

LORNE INDEPENDENT

\$2

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Lorne offers state of the art facilities at its soon-to-be-opened Men's Shed

As the Lorne Men's Shed is one of the last 'off the block' on the Surf Coast, architects and builders were able to incorporate latest design features and facilities.

There are now 1400 registered sheds in Australia and with a lot of regional communications between them, and many are looking towards Lorne (dare it be said with envious eyes?) at what can be done.

"The Lorne committee has gone to a great length of trouble and cost to have the building fit in with the pristine location and match other structures on Stribling Reserve," said committee member Gary Fenton.

"In design, we have aimed at the extremely practical," he added.

In addition to wood and steel workshops, kitchen, social room, office, disabled WC, and storeroom, the design features a large lockable store area under the veranda as well as a mezzanine floor.

There will be wheelchair access and several allocated car parks from the William Street entrance and additional car parking and steps onto to the veranda to the right of the building. There is also truck delivery access.

Initial machinery will include compound saw, drill press, band saw, wood lathe, thicknesser, combined cabinet-making machine and a dust extractor.

Shedder President Allan Walls said that many trade people from Lorne and surrounding areas had been involved in the initial design and suggestions.

"They also were most generous with their time and with donating materials," Allan said.

As with most building projects, costs inevitably blow out, and in spite of wonderful grants and private donations, more finance is required to complete the project, Allan Walls said.

"Our Shedders are at present fundraising to complete the project and in the near future we hope to publish a detailed list of all the wonderful people and organisations who contributed to our Men's Shed.

"We are now awaiting the Certificate of Occupancy but there will still be much to be done to complete the project," Allan said.

Many internal fittings will be built by the members over time, machinery will take time to be installed and the office and kitchen may take time to complete.

"There is a landscape plan and members and volunteers will work on that when practical," Allan added.

- Gary Fenton



Lorne born Lara Nicholls (pictured above) has been appointed to the prestigious position to curate the 2018 Lorne Sculpture Exhibition.

Lara is related to the well-known Smith family who established the Arab and the legendary Wild Colonial Club. "At this early stage," she said, "I'm really in a fact-finding phase in that I've got an open mind."

The Lorne Sculpture Biennale is now one of the most important sculpture exhibitions in Australia and is steadily gaining an international reputation.

Born in the pre-renovated Lorne Hospital when it still had a maternity ward, Lara's mother is Helen Smith who still lives in town; her uncle was the late Graham Smith, brother of Robin and Alistair, who designed the Arab and the Wild Colonial Club. A multi-talented family, the brothers were involved in architecture, ballet and the restaurant trade.

Lara left Lorne at the age of five and subsequently studied for an honours degree in Fine Arts at the University of Melbourne. She is now the assistant curator of Australian Painting and Sculpture at the National Gallery of Australian, Canberra.

Among her many qualifications and work experiences, she is consultant to Deutscher and Hackett, a leading Australian auction house and has advised on corporate collections.

"In terms of the 2018 event I am interested in creating a link between the arts, humanity, and also the environment, and how these are interpreted".

She said that she would also be interested in attracting some international artists to the 2018 event "but it's a matter of money." - JV

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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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Surf Coast resident, Jenny Crompton has won the Lorne Sculpture Trail Award. The Award includes a \$25,000 prize and was judged by Tom Mosby, CEO of the Koorie Heritage Trust, artist Jill Orr and design architect John Warble.

Constructed using a range of materials including recycled copper wire, tree grass stems, kangaroo bones, feathers and seaweed holders, Jenny's sculpture represents a dance of spirit shapes, gathered to tell a story about the life cycles of the country, and the continuous rhythms that the land has been echoing for thousands of years.

Based on the Surf Coast in Bellbrae, the land of her ancestors, the Wadawurrung, Jenny's art practice focuses on themes that explore the environment and indigenous culture of her country.

Other winners page 5

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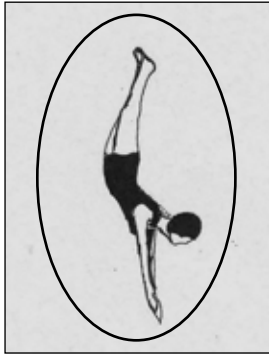
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The Louttit Loop



This tale has to do with the Sculpture Wye River Project. If you look at the official brochure for this project you will find a lot of small works available for sale at the Wye River Hotel and general store. There is a beautiful bronze Owl by a very well known sculptor - Bruce Armstrong. 'Owl' is listed 1/7 available for sale at \$1,800. Unsurprisingly at that price 7 have been sold - even I, had I known about it, would

have found the money somehow. The REAL price should have been \$18,000 each!! Red faces all around!! Shows how important good proof reading is needed by a person who would have nous enough to pick up such an anomaly!



Camel's quote: "While heading down to The Today Show at sunrise on the Foreshore, I was having a chat with local musician Dan Myles when I spotted this lost miss, looking on her Google map trying to find 'The Swing Bridge Café'. I recognised her and said, "Looking for your gig, Missy?" "Yes," she replied. I introduced her to Dan and he took her to her gig at the 'Swing Bridge Café'. What a girl, but won't cut it on über. You are supposed charge, Dan. What a gorgeous girl".

And while we're on The Today Show, - which was broadcast from the beach just before Easter - a few of our locals took the opportunity to snap 'selfies' with host Lisa Wilkinson and others. Won't mention names but think of the usual Facebook fanatics.

Condolences to Randall Forsyth and his family on the recent death of his mother. Randall's mother was born on the same day and year as the Queen so when the trumpets sound in April celebrating the Monarch's significant birthday Randall will have an especially poignant memory of his mother.

The power of social media is truly remarkable! Camel's complaint and picture on Facebook re the plaque that was

perilously near the edge of the footpath (in front of the red and white sculpture 'Supermodel' near the Erskine Bridge) was an accident waiting to happen. Especially to those in wheelchairs. It was picked up almost immediately by the powers that be and lo! Within two days it was shifted further back. I won't include the comments that surfaced on the media re Supermodel herself - she has had enough trolls stalking her.

Well the Bowls Club did it! Not only did the Ladies win the District Premiership but the Men are also Premiers! As Don Baldwin said - for a small club like Lorne to win two Premierships in one season is fantastic. Congratulations to all involved!

The huge Easterly gale that blew across Louttit Bay had one gum tree casualty in Bay Street just outside the Cumberland. Hope the car that was trapped didn't suffer too much damage.

The night the rain bucketed down was really welcome and now the grass is magically green and growing so quickly you'd think it was Spring, not the beginning of Autumn.

Stéphane Guiran's beautiful sculpture at the Mouth of the Erskine fell prey to mindless vandals on the opening night. Unsurprisingly what was left was rescued and removed and we are the poorer, not only because we lost a beautiful aesthetic experience but also that our town harbours idiots whose balls are even smaller than their brains.

