about \$100,000," Don said.

"Our charter requires we have adequate insurance for the safety of all our members and this has been arranged through the Australian Men's Shed Association.

"Insurance has been quoted at \$25 per member, thus our decision to set the subscription at \$50 per annum would seem a reasonable amount," he added.

Meanwhile, treasure John Barber, has done a lot of work with Surf Coast Shire Council to minimise the impact of GST on all the major purchases for the shed.

- JV



Summer dog regulations now in force

Surf Coast Shire Council is reminding dog owners to familiarise themselves with the local summer dog regulations, which came into effect from 1 December.

The regulations include dog timeshare restrictions applying to popular Surf Coast beaches including: parts of Lorne's coastline around Louttit Bay and Shelley Beach.

The timeshare restrictions apply annually from 1 December until 28 February and over the Easter weekend each year. During this time, dogs are not allowed in timeshare areas between 9am and 7pm.

Dogs are prohibited from fenced sand dune and coastal vegetation areas; and must always be on leash in beach car parks and on beach access tracks.

Council's Local Laws Officers are also urging owners to carry bags for picking up after their dogs to help keep Surf Coast clean and avoid a fine ranging from \$50 to \$250.



News from our Councillor for the Lorne Ward

FIRE SEASON – How prepared were you, how prepared are you?

Just days before Christmas (23/12/15) a Community Meeting in Lorne was held to update the community on the current status of the Jamieson Track fire. It was clearly evident that a number of the Lorne community, both resident and non-resident, did not have a Fire Plan in place and were uninformed as to what to do in the event of a bushfire.

On Christmas morning Lorne was notified that the Jamieson Track Fire had jumped containment lines and that a strong NNW wind was driving the fire through Separation Creek and Wye River before it turned just 500 metres from Kennett River. The fire's intensity had created its own weather pattern known as a "Convection Column" and was completely out of control. With the impending wind changes to the South West, Lorne was in the fire's direct path.

The evacuation advice was issued. Initial estimates suggested that there were over 3,000 day trippers on the foreshore and most of them were oblivious to the potential danger and clearly demonstrated they had no fire plans. I also came across a number of permanent residents who had no idea where to source information and comments on Social Media clearly demonstrated the lack of knowledge surrounding the issue.

A number of families and individuals retreated to the beach with inadequate clothing and drinking water, with little idea what to expect if the fire made a direct hit on Lorne. They had no idea that if such an event occurred, they would be sharing the beach and water with domestic and native animals, flying sheet metal and other debris, not to mention hot embers picked from the fire.

The bushfire ultimately destroyed 116 properties in Separation Creek and Wye River. Thankfully there were no human casualties. I can't confirm that would have been the case if the fire had hit Lorne.

I have provided the following points to assist all members of our community to BE PREPARED for what could be a long and difficult fire season. These links will help friends and families to ensure they stay safe and clear of any fires.

1. Please watch the following video by clicking on the link:

https://www.youtube.com/watch?v=jty_99L5eJA&feature=youtu.be

A light-hearted video on bushfire planning with a serious message that has been praised by emergency services representatives.

2. Prepare your Fire Plan and practise it:

The following link has comprehensive information that will assist in preparing families and their fire plan in advance. It is

crucial to have a plan in place so that in the event of a fire all family members are aware of what to do.

<http://www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan/>

3. Understand the Fire Warnings:

Do not rely on an official warning to leave. Emergency incidents can start quickly and threaten homes and lives within minutes.

When warnings are issued you need to understand what each one means.

The warning level is based on incident conditions and impact on the community, therefore the first warning issued could be an Emergency Warning - the highest level of warning.

There are three different levels of warnings that you can read about or watch in the following links:

Read:

<http://www.cfa.vic.gov.au/warnings-restrictions/about-warnings/-understanding-warnings>

Watch:

<https://youtu.be/6CTSM6JoB4Y?list=PL6EHXr54f5MoskqJEZsLk6JTKxqr571VR>

4. How do I check for the latest warnings and advice messages?

- <http://www.emergency.vic.gov.au> or www.cfa.vic.gov.au

- Listen to ABC Radio 774 am
- Watch Sky News TV
- Install the Fire Ready App on your mobile device

For direct links please email lorneward.information@gmail.com for an electronic version of this notice.

Please take your safety seriously so that you and your

Do not rely on one source of information

YOUR SAFETY AND THE SAFETY OF YOUR FAMILY IS YOUR RESPONSIBILITY

Cr Clive Goldsworthy,
Lorne Ward,
0400 756 854
lorneward.information@gmail.com

SPIRIT FOUNDATION

Great Ocean Road
Locals Supporting Locals
thespiritfoundation@gmail.com

The Spirit Foundation is a Charitable Trust
supporting community initiatives for locals in need.
Chairman - Clive Goldsworthy Surf Coast Shire Councillor
Director - Peter Spring Committee for Lorne

Wye River & Separation Creek Community Bushfire Appeal

The Spirit Foundation is a Great Ocean Road based charitable trust supporting community initiatives for locals in need. It was established in 2013.

