

# LORNE INDEPENDENT

\$2

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## Those innocent looking wild mushrooms can kill

With rain falling over recent weeks and the earth still warm, delicious mushrooms are popping up all over Lorne and surrounds, but picking the wrong sort can make you very sick.

They could even cause death.

Mushrooms are found on grassy slopes above the Erskine River Camping Ground and on various open spaces around Lorne, and most of them are of the edible variety that make a delicious addition to many meals.

However, the Department of Health & Human Services has issued a warning against gathering wild mushrooms because of the risk of collecting poisonous varieties which may appear very similar to edible varieties.

Victoria's Chief Health Officer, Professor Charles Guest has warned of the abundance of two of the State's most poisonous varieties – the Death Cap fungus, *Amanita phalloides* and the Yellow Stained Mushroom, *Agaricus xanthodermu*.

“While commercially-sold mushrooms are safe, poisonings can occur when people gathering wild mushrooms inadvertently include toxic species,” Prof Guest said.

“Anyone who becomes ill after eating mushrooms should seek urgent medical advice and, if possible, take samples of the whole mushroom for identification,” he said.

Autumn conditions have created ideal growing conditions for poisonous mushrooms, Victoria's Chief Health Officer, Professor Charles Guest, has warned.

“People should avoid gathering wild mushrooms around Melbourne, in rural Victoria and from their own gardens because of the risk of collecting poisonous varieties which may appear very similar to edible varieties,” Prof Guest said.

He identified the dangers of two of the State's most dangerous varieties, the Death Cap fungus, *Amanita phalloides* and the Yellow Staining mushroom, *Agaricus xanthodermus*.

**Mushrooms are a real concern to health professionals this year, with the Dept. of Health and Human Services issuing an unusual warning about poisonous varieties. In the photo above is the dangerous Death Cap fungus and on the right, the Yellow Staining mushroom.**

**Also see Dr David Mullen's column on page 12 and John Bell on Food Allergies on page 30.**

**This story continues on page 7.**



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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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## Water restrictions lifted in Lorne

Stage 3 water restrictions have been lifted in Lorne after recent rains boosted Allen Reservoir to 97 per cent.

Since May 1, Lorne has recorded 112mm of rain – above the monthly average of 84mm.

This breaks a 12 month run of below average rainfall.

Overall, storages have risen from a low of 33 per cent on April 25 to sit at 97.1 per cent.

Barwon Water Managing Director Joe Adamski said that the rainfall had arrived at just the right time.

“We had just started carting water to Lorne from the Geelong supply system and upped restrictions to Stage 3 from Stage 2 when the wet weather rolled in,” Mr Adamski said.

“We were able to put carting on hold and have seen the storage level steadily increase over the past few weeks thanks to consistent falls in the catchment.

“Being a relatively small storage, Allen Reservoir responds well to rainfall events so it has not taken long for it to recover,” he said.

Mr Adamski said Stage 3 water restrictions remained in place in Colac and Apollo Bay, but would be monitored and re-assessed in June as both areas showed signs of recovery.

Overall, Colac’s storages are holding 41.5 per cent and Apollo Bay’s 46.7 per cent.

- **Medial release,  
Barwon Water**

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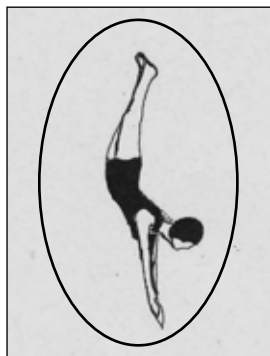
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# The Louttit Loop



Good old Barwon Water well and truly broke the drought! Started carting water from Geelong and declared pretty severe Stage 3 water restrictions! On that very day the proverbial skies opened and three weeks later the Allen Dam was at 100%, restrictions lifted and 112mm of rain had revived Lorne!

*Really sad to report the death of big-smiling gentle guy Peter Tippett last month. A very popular dude in*

*Lorne and the wake at the Aquatic Club was evidence of how many mates he'd made here. Sympathies galore to Sue and their three gorgeous daughters.*

Suddenly it's that time of the year when we appeal to everyone to support our local traders. Peak summer \$ takings suffered severely thanks to the bushfire. And despite many weekends of 'events' and the good trading they bring, our shop owners and our accommodation folk are doing it hard. So may we encourage you to have a little think before you head out of town to shop. Try Lorne first. Shopping locally may cost a few dollars more, or may not, but it is getting to the stage of 'use it or lose it' with many businesses at the moment.

*And to those lucky enough to be landlords or landladies renting retail outlets to traders, please be super considerate with those rent increases. Please.*

We farewell Lorne Automotive who are relocating to Birregurra. Bruce, Ainsley and their excellent team have worked really hard for three years to do a first class job for Lorne folk and visitors to Lorne. From July they'll be at 8 Main Street, Birregurra 3242 – phone: 52 362138. They will offer you a loan car and/or a coffee while they work on your vehicle.