Congratulations to Lara Nicholls who has been appointed as curator for the 2018 Lorne Sculpture Biennale! Lara's mum, a long time local resident, is very chuffed. Although Lara lives and works in Canberra at the Australian National Gallery, she was born in Lorne at the old hospital! One can't get more local than that and how great to have a curator who will have a unique and much loved local vision.

One of Lorne's old golfers group has been missing for six weeks. Rick is putting up a good fight against endocarditis and once he beats this he'll start chemo. for lymphoma. In the care of Cabrini Malvern's medicos he retains his sense of humour and is fairly positive. Fingers crossed!

The Lorne Historical Society rooms are closed at the moment and are undergoing re-furbishing, repainting and renovation. When they re-open expect to see a brighter, larger area with innovative design and layout changes. In the meantime President Gary Allen is still available for all enquiries Tel: 52892890 or 0417514907 and the Secretary Marilyn McKenzie can be reached on mjmacka@gmail.com. Members are hoping when the newly refurbished premises open the rooms will be visited more frequently by the public. In the meantime it is still worthwhile to visit the historical exhibition at the Information Centre.

With all the Easter hoo haa and happenings in Lorne, a huge Thank You to the army of volunteer workers at the Sculpture gig, the Lions Art Show, The Big Footy Game, Camel's Fundraiser Night by the Spinners riders, and the usual vollies at Op Shop, Info Centre, and the Surf, Bowls, and Golf clubs. Most of these also were hosting guests and rellies in their homes as well as doing their bit for the Easter crowds. Amazing!

Lillian has now been in Melbourne for five weeks - a record time away from beautiful Lorne. She is stunned that pedestrians and cyclists do not wait for the green man but head out into traffic regardless ... A recipe for disaster.

Compiled by Lillian with the help of a few friends!

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.

This month we will be working at the beautiful Stony Creek and nearby foreshore.

We will meet in the Stony Creek car park near the Great Ocean Road at:

10am on Sunday, April 17

As usual, our working bee will be followed by a barbeque at about 12.30pm. Visitors and new starters will be made especially welcome.

For more information about LorneCare contact:

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From page 3

Small sculpture awards

'Beyond the shore ...and expected landscape' by Geneveve Mclean

Below, MARS Gallery Career Development Award

'Transflective Lawns
by Aaron Robinson



Museum Of Australian Democracy At Eureka [M.A.D.E]
Award. 'Shed' by Ryan F Kennedy

Lorne Independent

Lorne will have to wait another two years for the next Sculpture Biennale and with the appointment of Lorne-born Lara Nicholls, a classics-educated, high-profile art expert, as the new curator, change of direction is very much in the wind.

The 2016 LSB was a mixture of sculpture, installations and the decorative art and though the exhibition did offer some high-quality, provoking exhibits, what stood out like a blue injured thumb was the prevalence of 'Artspeak' in the official catalogue.

Although put together as a high quality, expensive guide to what was on offer, the language of some blurbs that provided explanation of individual exhibits and a short biography of the artist, caught the eye by the frequent use of pompous, overblown and buzz-word riddled prose.

Some of the passages had problems with English; one particular description clearly indicated the artist's third finger pointing skyward from his fist.

But what truly amazed was the fact that the organisers had actually scheduled a forum to discuss this type of prose - Artspeak.

The event tried to come to term with Artspeak and a panel made up by three academics and broadcaster Maxine McKew, with additional help from curator Julie Collins and facilitator Dr Lisa Anderson, known for her dramatic light installations, went in full speed ahead to face off 'Artspeak'.

Dr Lisa started with a visual presentation of a pamphlet (available in good bookshops) titled 'Artspeak: the Good, the Bad and the Ugly.'

What the pamphlet and the forum grappled with was some sort of explanation, definition and/or method by which particular pieces of art could be explained in prose (English) so that the reader clearly understood what the writer was trying to say. Not an easy task.

It seemed that the catalogue's editor had taken the line: Allow each artist to describe their work in their own words.

The discussion that followed was most vigorous.

One of the panellists, an academic, said that many artists saw the world differently from what non-artists viewed, and therefore tried to explain their vision in their own way - thus Artspeak.

Maxine McKew disagreed vigorously, and pointed to the work of the late Robert Hughes as someone who could explain art without resorting to Artspeak.

A member of the audience explained he only thought in 'images' and thus, had difficulty in describing these mental visions in prose.

Clearly there was no simple way to define or evaluate Artspeak, as a multitude of entries on the internet testify.

A favourite in the catalogue was penned by Ben Laycock, the creator of the Fridgehenge installation.

"As Assistant Secretary of the Castlemaine branch of *The United Possum Stirrers Guild* ...I have found outdoor sculpture festivals to be one of the optimum vehicles for expressing my considerable pent-up political and artistic frustrations, whilst at the same time illuminating the shining pathway that wends its way towards the wholesome and enriching lifestyle choice, that we all cherish so dearly, in our collective bosom".

- Jo Vondra



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History from the 1900s

You can't get away from the law - third time unlucky

The area around Lorne, more than 120 years ago was rich in natural resources, particularly timber, and local Lorne historian Ian Walding draws attention to the shenanigans that went on, especially in the area recently ravaged by bushfire.

Ian sourced the story from the archives of *The Geelong Advertiser* of the period.

In 1890 Thomas Victor Smith was granted a selection of land in the Parish of Kaanlang which is on the south west border of the Parish of Lorne also being part of the current boundaries of the Surfcoast Shire and the Colac Otway Shire, Ian Walding reported.

His selection can be found on local maps as Smith's Clearing, near the junction of Jamieson Track and Cumberland Track.

This was some of the steepest country in the area and is also part of the terrain burnt in the current Jamieson Track, Wye River-Separation Creek fires of December 25, 2015.

Thomas Victor Smith and John Alfred Cawkill were charged with Sheep Stealing and were to stand trial at Birregurra Court on the 27th of October 1899.

The evidence against them was that they were found with "the insides of a sheep" allegedly owned by a Mr William Godfree."

However, it seem Mr Godfree could not ascertain whether the sheep carcass was his, and as it was still on his property, it wasn't actually 'stolen' and so they were cleared of the charges.

Godfree alleged that someone was stealing his sheep and strongly suspected it was Smith.

The court established that Godfree had lost 30 sheep the year before due to a variety of reasons not necessarily foul play, weather or snakes.

Perhaps they were just getting lost.

The Crown appealed the decision and Smith and Cawkill now fronted the court in Geelong Supreme Court, where they were cleared again with the Judge informing them they were very lucky men.

But the courts were not yet finished with Smith – in 1904 Victor Thomas Smith was charged with 'Cattle Stealing', a serious charge.

The cattle are reported to have been the property of William Parish of Wensleydale.