The Foundation has launched an appeal to support the communities of Wye River and Separation Creek who were dramatically affected by the bushfires on Christmas Day.

A tax receipt can be issued on request for donations of \$100 or more.

Please donate today to the following account.

Bank: Bendigo Community Bank
Account Name: Spirit Foundation No. 4
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Account Number: 150164101

Thank you for your support.

Cr Clive Goldsworthy
Chairman
Spirit Foundation
0400 756 854

Peter Spring
Director
Spirit Foundation
0417 514 807

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Sportsbriefs with John Ford

January Tennis Excitement

Lorne Country Club Tennis Section is hosting a range of exciting events during January – and members AND VISITORS are welcome:

*Holiday Coaching Clinic. Monday Jan 11th to Fri 15th from 9.00am to midday. Cost is \$20 per day, all ages welcome and will finish with a BBQ on Fri 15th.

*Thursday coaching resumes on Jan 14th from 3.30pm to 5.00pm - \$10 per session.

*Free Tennis Day – Sat. Jan 23rd from 10.00am to midday with coaching available. This is a Tennis Victoria initiative and will be a great morning. Register with Deb Jarratt on 0498 494 409.

Australia Day Tournament – Sun. Jan 24th.

Details are as follows: 9.00am to 12.30pm Mixed Doubles Round Robin format. Members \$10 and visitors \$15 - includes BBQ lunch and prizes. All adults, and juniors of section 1-3 level are welcome.

Please contact John Ford 0418 372 709, or Jillian Chapman 0407 338 904 for enquiries and bookings. For planning and catering purposes we ask for your early response. Book early and don't miss out – closes Fri. Jan 22nd.

Lorne Business Fit

It's just about having a go!

What is Lorne Business Fit (LBF)?

LBF is all about providing the opportunity, for those who put their hand up, to get a little bit fatter fitter over summer.

We want to get as many people who work in Lorne, (and any of their friends) to challenge themselves to some fun activities after work during late January to Feb/March.

The plan is pretty simple – round up some mates from work, or anywhere else, and meet us on the beach a couple of nights a week where you can huff and puff at your own rate. Laughter is compulsory.

What'll we be doing?

Stuff like – Walking, Running, Swimming, Ski paddling..... maybe even Yoga or a little surf in the shore break.

If you know someone who is a 'legend' at any of these activities make sure you bring them along so they can maybe give us some tips.

There are some of us who need a reason to get our heart rate above 'resting', so here it is!

Some time toward the end of March we will have a Teams Challenge. Speedy times won't be everything. You will get points for your team just by following our motto – "It's just about having a go!"

We'll work all the Teams Challenge details out as we go, the main aim is just to get as many of you having a bit of fun, meeting some new faces, and moving a bit faster and farther than you are at the moment. And it's FREE – because you'll be doing all the hard enjoyable work!

So here's your action plan.

Get as many of your workmates or friends to commit to 'just having a go' at our first beach session. Meet in front of the surf club (on the concrete) at 6pm on Monday 18 Jan, 2016.

See you there!

The team at LBF

Old Boys Golf - formerly Hackett's Hackers

Dr. John Smyth organised a wonderful gathering of this delightful group of extremely serious golfers to mark the end of another competitive year.

Harry Hill "The Old Master", shared the Best Score of the day with 22 pts (9 holes) with Fairhaven's Klaus. Harry also won the longest drive and the straightest drive. Best Clubman went to Rob Harrison, Best New Recruits were Chris Wood and Bob Sinclair.

Former members 'Pope' John Morrison and Ken "Splash" Reid were in great form as usual and their wives attempted to keep them nice!

A delightful gathering of 20 then enjoyed a lovely lunch and a few glasses in the Clubhouse.

A visit from Santa 'Splash' was another highlight and we believe he will be shaving off the beard next week.

Lorne Ladies Bowls Club

We are at present second on the ladder.

We are doing well but we have had to call on the Gentlemen bowlers to help us.

Our ladies have not been in the best of health but the New Year will turn that around.

Our In-house competitions – the Doubles – winners were Heather Olney and Jennifer Dullool.

The Singles – winner was Shirley Causon.

All games played were wonderful to watch with games taking over three hours to decide the winner.

Congratulations to all the winners.

Barefoot Bowling

No matter what the weather throws at us we can enjoy a day at the Bowls Club.

Barefoot bowling – a great day for the whole family.

Ring Jeff on 0456411222 and book in for a day of fun with friends and family,

Bare feet or flat soled shoes are the only requirements, all else will be supplied.

The Bar will satisfy your thirst and you could stay and enjoy a meal at our great restaurant.

Hope to see you there.

Happy and Healthy New Year to all.

Merna Smith

Send articles to byswerdi2@bigpond.com

Or post to: 35 George St, Lorne 3232.

Thank You!

I would like to thank the Lorne Community for all their support in giving to the White Ribbon Foundation in loving memory of Monique.

Also a great thank you to all our local friends, Clubs, Op.Shop and the tribute from the Lorne Independent.

We will miss Monique terribly but your love and support helps tremendously.

Love
Faye Peddie



News from the Lorne Aquatic and Angling Club

Commodore Notes

On Saturday 5th Dec the Club held its AGM and Presentation of annual fishing trophies and awards. Many thanks to all those who assisted to make this a successful culmination to our yearly activities.

A copy of the audited financial statements was presented to those in attendance and is available to all financial members by emailing the Club.

Foodworks Lorne, is to be congratulated on their sponsorship of this event.

Manager Ian, is currently planning for the busy holiday period –

- The courtesy bus will run from Boxing Day until late January
- Music is to be a regular afternoon occurrence either from an iPod or visitations from local bands

Committee Notes

- The take away coffee vendor operating from the verandah of the club from 7.00am until noon has already started so please encourage your family and friends to support this initiative.
- Members have been conducting fishing tuition with students from the Lorne Aireys Inlet P-12 College at the Club and on the Pier. A great working relationship is evolving.
- Once again the Club is sponsoring the Lorne Aireys Inlet P-12 College to the value of \$500.00 being two - \$250 school awards – Dux Award and Year 11.

Fishing Competition

Congratulations to all winners in the various divisions of our comps.

Senior Fisherpersion of the year – Graeme Norton; Junior Fisherpersion of the year – Laura Wallis; Bendigo Bank Snapper Award – Andrew Clarke; Steve Muir Garfish Award – Tony Gallaher; Bendigo Bank Bream Award – Harvey Atwell; Most Species Caught – Andrew Clarke / Graeme Norton

Thanks to Adam Wilson for his generous offer to sponsor the “Most Species Caught” award for 2016

Pt Grey Redevelopment

We have received the Final Point Grey Plans as presented by GORCC.

Go to www.gorcc.com.au to view full document.

Many thanks to Bob Sinclair and Chris Wood for their architectural presentation to members at the AGM.

A request for redevelopment funding was forwarded to the Surf Coast Shire CEO, Mr Keith Baillie with a very disappointing response. Council does not see itself as a funding partner in this project but will actively support GORCC in advocating for Government funding.

Coming Events – Major Competition No 1 for 2016 will be held on Sunday 24th January – Australia Day long weekend

Graeme Norton
- Commodore



The Lions club of Lorne recently hosted a group of kids with cancer to a special breakfast at their ‘Lions Den’ as part of its ‘Challenge’ project.

The Lions Club of Lorne has been hosting a group of kids with cancer to a breakfast every year for the past 15 years.

The project entails transporting about 30 kids from around Victoria to Lorne so they could take part in surfing and surf life saving activities.

‘Challenge’ supports 300 families and their children weekly and make a real difference to their quality of life from when they are first diagnosed to treatment and beyond.

- Lions Club of Lorne

Travelling with Children

You're on holiday and feeling on top of the world. Suddenly, you're feeling like the world has turned upside down when you or your children fall unwell in a remote or unfamiliar destination.

I've heard many of these 'uh-oh' moments. The details of which you don't want to read about, suffice as to say that it involved lack of amenities, diarrhoea and not being able to hang any longer! You can fill in the blanks yourselves!

If you are setting off on holiday whether it's interstate, overseas or just day tripping, make sure you pack a well-stocked first aid kit with you.

According to a recent survey, a staggering 80 per cent of people are not equipped to deal with minor medical emergencies in their own homes - let alone when they are out and about taking a holiday.

Having a fully stocked first aid kit on hand can make all the difference when an accident happens, whether it's in the home, on the road, or on holiday.

The kit should be kept in a convenient location, with items being replaced immediately after they have been used. It's also important to regularly check the kits to ensure that the appropriate items are not out of date.