It seems that Parish had a leasehold of 2800 acres of Crown Land and agreed to purchase Smith's leasehold of Lot 6 for 90 pounds.

The Smith's defence statement was as follows: "I knew Parish for the last three years. 18 months ago I agreed to sell him block 6 at Kaanglang for the sum of 90 pounds; no deposit was paid.

"Shortly afterwards he paid me 30 pounds on account of the sale. I waited some time for the balance but I did not get it."

Smith said that he subsequently met Parish at Lorne "some 4 months ago" and was informed that Parish had "let the payment slip".

Parish wanted Smith to accept 30 pounds for the balance of the purchase.

"I said I cannot do this as I expect you to carry out our agreement," Smith told Parish.

"I have debts to pay as well as you. He said, no, we have too much on our hands now and if you would take the 30 pounds in addition to what I have already paid you, I will take the block.

"I certainly will not," replied Smith.

Smith said: "He would not give me anymore and refused to pay the balance due.

"On his refusal to pay me on the balance, I took 18 of his head of cattle, brought them to Geelong and sold them at the Geelong Saleyards.

"As he had refused to pay me the balance of the money he owed me I thought I was justified in seizing his cattle to protect myself, and if I received more out of the sale than what was owed I would have given that money to Parish.

"I brought the cattle along well known roads and places and made no attempt to conceal them.

"What I did was in the belief that I had the right to protect myself and the money owed to me".

The Geelong Advertiser reported that the judge said in view of the circumstances he would pass a light sentence.

The prisoner would be sentenced to nine months imprisonment, with hard labour.

And with that, Thomas Victor Smith faded from recorded history.

Ian Walding said that he had been unable to find further information about Thomas Victor Smith. Rickett was still living at his selection in 1928 and the majority of land in the area had been returned to The Crown.

Ken Scarlett Award won by Stephen Wright

The Scarlett Award is a nationwide competition for Australian professional and non professional critics, artists and writers. It gives all the opportunity to contribute reviews about sculpture exhibitions or public art installations, whether as a solo, group, or a major event internationally and within Australia.

All reviews are judged in the period leading up to Lorne Sculpture Biennale 2016 with a cash award of \$3,000 being presented to the best written and most engaging review at the LSB 2016 opening.

Judges were Ken Scarlett, OAM- Independent Curator and Writer on Australian Sculpture; Maxine McKew - Writer, Former Journalist and Australian Politician and David Hurlston - Senior Curator, National Gallery of Victoria.

Stephen's entry can be read on the LSE website.



News from our Councillor for the Lorne Ward

Easter Weekend

What a fantastic Easter weekend for the Lorne Ward communities with such a variety of activities and community events including the Deans Marsh Festival, the Annual Country Club Easter Golf Tournament, the Lions Art Show, the Murray to Moyne fundraiser, the Foreshore Market, Aquatic Club fishing competition and the Sculpture Biennale including a live performance by Jill Orr at the Quarry. The Quarry was a fitting venue for this event and highlighted yet another asset in Lorne that has huge potential.

Stribling Reserve Masterplan

The existing Stribling Reserve Masterplan was endorsed by Council in 2001, more than fourteen years ago. In 2015/16 Council allocated \$50,000 to undertake a review and renewal of the existing master plan. At the latest Council meeting Council resolved the "Community Partnership Project" as the project governance model to develop the new Stribling Reserve Masterplan. Council has a commitment to enhance local community leadership in the delivery of community based projects.

Stribling Reserve is highly valued by many sectors of the Lorne Community and is managed under Council delegation by the Stribling Reserve Section 86 Committee. This Committee is well represented by the various users of the facility including the Lorne P-12 College, Lorne Football & Netball Club, soccer, basketball, table tennis and other sporting groups and community organisations.

The project governance model would see community leaders strategically guide the development of the Stribling Reserve Masterplan, in particular community engagement. This approach builds on the community's interest in high profile Council projects such as the Surf Coast Aquatic centre, the Lorne Men's Shed and the Stribling Reserve oval surface works and will foster local ownership of the engagement process and resultant outcomes.

The Section 86 Committee has requested that the Committee for Lorne play a significant leadership role in engaging the Lorne community in this project. Accordingly, the Chair of the Committee for Lorne will be appointed as the project owner.

All sectors of the community will be provided with the opportunity to be involved in the development of the Masterplan. Communication will include community workshops, online engagement, local newspapers and a public exhibition period.

I personally see this initiative as helping to facilitate greater community capacity to be involved and influence Council decision making, and to support greater local determination on key issues by developing and working from a shared strategic vision.

Rubbish Management

Council has agreed to install 24 additional Bigbelly rubbish and recycling bins strategically along Mountjoy parade and remove all the existing unsightly and inefficient bins along the parade. The new bins use the sun's energy to power a compactor that compresses waste, reducing the potential for bins to overflow as they can hold five times as much waste as a conventional 120L wheelie bin.

The Shire will also be installing surveillance cameras at the household waste collection point in Otway Street. This initiative will give the Council the ability to fine anyone dumping inappropriate waste materials etc.

Cr Clive Goldsworthy

Lorneward.information@gmail.com

0400 756 854

Lorne Community Hospital Appeal

For many Christmas 2015 on the Surfcoast will not be remembered for the usual happy gathering of family to celebrate a festive event.

It was the year that Christmas lunch was cancelled, towns evacuated and many lost their homes, their belongings along with a tangible part of their history.

Although the fire that destroyed so much in Wye River and Separation Creek is now contained, it is not all over.

Reunite, rebuild, recover - these are the three key words in this year's Lorne Community Hospital's annual appeal.

With your help, Lorne Community Hospital will be in a unique position to be able to provide ongoing, local and personalised support.

Chief Executive Officer, Kate Gillan, said "We are committed to taking services into the affected areas with long term considerations. In conjunction with Otway Health, the Hospital's Board has committed to fund a support team to work alongside the community to assist with recovery and resilience building."

"There is good evidence that the health and wellbeing implications continue after a disaster for some time and that the more significant health impacts may not emerge for 12 - 18 months or longer."

By supporting this year's appeal your donation will ensure that we are able to do all within our reach to help our community members maintain the strength to manage the effort to rebuild their lives after such loss and destruction. This is real, practical and timely support.

Donations can be made via the donate button on www.lornecommunityhospital.com.au, at the Hospital or over the phone on 5289-4300. Donations of \$2 or more are tax deductible.

If you have any questions, please contact Katy Kennedy on 5289 4386 or kkennedy.lorne@swarh.vic.gov.au

Community to take lead role in Stribling Reserve planning

The Lorne community is leading the development of a new masterplan for Stribling Reserve that will guide maintenance and improvements at the facility.

Surf Coast Shire Council has allocated \$50,000 to the project, which is being run as a community led partnership.