What to pack in your holiday first aid kit;

- Thermometer – which are the best to use on children? Also define a temperature and when you should seek medical assistance.
- Antiseptic solution - All contain germ killing agents for use on broken skin, bites and stings. Apply using sterile cotton wool. For minor cuts and grazes clean the wound and surrounding area using running water and use antiseptic to protect against infection. Apply a band-aid or dressing when the wound is clean and dry.
- Eye wash - Keep a supply of individually packed eyewash. Break the seal and squeeze the vial to allow solution to flow across the eye. If you don't have commercial eye wash, use clean, cooled boiled water instead.
- Plasters (band-aids)- These come in all shapes and sizes and do various jobs. You may like to include a selection, fabric give long lasting protection with extra sticking power and waterproof let air in but keep water and germs out.
- Latex gloves - If you are giving someone first aid it is essential to protect yourself from infection via blood and vomit. Keep a pair handy in the car.
- Tweezers - These are surprisingly useful for removing small pieces of wood, metal or glass stuck in the body. Clean the area then use the tweezers to pull out the splinter. Squeeze the wound gently, clean and apply a plaster. If you are unable to remove the splinter seek medical advice.
- Crepe and support bandages - These are very useful for strains and sprains. Rest the limb and elevate slightly. Apply an ice compress and

News from the Lorne Medical Practice



use a crepe bandage or pull over support bandage to help reduce swelling.

- Painkillers - These include Paracetamol, Ibuprofen etc. Paracetamol is preferred by many doctors for a quick-acting, comprehensive pain relief suitable for fevers, colds, flu and muscle pain, but stick to the prescribed dose on the packet. Don't forget to pack a 5 ml dose spoon to administer children's preparations.
- Re-hydration solution - Sachets of re-hydration mixture, containing a blend of salts and sugars can be mixed with water and drunk in cases of sickness and diarrhoea.
- Travel sickness medications - Popular brands include Quells and Kalms. Ginger is a great natural remedy for motion sickness. Grate cubes of fresh ginger and chew during a journey, or simply nibble a ginger biscuit.
- Anti-diarrhoea medications – These are a must for overseas travel. Whilst they do not cure or shorten a diarrhoea illness, they act as a temporary measure to reduce the frequency of diarrhoea. Very useful if you are on the move.

Don't forget to keep a pair of clean sharp scissors and safety pins inside your first aid box so they are there when you need them.

Finally, don't hesitate to get urgent medical help if you have any further concerns.

- **Dr Dave Mullen.**

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Authorised by S.Henderson, 3A/195 Colac Rd Waurin Ponds VIC 3216

To The Editor
Lorne Independent

Thankyou for the December editorial regarding the problems with Sulfur Crested Cockatoos in Lorne.

To follow up on that editorial I would like to add: Cockatoos are a problem in Lorne because:

1. They can carry and spread the disease Psittacosis . Psittacosis, which can be contracted by humans without direct physical contact, can result in serous illness and even death. For more information see <https://www2.health.vic.gov.au/public-health/infectious-diseases/disease-information-advice/psittacosis-ornithosis-parrot-fever>
2. They regularly open domestic rubbish bins and spread the contents in Lorne streets. One of their favorite rubbish targets is used nappies. Something to think about when you see people allowing cockies to perch on their arms or even their heads.
3. Cockies are increasing in population and driving indigenous birds away from Lorne.
4. Cockies cause thousands of dollars worth of damage to property , especially to houses built with softer timbers, every year.

Cockies are not indigenous to Lorne .

It is probably too late to get rid of them completely but we need to make some serious efforts to limit their population which is rapidly getting out of control.

We need to stop feeding cockies both deliberately and accidentally. We can do this by:

1. Everyone having a rubbish bin that cockies can't open. This can be done by screwing a piece of wood inside the lid or getting a gravity lock bin from the Surf Coast Shire and keeping it locked (putting loose rocks, bricks , bits of wood etc on top of the bin lid does not work). The Surf Coast Shire should provide cocky proof bins at no extra cost as it is the Shire's responsibility to ensure that our rubbish bins are fit for purpose.

2. Making people aware that feeding birds is bad for the birds, potentially bad for the feeders and bad for the residents of Lorne. GORCC has installed some signs on some foreshore tables. There are some small signs in some places along the main street. Both the Surf Coast Shire and GORCC must do more in this regard. If you see visitors feeding Cockies ask them not to.

3. A number of businesses along Mountjoy Parade have made an effort to discourage cocky presence and their feeding. There are other businesses that could do more.

4. A number of people who live in Lorne or have holiday homes here like to feed the birds. Unfortunately cockies are very good at joining in with this. It is not a good thing for wild birds or animals to develop a dependence on humans and would probably be better if people left all wild birds to be wild. http://www.australianwildlife.net.au/pdf/policy/AWS_Policies.pdf

5. People feeding domestic animals sometimes leave food out for them which cockies also enjoy.

6. Some people who rent houses or stay in the caravan parks like to feed birds. It would be really helpful if the owners and the agencies who control these accommodations did whatever they can to discourage this happening.

Michael Anderson
Lorne



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The healing qualities of aloe



Having said that 'sunlight plus feed plus water equals growth' last month I was of course speaking in general terms. Plant husbandry for market gardeners entails fertile and friable soils that permit easy root run, the controlled use of fertilisers delivered at the appropriate time in the growing cycle and an irrigation regime. As with plant nurseries they are at the pinnacle of horticulture, are at the business end of growing plants and take my dictum very seriously. But most of us don't want to make a life out of horticulture and this may be why people find that growing succulents can be intriguing. Because they don't need a lot of water and they seem to survive without much feeding this makes them a popular plant to grow. (A little slow release fertiliser at flowering is good though.) They are great in pots and convenient as an indoor plant in a bright position and they often have a spectacular pay-off by producing those unexpectedly vivid flower racemes. Or think cactus flower.

Aloes have naturalised and are growing by the side of the Great Ocean Road and along Smith and Charles Streets where their orange-red flower stalks bloom in late Spring. I have a clump of these (*Aloe striata*) growing at home in reasonably heavy ground but with a pebble mulch; succulents don't tolerate wet feet or moisture retaining mulches since if they do get consistently wet they will rot out at ground level. They provide a great accent, suggesting exotic locations and desert landscapes. Without doubt the most popular and useful aloe is the one we are all familiar with, aloe vera. I was introduced to it by Mrs. Inge Grange when I gardened for her at Ocean Lodge. She knew the healing properties and used its gel for any burns from the kitchen (this was when motels provided breakfast). Originating in the Middle East it was used to embalm King Tutankhamen and by Cleopatra for facials. It has a long and illustrious history as an assistant to mankind in many cultures. Now that the scientists have examined it we know it has can used as a laxative and also has anti-bacterial properties. It acts as an anti-viral agent by releasing a polysaccharide called acetylated mannose or acemannan. This baby is chock full of vitamins and minerals and appears to possess benefits too numerous to mention. Grow it in a convenient spot

and use it to treat abrasions and sunburn. If you install a cactus garden you may also want to include agaves : these spiky individuals can be formidable but if you can abide prickly customers no problem and then there are the many cacti to choose from. Consider succulents in a foyer, smaller varieties can be placed on a well-lit window sill keep them on the patio; the possibilities are many as are the shapes and sizes they offer.

So, succulents grow pretty much anywhere, don't get very thirsty and rarely need to be fed so that takes care of the hint in the opening sentence. In some respects they are the ultimate 'no fuss' plant for the keen gardener without a green thumb and no, that is not an oxymoron (an oxymoron would be an idiot with a blowtorch).

Doug Williams is a retired gardener and landscape contractor who still makes himself available for consultations and specialised work as well as continuing to maintain his Mobile Nursery. Contact number 0418 522 011

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This and that

Summer Culture:

If you want to escape the sand, surf, little nippers and sundry oiled bodies munching chips and drooling ice creams may we suggest taking the side road to QDOS and be richly rewarded with exhibitions starting on 3rd January through to the 17th January where two very unusual artists will be exhibiting their work.

Mark Cuthbertson: Regularly works with Geelong's famous Back-to-Back theatre enhancing their productions with his witty and playful constructions. He transforms everyday objects into artistic vehicles of social commentary and expression. As his web site states 'Mark's work is a playful commentary on society turning the monotonous into something far more interesting'. Should be interesting and perhaps a balm to our terror riven world.

Jean Bohusalv: Uses the unusual technique of encaustic i.e. melting wax oil onto canvas in various layers for her work. Her work is imbued and inspired by her philosophical interests and to aspects of her own life. So two artists with whom we may spend a quiet meditative time away from the hurly-burly of the physical life of surf and turf.

Ramona Kedem: Returns to QDOS on the 17th Jan – 3rd Feb with an exhibition titled "Conversations with the Self" This explores the mysterious boundaries of human behaviour, fraught yet beautiful reconstructions of memories. Kedem will also be launching her latest book. Exhibiting with her will be Alexandra Copeland showing Ceramic works with vibrant, evocative images that are very collectable.

If you want to be physical there is plenty to choose from what with Mountain to Surf run from 8;30 am Stribling Reserve on 8th January and the MEGA Pier to Pub swim starting at 10am on the 9th Jan. Mr Abbott has been known to swim in this event - I wonder if he might appear this year?

- A.E.

Who is the Mystery Sculptor?

Around 2 months ago, unusual rock sculptures started to appear along the Great Ocean Road at Carisbrook Creek (between Cape Patton and Wongarra); Otway Map reference R16.) The rocks have been stacked up, are impressive to see, and are quickly becoming a must see attraction. Visitors can pull over in a turnout/car park near the Carisbrook Falls/creek.

However don't expect a mystery 'Banksy' or other anon Artist on holidays down under to put their hands up. Rock stacking has its roots in pre-history used for marking trails, burials, food stores, significant events and people. In

some of India's small forest villages, stone stacks are often used as crude representations of a god and offerings of flowers, butter, coconut and milk are left for the deity. In the Himalayas and Tibet, rock piles or ovoos which have their origins in Mongolian Shamanistic practice, often have stones inscribed with mantras paying homage to the spirits of the mountains, the air and the sky and to ensure a safe journey.