Under the model the project group, chaired by a Committee for Lorne representative and containing other members of the Lorne community, would provide its recommendations to Council to guide its final decision on the future plans for the reserve.

The Lorne community through the Committee for Lorne and Stribling Reserve Committee of Management will run the community engagement process and have a major role in delivering the masterplan.

Mayor, Cr Rose Hodge, said the process would trial a new way of planning the future of major recreation reserves.

Preliminary work has started on the masterplan, which will be finalised over 2016/17.

- SCS media release

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Awards at the Lions Art Show

The Lions Club of Lorne made it a 'level' playing field as far as its arts awards were concerned - \$500 each category and \$250 for Peoples' Choice.

Best Oil went to Marion Nicholes for her 'Tranquility' and well-known Geelong-regional artist Richard Jones took out the Water Colour prize with 'Country Scene Stawell'. The Pastel prize went to Karen Ford for Maggie May.

Using an intriguing title, Deb Kent used acrylic to paint 'All in a day's fun @ Lorne' while Trudy Rice with her work 'Hakea Banksia & Large Dragonfly' won the Best Other Medium'.

The people's choice painting was taken out by Peter Smales for his work Summer Haze, Lorne.

Brush up your Shakespeare

Come and raise a toast to Shakespeare on the 400th anniversary of his death on April 23.

Live like a Lord, eat, drink and be merry at QDOS Arts, where OZACT, one of Australia's leading Shakespeare companies present a quirky, zany, upbeat, contemporary cabaret entitled

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Sportsbriefs with John Ford

Lorne Bowls Premierships!

Lorne Bowls Club is to be congratulated on winning both the Mid-week, and Saturday Mens Premierships. In a huge week for the club both teams won their Premierships – the first time for thirty years that they have achieved this ultimate success. Merna Smith's article describes the feeling at the Club.

Please see photos of our triumphant bowlers on page 16, also Merna Smith's report.

The Lorne Men's Division Three team had a truly remarkable and consistent season being undefeated all year. However we all know that Grand Finals are very hard to win, and their opponents, Derrinallum, made Lorne work very hard to achieve the win. Lorne was skippered by Michael Causon, Allan Walls, Sam Coulson and Peter Steven, who all contributed to the close win. It was in fact the fourth time Lorne had defeated Derrinallum this season – twice in the home and away matches, and in the Semi and Grand Finals. Sportsbriefs congratulates the whole club on this wonderful sustained performance that led to the Premiership wins.

Dolphins Let It Slip Away

Lorne hosted Birregurra to open the Colac and District Football Netball League season on Easter Saturday. This Round 3 clash was brought forward to Easter Saturday to allow a large football and netball crowd to attend. President Ken Hosking opened the proceedings, letting the crowd know that the football teams were playing for the inaugural Mark Trickey Cup – Mark having captained and coached both football clubs. Footballers and netballers of both teams lined up while Mike Brady performed his football anthems: Up there Cazaly and One Day in September, as well as an excellent rendition of Advance Australia Fair.

In the main match the Dolphins senior team played solid football in the mild conditions to steadily build a good lead throughout the middle stages of the match. Both teams were playing fast football showing clean ball handling skills and good system. Lorne led the match by 22 points at half time and continued on during the third quarter to lead 11.5. 71 to 4.8. 32 at three quarter time. Lorne looked poised to run out the match as comfortable winners. However in a major turn-around during the final quarter, Birregurra was able to kick six goals to nil to win the match 10.12. 72 to Lorne's 11.5.71. The dramatic change in form of both teams is difficult to understand and would have had to be seen to be believed. There was no wind advantage and the conditions were good for both teams. While both clubs can take many positives out of the match, this was a win that Lorne truly let slip away, and it will have given Birregurra a major confidence boost for the season.

Lorne's next matches are as follows: 2nd April at Alvie, 9th April Apollo Bay at home, 16th April BYE, 23rd April home to Colac Imperials and 30th April home against Eagles. Memberships are good value and are still available – Go Dolphins!

Ladies Golf

The Lorne Ladies golf has had a very busy month. We played at the following club events, Torquay - The Sands, Anglesea - Ocean Spray classic, Barwon Heads - 13th Beach

and the Winchelsea Bowl. Jenni Miller, June Stafford and Paula Hayden played at Winchelsea with Jenni coming in the winner of division 2. June had a closest to the pin and came equal 2nd in division 2 only loosing on a count back. Congratulations to all who played interclub last month.

Lorne County Club hosted the Otway Pennant teams on Friday 11 March. The day was very successful and our hospitality was once again appreciated.

The final game for pennant was held on Friday 18 March at Torquay, The Sands. It was exceptionally windy on the day and one lady called it a game of chance, you had to almost chase the ball on the green to hit it! Our joint team from Lorne and Colac came equal first with East Geelong however we lost on a count back. Our pennant team has had a very successful year, thank you to the Lorne and Colac girls who have made this possible.

The MISS LASCELLES SILVER SALVER is fast approaching and will be held at the Lorne Country Club on the 2nd May. This is a stableford event consisting of teams of 3. Entry fee is \$65 per team. Please support the day and get a team of ladies together from your respective clubs.

DON'T FORGET To join our friendly group of Ladies every Tuesday, play commencing at 9 am for either 9 or 18 holes. All level of players are very welcome. Contact Lesley Goldsworthy 0437 028 169 or Wendy Hutchison 0419 878 089 for further information.

Happy hitting

Lesley Goldsworthy
Lady President

Tennis Easter Tournament

Lorne Country Club held its annual Easter Tennis Tournament on Easter Monday for over 30 years now and the 24 entrants all enjoyed the day. Players ranged in age from 9 to 79 years and all played good tennis. The six courts were used to enable the tournament to flow really smoothly and many visitors spoke of the wonderful setting and surrounds. After enjoying morning tea, the tennis continued and remained close and competitive. The outright winners on the day were visitors Paul Byers from Black Rock, and Rhiannon White from Deans Marsh, both worthy winners. The club male winners were Alvis Svikers, Andrew Riccardo and Chris Langdon in a three-way tie, and a tie for female winner between Jillian Chapman and Debbie Jarratt.

Junior Tennis

Lorne Country Club's Section 1 team in the Geelong Coast Junior Tennis Association had a really good summer season winning their last nine home and away matches. However on Elimination Final day Lorne was only able to field three players, due to illness and school commitments. The team still played valiantly but was narrowly defeated by Torquay.

Remember – tell us who you think you would like to see in Sportsbriefs!!!

Send articles to byswerdi2@bigpond.com

Or post to: 35 George St, Lorne 3232.

Please see pages 16 and 17 for more comments and photos.