I believe that the origins of the Carisbrook Stacks are just a form of tourist graffiti to be shared on social media. Even now some one in Guangdong, Damascus or Glasgow may be reading and looking at a 'selfie' of some lithe and nubile person placing a rock/pebble on a stack to signify 'I was there, therefore I exist' Obviously a practice rooted in a Jungian consciousness – a deep spiritual act predating organized contentious religions. Go and do likewise. - A.E.



Volunteer Positions Vacant

Lorne SES Unit is currently recruiting for six new members to assist in keeping your community safe.

As well as emergency response, VICSES volunteers engage with the community to help them prepare for disasters.

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Cape Otway koala settling well into Lorne environs

Victorian Government vets and wildlife officers are about to conclude the latest translocation and koala welfare actions at Cape Otway.

About 400 healthy koalas from Cape Otway are settling into their new forest home in various sites, mostly 10-20km north of Lorne.

DELWP Senior Biodiversity Officer Mandy Watson said: "So far 398 adult koalas have been captured and health checked, with 162 females being fertility controlled. A total of 299 healthy adult koalas, together with 63 dependent back-young, have already been translocated to the Great Otway National Park.

"The numerous release sites scattered throughout this section of the Great Otway National Park are located well away from private property and local townships such as Lorne and Aireys Inlet.

"The area has several species of eucalypt known to be favoured forage species for koalas. These are Manna Gum, Swamp Gum and Southern Blue Gum.

"Fertility control of the adult females and their female back-young over 1kg will help with population control at both Cape Otway and the translocation site into the future. This will protect the coming generations of



koalas and their habitats by maintaining koala populations at more sustainable levels.

A research trial group of Cape Otway koalas fitted with radio collars and released in the same area of the Great Otway National Park in September will continue to be closely monitored until later this year.

For more information go to delwp.vic.gov.au/koalas or call DELWP on 136 186.

The Dept. of DELWP sent us the picture below of the pristine bush in the Lorne environ where the koalas have been released. Would love to get a photo of the area in two years' time.

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Carols on the Lorne



Lorne's Lions Club once more presented a most moving Carols on the Lorne evening with a sausage sizzle; entertainment was M.C'd by Steve Morrison, and others included Justin Michael Gall and his group, and Anna Oliphant Wright, singer-songwriter.



The all-female capella chorus, the Geelong Harmony brought together ladies from all over Victoria.



In charge of the essentials - the sausage sizzle - from left, Lion's President Belinda (Bilie) Lance, Harri Muller, John Bliss and David Johnson. Also special thanks to organisers Pam Plum and Stephen Hishon, entertainer Tara O'Neill and the Kinder group (Michelle Danks and Alyce Stribling). Additional thanks to Annie McMahon and the ever-helpful Ed Babington.



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Win a \$4,000 Luxury Escape to Lorne

Lorne Community Arts and Culture Foundation (LCACF), now responsible for organising Lorne's Festival of Performing Arts is pleased to announce the festival will be relaunched in 2016 as FOPA and held between September 2 and 4.

Part of the renewal will be the development of an electronic newsletter to promote arts experiences in Lorne and a significant subscriber database.

Subscribing to the e-newsletter will put participants in the running to win a luxury escape in Lorne valued at over \$4,000. The Prize includes FOPA weekend double passes, an indulgent dinner for two at Marks restaurant and two nights' accommodation at 'Kinraig'; arguably Lorne's most beautiful ocean front residence.

LCACF Chairman Peter Spring said "the new subscriber database will be a valuable asset supporting Lorne's many arts and cultural events.

The collaborative arts newsletter was conceived by FOPA Executive Director Naomi Daly.

To subscribe to this free e-newsletter, go to www.fopa.com.au at any time; see FOPA volunteers in Lorne; or visit Lorne's Australia Post Office, Visitor Information Centre, Newsagency or Lorne Beach Books in January. Anyone who signs up by January 31, 2016 is automatically in the draw to win the luxury escape drawn February 12, 2016.

- Media release

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Lynton Wade's reflection

We're getting ready to de-Christmasfy things which, technically, should happen on 6 January. You know. 12 Days after Christmas?

That's when the Orthodox Church celebrates Christmas because history suggests that is when the Magi arrived with their gifts – gold, myrrh and frankincense – so that should be when we give and receive our gifts.

But that's not really the point here. It's just time to be taking down decorations and trying to get the Christmas tree out of the house without it shedding all its pine needles in the lounge, hallway and laundry (or whichever route you take to get it out of the house).

I quite enjoy cutting it up to fit it in the green wheelie bin but I know of a church that strips its Christmas tree down to the trunk and then fashions the trunk into a rough cross for the Easter celebrations in three months' time. Ironic use of the Christmas tree and a good visual aid for a sermon.

But what I really wanted to talk about was Christmas paper. The unwrappings from the presents.

In past days you could shred them all and layer them in the compost bin. They were paper, after all, and would give a bit of variety to the newspaper that would go in with grass clippings and vegetable scraps.

Not so straight forward today! Christmas paper can be anything but paper ... foil, plastic-coated, almost acrylic. You can probably hunt out a few pieces of real paper but the rest can only go in the rubbish bin (and not even the recycling one!)

Which brings me to my wondering this month. Have we developed an expectation about wrapping presents that causes more problems than they're worth? And what's the wrapping thing about, anyway?

I realize this uncertainty has been with me for decades because there was a teenage year (when I could afford to buy a Christmas present for each member of my family) when I wrapped each present, lovingly, in newspaper.

Another year I did it with brown paper but later found out that brown paper parcels could herald dodgy things, so I avoided doing that again.

Why extravagant, patterned paper and ribbons and things? I guess it's to help with the specialness of the occasion. We're probably not giving gold or myrrh or frankincense, although we may wish to be giving something as special. So we're giving what we can and making it as special as possible with the wrapping.

I never quite agreed with the adage: 'It's not the gift, it's the thought that counts' because I always wanted to impress my loved ones with my generosity and not just think about it.

God has given an amazing gift in Jesus, His only Son. And He just came in swaddling clothes.

Nothing fancy at all.

- Lynton

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Lorne's issue with cockatoos goes on and on

Dear Mr Vondra
Bird issues in Lorne

Thank you for raising concerns with my office recently regarding the issue of cockatoos in Lorne.

I have made representation to the CEO of Surf Coast Shire on your behalf and attach a copy of these representations.

When a reply is received, I will be in touch again.

Thanks again for contacting me on this important matter.

Sarah Henderson MP

Federal Member for Corangamite

Copy of letter sent to Mr Keith Baillie
CEO Surf Coast Shire

Dear Keith,
– Wildlife issues Lorne

I write to make representation of a constituent in the Corangamite electorate, Mr Jo Vondra of Lorne.

On behalf of several Lorne residents, Mr Vondra is concerned about the impact of increased cockatoo numbers on the amenity of the town.

The cockatoos – encouraged by hand feeding from tourists – regularly spread rubbish from household bins throughout Lorne.

The residents have suggested two possible actions to combat this problem:

- Provision of 'soft-lockable' rubbish bins at residents' request – I understand that the Shire usually charges \$40 for provision of these bins, but I would request that this charge be waived as residents are compelled to request this service in response to pest issues
- Installation of large foreign-language signs requesting no feeding of birdlife – which is currently a major contribution to the litter issues as the cockatoos are encouraged to scavenge for food.

I look forward to your consideration of these options and reply at the earliest convenience.

Sarah Henderson MP

Federal Member for Corangamite

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Letters

In dire need for a toilet block

When I passed under the arch where the sign announces the Great Ocean Road (the original entrance to the GOR entailed a toll at this point) there were five tour coaches filling the car parking space and between 100 and 200 people trying to take a photo or be in one.

There have to be rest rooms installed there. Currently, passengers relieve themselves in the bushes or cross the road to urinate and worse in and around private property.

I presume this is within GORCC's mandated sphere of management although perhaps the responsibility rests with Surf Coast Shire. If the latter were not to squander revenue on pie-in-the-sky attempts to garner support for the Torquay swimming pool where tens of thousands of dollars went and if the former were to concentrate less on strategy plans and so on the necessary capital could readily be directed towards addressing this need.

There has been enough time and money spent on plans, strategies and draft proposals and whatnot and if I am offered another Survey Monkey opportunity to glean what my vision as a stakeholder might be I will scream in frustration.

I mean seriously, it is more important to invest in much needed infrastructure than in so-called 'Visions for the Future' or whatever.

For example, included in the proposal for Point Grey is a re-vamped car-park at Shelly Beach.

Before this is done the erosion needs to be tackled or there will be no land on which to build it.

The same goes for a number of locations not only at Shelly Beach but along the foreshore of North Lorne where in a couple of instances one sees stairs leading down to the sand which are suspended nearly a metre above the sand because of erosion.

Doug Williams

Lorne

Our cockies tourist attraction

Thank you for your advice to the Shire in the Independent regarding these awful birds. I have been abused by tour bus drivers when on the foreshore

I set my trusty Kelpie to disperse the flocks....it appears that these creatures are one of the designated attractions of Lorne.

There are no signs on the foreshore and edge of beach... ..I have asked Shire for some to be displayed not only in English but also Chinese....I advise tourists not to feed the birds and often receive an adverse response. No reaction ever from the Shire.

The birds are now at plague proportions and nothing is being done.....nobody outside our town really cares.

The rubbish from the bins are another big problem - bins are put out days in advance and the birds react accordingly.