News from the Lorne Aquatic and Angling Club

The best fishing months around Lorne have nearly passed for another year. Unfortunately large numbers of King George Whiting have not arrived in the waters of Louttit Bay. Large Snapper were few and far between but the very large number of juvenile fish is encouraging for future years. This may be due to the 28cm legal size limit which was introduced two years ago.

Many local fishos now rely on Flathead Tails for their traditional Friday “fish and chip” dinner.

Committee News

- All unfinancial members at the end of the month will be delisted from our data base. So PLEASE, to avoid the process of re-nominating and creating extra admin work, PAY UP!!!
- Lorne RSL Sub Branch Representatives met with the General Committee to discuss using our Club facilities.
- The iPad is up and running to register Guests' attendance. Please support this initiative and encourage your guests to complete all data fields.
- Clean Up Australia activity – thanks to the organisation of Barry Hayward and his team of helpers the Great Ocean Road entry to Lorne is currently free of litter. A new initiative was to scuba dive under the pier to collect rubbish. I am pleased to report that very little was found.
- The courtesy bus will be operating over the long weekend and Easter. Phone 5289 5108 to book.
- FOOTBALL TIPPNG - a reminder that all tipping cards need to be in prior to the first game. You are required to pick winners for the entire season – entry cost \$15.00 per card.

Pt Grey Report

1. Regional Development Victoria has approved a \$40,000 grant to start the Point Grey Business Casework which is designed to support funding applications to

various sources. Without this, the project would not be attractive for investment and GORCC does not want to commence design work until this is achieved.

2. This money goes with GORCC's own \$50,000 for the business case.
3. Selective consultancies have been approached last week to submit bids for the work and this closes next week.
4. GORCC needs to have this deal signed and underway as an April milestone, to get the State's first component of their grant.

Representatives on the finance & building sub-committees are separately in discussions to develop strategies to best provide processes and ideas to finance and further design our new building. It is hoped that both sub-committees will meet over Easter to share findings.

**Graeme Norton -
Commodore**

Yet another reminder!

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In 2015, a study found nearly 80 per cent of Australians get health information off the net, with almost half of those doing so to diagnose a medical condition.

This is causing a real concern for the Australian Medical Association because self-diagnosis is prone to error and may be potentially dangerous if inappropriate decisions are made on the basis of a misdiagnosis.

What does our local GP, Dr David Mullen have to say on this issue?

You've been feeling a little crook for a week, it's not getting any better, you decide to google your symptoms.... Before you know it you have either A) not found any useful information or B) you are worried that something horrible is going on.

Sound familiar?

The internet is wonderful and horrible resource all in one.

There is just too much information available these days, and a large proportion is loosely based on fact or just plain WRONG!

The issue is how to know what to believe or where to go to get reliable understandable information. There are a few ways around this:

One way is to look for the health-on-net (HON) logo- this is a not for profit foundation that gives permission to reliable websites for their logo to be used, they have to meet certain criteria to be eligible (look at healthonet.org for more info).

Another solution is to look at some trusted sites; the following are just some of the websites that I would recommend:

1. www.betterhealth.vic.gov.au – this is managed by the Victorian department of health, its focus is patient orientated information and to avoid medical jargon.

2. www.patient.info - this is very similar to the above, but probably a little more robust, but internationally based.

3. www.lornemedicalcentre.com.au – our own trusted website.

4. www.health.gov.au

5. www.lch.org – lorne community hospital website

Finally - go see your GP! We are here to help – and as the tradies say- “no job too big or too small.” If anyone has any symptom at all that they are worried about, it is a valid reason to visit your GP. It may be nothing, it may be something. Often it's nothing! But if it worries you, come see us.

News from the Lorne Medical Practice

Dr David Mullen
Lorne Medical Centre

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Wye River fires destroys wildlife centre

Sherryl Smith lost more than her house, business and cars in the Christmas Day bushfire at Wye River.

She lost her Wildlife Care Centre.

Since buying a house in Wye River 18 years ago, she became increasingly aware of the need for wildlife care, especially during hot summers.

She wrote: "When I first arrived, I heard about people finding koalas in their fish ponds or drinking from pot plant saucers.

I then began noticing on very hot days that koalas came down from their trees and curled up at the foot of the tree. When I took water out, they drank – copiously. They also displayed other symptoms of dehydration.

Slowly I began taking birds and animals into care and releasing them when recovered. Word quickly got around, and before I knew it, I was the 'go to' person in Wye River for sick or injured birds and animals.

I joined Wildlife Victoria who provided training and mentoring (by a nearby wildlife carer).

Vets weren't widely known when I was growing up on a farm, so we did all the vet work and caring for animals ourselves. My grandmother was a herbalist and supplied all sorts of lotions and potions – that worked for humans and animals.

Since those farm days, I've always had an affinity with birds and animals. They have an intelligence that we don't really acknowledge. They know they're in care and accept handling and treatment – so I've never been bitten or badly scratched.

After many rescues and transporting of animals home or to vets, it became obvious that the current methods and means of containing animals were inadequate.

So I designed two types of wildlife rescue and transportation bags.

These were vigorously road tested, refined and went into production.

They are now used around Australia, and some even in South America where they are used for transporting monkeys.



Sherryl and Minnie (a young dehydrated female koala being given Hartman's solution. She spent two and a half weeks in care and was successfully released).

Unfortunately the bushfire on Christmas Day wiped out my workshop, destroying not only my tools and equipment, but cages and medicines used to care for sick animals.

It also wiped out my supply of wildlife rescue bags that I had made ready for a busy summer.

Two weeks after the bushfire, animals started coming out of the forest as some rain had cooled the ground a little. They were desperately in need of water and some had sustained burns.

I have been staying with a kind friend while I try to find somewhere to live for the next 12 months or so.

The friendship was really tested when he and his partner arrived home from a few days in Melbourne to find clothes baskets lining their hallway – each containing a dehydrated koala.

Thankfully they were smitten with their furry guests and helped with the feeding.

As we residents of Wye River and Separation Creek struggle to rebuild our homes and lives, our birds and animals also need assistance to rebuild their habitat.

With over 2,500 ha burnt, there is a lot of revegetation that needs to be done this Autumn".

The Lions Club of Lorne provided funding for Sherryl to buy some animal rescue bags to replace some of the bags she lost in the bush fire.

- Nelson Knight



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Plants under glass



sixty four metres long was two and a half times the length of the Lorne Pier. It was “a theatre made for star attractions”¹.