I try to do my bit and clean up locally but the problem should not occur in the first place.

Eve Dimsey

Lorne

Heat kills more than natural disasters

Every summer, Victorians know how important it is to prepare for the threat of bushfires. But the facts show heat kills more Australians than any other natural disaster – and senior Victorians are especially at risk.

In the 2009 Victorian heatwave, the number of deaths increased by 374 people. Almost 80 per cent of them were over 65. During the 2014 heatwave, the number of deaths increased by 167.

With more 40 degree days on the horizon, seniors need to take hot weather seriously and get prepared for another potentially deadly summer.

Heatwaves are becoming a regular feature of the Victorian summer, so it's important to plan ahead and consider how you can look after yourself and others when the extreme heat hits.

Seniors can very easily become dehydrated, which can lead to heat cramps, heat exhaustion or heatstroke. Heatstroke is a serious medical emergency which can result in permanent damage to vital organs, or even death, if not treated immediately.

The Survive the Heat campaign is now running to raise awareness of just how deadly extreme heat can be, and to share tips on staying safe in the heat.

Heatwaves are more than a nuisance that cause a restless nights' sleep. The campaign urges everyone to take heatwaves just as seriously as any other natural disaster.

There are simple steps all seniors should take on hot days such as drinking more water, keeping cool in air-conditioned buildings, scheduling activities in the coolest part of the day and wearing loose, light-coloured clothes.

For more information, keep an ear out for updates on the radio and visit the Better Health Channel at www.betterhealth.vic.gov.au/heat.

If you or anyone you know feels unwell on a hot day call NURSE-ON-CALL on 1300 60 60 24, or call 000 if you suspect symptoms of heat exhaustion or heatstroke.

Gerard Mansour

Commissioner for Senior Victorians

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People with disability - inclusion matters

Disability covers many areas and often the term is misunderstood. 'Disability' is an umbrella term covering impairments and activity limitations. A person may also be seen to be 'with disability' if he or she has had impairment in the past, or based on a personal or group standard or norm. One in five, or more than 4 million, Australians have a physical or mental disability. One in three people either have a disability or are close to someone who has a disability.

Disabilities range from relatively minor to severe. Approximately 3.4 million Australians have a physical disability, while more than 700,000 Australians have an intellectual impairment. One in six Australians is affected by hearing loss, while Vision Australia (the leading national provider of blindness and low vision services in Australia) estimates there are currently 357,000 people in Australia who are blind or have low vision.

The National Disability Insurance Scheme (NDIS) supports people with a permanent and significant disability that affects their ability to take part in everyday activities. The NDIS is currently being trialled in seven locations across Australia and will be rolled out nationally from 2016. The scheme seeks to focus on early intervention and aims to empower people with disability, and their carers, to identify and access support that will help achieve goals such as independence, involvement in the community, education, employment and health and wellbeing.

The aim of the NDIS is to support people with disability. However, there is an increasing understanding that supporting carers is also important. While carers cannot join the NDIS they can be involved in the assessment and planning for the people they care for, and there are supports through the NDIS which can help carers, either directly or indirectly, in their caring role.

The United Nations (UN) is a major driver of the recognition of equality for people with disability. The International Day of People with Disability (IDPwD) is a UN initiative that aims to promote an understanding of people with disability and encourage support for their dignity, rights and wellbeing. This day is observed

annually, in December, and has been promoted by the UN since 1992. The day focuses on a different issue each year, with the 2015 theme being 'Inclusion matters: access and empowerment for people of all abilities.' This year there are three sub-themes:

1. Making cities inclusive and accessible for all.
2. Improving disability data and statistics.
3. Including people with invisible disabilities in society and development.

The International Day of People with Disability is unique among community awareness days. It unites disability organisations, businesses, federal, state and local governments and the community. The day is a collaborative effort to celebrate and acknowledge the experience and expertise of people with disability.

Your local pharmacy is your health destination. There are many products and services your pharmacy can offer to people with disabilities. These include mobility aids, compression garments, medicine management services and home delivery. If you live with disability, or if you care for someone who does, visit your local pharmacy and find out what they can offer.

Carers play a huge role in supporting people with disability to lead fulfilling lives. These carers also need support. To meet the need for more information about how we can better take care of carers, the Pharmaceutical Society of Australia (PSA), with assistance from Centrelink and the Carers Association, has developed a Fact Card titled Carer Support. This Fact Card is available from all pharmacies providing the PSA's Self Care health information.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'

- John Bell



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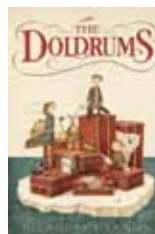
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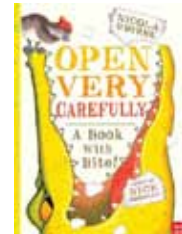
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