And this engineering was all about displaying plants. It became possible to visit far-off jungles and remote ecosystems without leaving home. It made possible the cultivation of exotics such as bananas, strelizias, bougainvillea and palms of many types. None of this would have been possible without improved glass-making techniques which coincided with removal of a glass tax in 1845. Around this time a doctor called Nathaniel Ward had been experimenting with closed systems in what we today call terrariums and eventually developed the Wardian Box. This was a major discovery and Ward and others were able to import plants from

A big breakthrough for plant collectors came during the nineteenth century when the prevailing desire for invading and conquering foreign lands translated into a colonialism of a different nature as the ‘world powers’ of Europe sought to gain any advantage possible from their newly acquired strange new lands. While much of the plant collection undertaken was driven by curiosity and scientific research, another factor was the hoped-for economic benefits that might accrue. When the bell jar was invented in the British Isles from the 1830s it was of high prestige to be able to own one – they were not cheap - and cultivate unusual and exotic plants which could be displayed on window sills and in drawing rooms. For some reason a craze for growing ferns developed and gave rise to a phenomena known as ‘*pteridomania*’, which in turn led to the commercialisation of fern collecting and so pervasive did this interest become that beyond horticulture the fern motif found expression across the decorative arts, from architecture and jewellery to fashion and interior design.

At the height of this craze the ability to grow exotic plants culminated in the Crystal Palace, a massive glass house designed by a gardener called Joseph Paxton and which was the showpiece of the 1851 Great Exhibition in London. Paxton based his iron and glass design on the leaf structure of the giant water lily. This plant was already being displayed in large tanks at Kew Gardens after being imported from the Amazon Basin. The giant water lily pads are up to three metres in diameter and able to support the weight of a person. A sensation in their day they were named *Victoria amazonica* and *V. Cruziana* in honour of the young English queen. This feat of engineering dwarfed the extravagant effort of the Duke of Devonshire who had commissioned a glasshouse a dozen years earlier which was eighty-five metres long, forty metres wide and nearly twenty metres high. For many years he topped all others with his extravagant construction until the forty metre high Crystal Palace was built, which at five hundred and

the antipodes and beyond by this method. The plants were protected from the vicissitudes of a marine environment and could be sealed at the point of embarkation for the journey. Highly successful, his boxes went into mass production and were soon used to transport twenty thousand tea plants from Shanghai to the Himalayas. Soon afterwards rubber trees were taken out of Brazil. Were they exported or were they smuggled, asks Richard Mabey. (See footnote below.)

- Doug Williams

1. *The Cabaret of Plants*, Richard Mabey. Profile Books Ltd. 2015 MAY 2016

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





This and that

New caravan park management teams announced

Lorne Park managers - Peter and Wendy Trebilcock.

Peter and Wendy have recently been appointed as the Lorne Park Managers after the resignation of Stephen Mann and Sharon Sullivan.

Peter and Wendy joined the park in October 2015 as Assistant Park Managers and stepped into the management role at short notice in January following the temporary evacuation and closure of the park over Christmas Day and Boxing Day.

Lorne Assistant Park Managers -Graeme and Jan Hoare.

Graeme and Jan joined the management team in March 2016 and have strong backgrounds in previous management roles, including in caravan parks, banking and running their own business.

They bring a friendly and enthusiastic approach and a great addition to the park

- **GORCC media release**

New technology helps track feral cats -

Yes, Lorne's got them too!

An innovative feral cat mapping and reporting 'app' is helping land managers and communities tackle the ongoing issues caused by feral cats.

The 'FeralCatScan' app was launched in 2015 by the Invasive Animals Cooperative Research Centre to record and map real-time information about feral cat activity, to monitor their impact on native species.

According to Parks Victoria, feral cats have contributed to the extinction of more than 20 Australian native animals and are putting another 124 species at risk.

Department of the Environment Threatened Species Commissioner, Gregory Andrews said despite Australia having large areas of protected habitat available for wildlife, native species are still under threat from feral cat predation.

"Every time we lose a native species, we lose a part of what makes Australia special.

"We need to know about feral cat movements and impacts, especially in reserves and national parks, in order to target our efforts in the most appropriate manner," he said.

"We urge everyone to help us tackle this threat to the survival of our wildlife, by using the Feral Cat Scan app which is a simple and constructive way to help."

The FeralCatScan app allows users to record the location of pest animals, record the problems they are causing and record control actions people may undertake.

Read the full story on our blog.

For more information about the app, or to record feral cat activity online, visit www.feralcatscan.org.au

- **Parks Victoria media release**



LORNE RSL Sub – Branch ANZAC DAY SERVICES

25th April, 2016.

7.00am - Dawn Service -

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Followed by a Gun Fire Breakfast at
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All welcome

**11.00am - Service - LORNE SENIOR
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The all-conquering Lorne bowlers



After the mid-week final the team was treated to champagne and sandwiches back at the Clubhouse, thanks to Gary Allen our President. Horns were tooted, songs were sung and I think a few members were kicking up their legs in glee. It was 30 years since there had been a mid-week Pennant Grand Final so there was a lot to celebrate.

After the Saturday game there were drinks, platters of chicken and salads waiting at the Clubhouse for all members to enjoy.

What an exciting year this has been for the Club.

Two Grand Final Medals in the one year.

Congratulations must go to the mid-week Pennant Team who beat Cobden in the Grand Final and to the Saturday Pennant Team who beat Derrinallum to win their Grand Final.

Both teams had to fight all the way to make sure of the Victory, weather conditions were very tricky, so different to what they had to face during the season.

Helga Lewis (Lady President) and Gary Allen (Club President) thanked everyone for the work they had put in during the year and how well everyone had supported the Club.

Smiles on all faces, a wonderful joyous week.

Go Lorne.

Merna Smith



Easter Tennis Tournament winners Paul and Rhiannon White.

Below, tennis players relax after the Easter Tournament.



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Lorne and Birregurra football and net ball players listen to Mike Brady, singing his famous 'Up there Cazaly' to open the season.

Water restrictions for Lorne now in place

The restrictions are in response to significantly below average rainfall and declining storage levels, with Lorne's supplies currently sitting at 45 per cent capacity.

This time last year, storages were at 95 per cent.

Barwon Water Managing Director Joe Adamski said Lorne's rainfall was tracking 50 per cent below the 10-year average.

"I cannot remember a time when Lorne has fallen into the restriction range. Even during the millennium drought Lorne received sufficient rain to maintain an unrestricted supply.

"Stage 2 restrictions will ensure the town has sufficient water until Allen Reservoir can recover – and that can happen with one significant rainfall event," he said.

Under Stage 2 restrictions:

- watering of lawns is banned, but exemptions can be granted for newly laid turf.
- use of garden watering systems is restricted to certain hours and on alternate days.
- cleaning windows, washing vehicles and watering sporting grounds is restricted.
- Gardens can still be watered using a hand-held hose fitted with a trigger nozzle, bucket or watering can at any time on any day.

Mr Adamski said Barwon Water would continue to monitor storages, forecasts and demand trends on a daily basis.

Colac will also move to Stage 2 restrictions on Thursday, with the city's storages currently sitting at 39.4 per cent compared to 60 per cent at the same time last year.

Barwon Water is monitoring the situation in Apollo Bay, with storages sitting at 34 per cent capacity. The Marengo basin is currently 92 per cent full and the town remains above the restriction range at the moment.

Further details on Barwon Water's website www.barwonwater.vic.gov.au or by telephoning 1300 656 007

- Barwon Water media release

2016 Autumn Planned Burning Program

It's that time of year again where we start to move away from fire response into autumn planned burning. DELWP and Parks Vic are supported by CFA to carry out a fuel management program on Victoria's public parks and forests to reduce the risk of bushfire.

After such a challenging summer, the Otway fire team is more resolved than ever to deliver the key burns which reduce the risk of bushfires impacting our communities.

As we move into autumn, weather and fuel moisture conditions will become more suitable and burning will start where and when it is safe to do so. This Autumn we will be focusing on burns around coastal communities including Lorne, Aireys Inlet and Anglesea as well as the inland communities of Gellibrand, Wensleydale and Forrest.

DELWP will also look to burn in more remote areas across the Otways to minimise the spread of fires into these communities.

We will be scheduling our burns around community events, peak tourist times and other important community and industry activities to limit the impact to people's health, lifestyle and business.

If you need to know when we're burning, check out our [Planned Burn Notification System](#) online. Once you register, you will receive an automated SMS or email advising of planned burns that are planned for the next 10 days, for the next 24 hours, and those already in progress. Additionally you can access the statewide [map showing planned burns scheduled for the next 10 days](#). - DELWP media release

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Lynton Wade's reflection

The easterly that had blown overnight before Easter left Louttit Bay looking like the west coast of Ireland. Or at least my impression of that part of the world from movies like Ryan's Daughter.

Surfing that day was described as like being in a washing machine. As a sailor, I would have found something else to do, or somewhere else to be.

It was rough! And yet there were hardy souls bodysurfing in the shore break and even harder souls on boards out in the deep.

My older brother was a surfer in his day and I was always slightly in awe of what he did. Not a champion in any sense, just a participant. But he did board surf which is more than I've ever done.

One of the unnerving stories I remember was an incident where he wiped out on a bigger wave than usual and found himself underwater for a bit longer than he would have chosen. Recognizing that he preferred to be on the water rather than under it, he struck out for the surface with some enthusiasm only to impale his face on the sandy bottom of the bay.

Completely disoriented. Hadn't been able to tell up from down.

He did make it up to the surface and continued to enjoy surfing for some years. But that moment of being lost is probably something that would stay with you.

As a gymnast I had a few (less spectacular) moments like that – not quite managing to land on my feet from a twisting somersault, although such occasions were pretty well self-inflicted. Trying a new movement or trick and problem-solving the difficulties involved with it as you went along.

But the one time I was caught out completely was skiing on Mount Buller, one day when there was a 'whiteout' on the mountain.

It had been overcast and threatening to snow but I found myself just below the Summit Run (does that still exist?) when the weather closed in and you couldn't see five metres ahead.

I had a fair idea of where I was and, by the fall of the slope, I thought I knew the way down. So I glided gently forward, looking for the next snowpole to confirm I was on track. Ready with a snowplough stop if the slope started to fall away too steeply.

That was when I fell on my face! The slope I'd been gliding on disappeared and I had stopped moving without realizing it. And I fell on my face. I couldn't see where the snow stopped and the cloud started. Couldn't tell which way was up or down. Completely disoriented.

Thankfully I wasn't particularly in danger, in fact it was more amusing than anything else. But it was certainly disarming to have lost any discernment of depth and space just then.

The snowpoles were brilliant. Led me back down to the village. But I can think of people and places where that sort of situation didn't have the benefit of snowpoles, and that would be scary.

We need a reference point to tell us where 'up' is and where 'down' is, not just for surfers and skiers either. God does that pretty well. As Jesus said, "I am the way ..."

- Lynton

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Letter

Artspeak - grandiloquent, bloated and obscure

It's all a bit of push and pull really. The Lorne Sculpture Exhibition invites you to be part of it and claims to be inclusive - but not really, not truly, really.

Some of the pieces invite you to climb on them as part of an interactive experience but most are accompanied by a synopsis written in a style that is grandiloquent, bloated verbiage. Claptrap or worse. The words used are obscure and the so-called implied interactive experience that sculpture invites becomes contradictory, only serving to alienate the viewers rather than engage them.

I love having the Biennale in Lorne. The sound of it is so cosmopolitan isn't it? I love to feel part of it, part of the larger world of sculpture culture and I'm sure many of the sculptors do too. To be able to meander along the cliff walk and take in major art pieces by renowned artists, to stroll along the foreshore and boardwalk and under the cypress trees and be immersed in this is terrific.

The margin between the ocean and the earth defines this exhibition in a special way. At this level it works very well, an interactive experience between the artwork and the observer.

But when the experience is then corrupted by descriptors to exclude "the man (person) in the street" - you and me - it serves to alienate us. Frequent use of abstruse, bombastic, convoluted and contrived language presumes to define how we are to view art.

After learning to converse in Artspeak it is implied we will be in a position to make comments about the goods that are, by assumption, somehow more relevant and more worthwhile.

The language of art could equally be couched in Latin and this would by progression make it even less accessible to the ordinary person - although I'm certainly not suggesting that this be done.

A forum on Artspeak was conducted on March 19th where the issue of exclusivity was discussed. I mean, seriously! The Scarlett Award Discussions were entitled "Artspeak/The Good the Bad and the Ugly" and held at St. Cuthbert's Church. Artspeak is hip sounding lingo, a term for commentary adopted from computer graphics by a man called Roy Harris in 2003.

Let me provide just one example : "The specifically chosen location for these enigmatic, emulating-nature, sinuous forms in the sea water of that inherently poetic, magnificent seashore space was not only a fundamentally compositional decision, but also an attempt to magnify the imagination-provoking contrast between those essentially inorganic objects and the ultimate manifestations of the natural world - the omnipotent reservoir of life - the sea."

Well, that is poorly expressed and badly written but it is sinuous alright. (Excuse me when I say it sounds like a load of hot cocky s..t.)

There's that push and pull again - it's a bit tidal I think - as we look at the sculpture and then are befuddled by the words used to what? Justify it? Explain it? Apologise for it?

If the intention has been to bring art to the people the Lorne Biennale has failed in that intent; if it's 'mission statement' was to restrict art appreciation to a chosen few perhaps it has succeeded. But only a handful of people would know.

Doug Williams
Lorne

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Letters

Pothole create danger for cyclist on GOR

I was pleased to see your report in the March Lorne Independent about VicRoads taking the initiative re cycling up the Lorne - Deans Marsh road (placement of electronic warning signs for motorist).

I cycle often along the GOR from Lorne to Kennet River, and sometimes on the Deans Marsh road (perhaps more often if the new signs work).

My concern is the appalling state of the GOR between Lorne and Kennet River where often the huge potholes and bitumen mounds in the cycling lane push the bike rider off and out onto the Car lane.

This often puts the rider into danger vying for space with things bigger than the bike, including tourist buses, trucks, and the like coming rapidly from behind.

I would like to take this up with VicRoads, and wonder if you would have a cycling-friendly contact there for me to get in touch with please?

Allan Brown

Lorne

QDOS says thanks!

I wish to sincerely express my gratitude to the Community of Lorne, for the loan of our beautiful foreshore as the stage for this year's 5th Sculpture Biennale.

Special thanks to Richard Davies, Rod Gorring, Phil Brown and all the local team from GORCC for their welcoming and immediate response to all our requests, a really valued and immeasurable contribution to the LSB.

Thank you Peter Spring, Clive Goldsworthy and the Committee for Lorne, Susie Sprague and Len Tank.

Thank you to the magnificent Marion and Barry Church, Sicca Van Schaardenburg, Robert Preece, Ian Bishop, Alex and Susan Ng, Ian Stewart and Abraham Dow to every one of the many wonderful volunteers for generously donating their time.

To every site sponsor, every artist supporter and the awesome committee headed up by Peter Lamell.

Without all of you and many more, this event would not have been possible.

Hope you all enjoyed the 2016 LSB

Graeme Wilkie

Lorne

Rubbish bin problems continue

Rats as big as cats!!!

This will be the big story soon from Lorne if the rubbish bin situation is not resolved.

The cockatoos are clever birds – opening lids of the current rubbish bins with little effort – and spreading filth and litter on collection eve and morning.

I call on the Surf Coast Shire Health Department to take responsibility and act now.

Lorraine Goette

LSB disappoints

By enlarge the 'Lorne Sculpture Biennale' was to me, a disappointment.

My idea of sculpture is: it should inform and/or emotionally engage the observer.

I considered many exhibits to be installations and others decorative art, rather than thought provoking sculpture.

Scale should not be a pre-requisite for creative content.

"All the sculptures of today, like those of the past will end up one day in pieces. So it is important to fashion one's work carefully in its smallest recess and charge every particle of matter with life" - (William Barrett in Irrational Man: A Study in Existential Philosophy).

Edie Webb

Lorne



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Should you go gluten-free?

The term 'gluten-free' appears everywhere in our modern society. Dietary gluten is often blamed for causing a variety of unpleasant symptoms, health problems, and weight gain. There is a range of expensive gluten-free products now on the market, and sales of these products are growing rapidly. Today many people avoid gluten in the belief that it will improve their health or help them to lose weight. Health professionals have expressed concern that increasing numbers of people are self-diagnosing gluten allergies and intolerances.

So what are the facts?

Gluten is a protein found in grains such as wheat, oats, rye and barley. Other grains such as rice or corn do not contain gluten. A majority of gluten is found in wheat products such as bread and pasta, as well as processed foods such as soups, sauces, gravies, salad dressings, and seasonings. It has no nutritional value on its own, but helps to make food soft, airy, thick or chewy. Wheat products form a large part of our modern diet.

For the majority of the population, gluten has no effect on the body. However for about 1% of the Australian population, gluten can be harmful. These people suffer from coeliac disease.

According to Coeliac Australia: 'Coeliac disease is an immune disease caused by gluten. When people with coeliac disease eat gluten, their immune system reacts abnormally causing inflammation and damage to the small bowel (intestine). This causes a range of symptoms and health problems. Treatment involves avoiding gluten in their diet for life.'

Gluten sensitivity can lead to similar symptoms of coeliac disease such as stomach cramps, diarrhoea, and bloating. However, there is no associated damage to the small intestine.

There is no evidence to suggest that more people are becoming intolerant to gluten. However people can have intolerances to different foods and symptoms can affect their lifestyle. Talk to your health professional. People should not self diagnose. The only way to know if you

have coeliac disease or gluten sensitivity is to be tested by a health professional. It cannot be self-diagnosed based on symptoms.

Coeliac Awareness Week is held annually from 13–20 March. It aims to raise awareness of coeliac disease and its symptoms, and the importance of getting tested.

The risk of choosing a gluten-free diet without a proper diagnosis is that you may miss out on important nutrients in your diet, or replace them with highly processed gluten-free alternatives. Any diet that excludes whole food groups is generally considered risky by most health professionals. If you have no existing health conditions, the best option is to choose a balanced diet with little to no processed food, fat, salt and sugar. The fibre in food also helps keep your bowels (intestines) healthy and may even protect against bowel cancer. Fibre helps control your weight, blood cholesterol, and blood sugar levels. There are beneficial amounts of fibre in wholegrain breads and cereals, so check with a health professional before you exclude these foods from your diet.

Your local pharmacy can help with advice and information about coeliac disease too. Some medicines can contain gluten and your local pharmacist is a medicines expert. They can help identify what gluten-free medicines are available for you. Visit your local pharmacy and find out how they can help.

You can get more detailed information on healthy eating from the Self Care Fact Cards titled Fibre and bowel health and Weight and health available from pharmacies providing the Pharmaceutical Society of Australia'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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Renea Forsyth is our regular Wednesday pharmacist, specialising in women's health issues, mother and baby care, skin problems and fashion ... Come in for a chat any Wednesday

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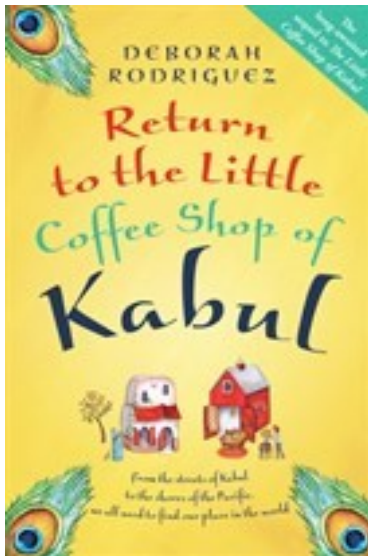
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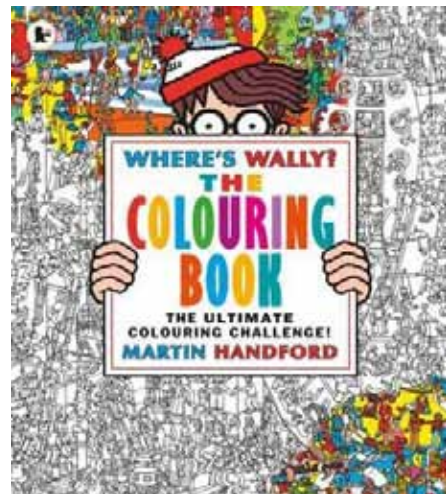


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