*Bill and Maggie Snelling have relocated to the warm climes of Runaway Bay (Qld). But not before the Lorne Garden Group were invited to their GOR home, given a picking order number on arrival, and allowed to strip the garden of pots and plants! The house will be demolished thus the garden was up for grabs, so can you just imagine? Lots of different stories of number swapping, plant haggling, pleas for pots already taken etc but all in all an original and fun way to farewell one's mates.*

We almost farewelled the driver of the truck c/w trailer carrying concrete ballast weights for a crane which tried to come slowly down William Street to the GOR with very dodgy or no brakes! Took out a huge tree, a pole, and jackknifed into a vacant house on the corner of Smith Street. The paramedics' helicopter waited almost three hours on the footy oval to fly the driver to Hospital but cutting him out was a huge and laborious job. Hovering media choppers hung above for ages trying to make the evening news deadline, which they did!

*All our local emergency services were called in and averted a potential disaster thanks to their usual efficiency and vigilance.*

Years ago, the now defunct Lorne Red Cross Emergency Catering ladies would have been on the scene in no time with freshly made sangers for all. We had six teams round town, each with a leader, all of whom kept loaves of sliced bread in their already bulging freezers over summer and had been

well instructed in making healthy and filling sandwiches in an emergency. DOH! HOWEVER, when the Red Cross chiefs insisted on Police Checks for volunteer sandwich makers, most of us spat the dummy, having had several such checks in order to work at other voluntary jobs round town. And so this catering team is no more and when word reached us that the voluntary workers on the big truck disaster job went hungry, we felt sad at how crazy things have become.

*Well done to Carly Enticott at Lorne Larder who once more cooked like mad creating a heaving 'high tea' table for the Cancer Council's "Australia's Biggest Morning Tea" cause. 100+ scones 'n jam 'n cream were devoured and how good they were! Over \$1100 was raised by generous Lorne punters so thanks heaps Carly!*

On Thursday 9<sup>th</sup> June at Mantra from 11.30-2.30 Christopher Howe from the Avoca Hotel will demonstrate his Golden Plate Award winning ways with salads! Entry is by the purchase of a \$10 bag of salad ingredients at the door and proceeds to our CFA.

*As one who is impressed that Springy and his mates know so much about ships that rest in our gentle bay overnight (and other passing watercraft) – the penny has dropped. Ah Ha! Of course! There's an App! \$7.50 for the Marine Traffic App. which is an excellent source of knowledge about any passing vessel! There are also others which are free. Fascinating.*

Editor Jo and sweet Sandra ventured into the bush to check out the story re 'the tree in the bitumen'! Followed instructions to enter Grove Road from the bush end (often known as Rough'nTumble). Somehow they got fairly lost and discovered (as most of us know) that Grove Road will go through eventually, but at the moment is really only for walkers! Much slipping and sliding and the poor front wheel drive did its best, but had to be guided out by Giselle (from the Company with a leaf logo on its door) in the Industrial Estate.

*Sunday 12<sup>th</sup> from 12-2 is the Official GRAND Opening of the Mens' Shed! All welcome. With a 7-0 Council vote passing the final hurdle, the Shedders are good to go. Hip hip hooray!*

It's always a delight to have the Victorian Artists' Society on their annual Lorne visit. This time they had perfect weather and popped up their easels all over the place. After a romp on the north Lorne beach with the dog and the grandson, we wandered over to check out the nearest artist's work, only to find that we'd been painted in to the Lorne landscape! Surprise surprise.

*Not content with competing in the GOR marathon, the MacDonald family (now of Halls Gap) ALL ran in the recent 'runthega' event. Rowan did the 21km, Josephina ran the 12km (with a blind guy), Paddy won the under 15 12km, and Keira ran the 6km in a great time! How do they find the time?*

Recently Camel posted on the Community Noticeboard on Facebook a photo of a yummy vegetarian barbie he cooked himself. Reported that "I ate the lot and then I was so full I couldn't walk!" Oh mate, how we love you and your sense of humour.

*Remember to be extra kind to each other over the long winter – already a bit of argy bargy on the Lorne Community Noticeboard! To those lucky enough to be travelling – take care ....*

**- 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.

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

**This month we expect to be working along the beautiful Lorne foreshore starting at**

**10am on Sunday, June 19**

**For the exact location see the Community Noticeboard outside the Post Office during the previous week. A barbeque will follow the working bee at about 12.30pm**

**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 Op Shop**

### **AGM**

*The 2016 Annual  
General Meeting  
of the Lorne Community  
and Hospital Auxiliary  
(The Lorne Op Shop)  
will be held  
at 11.45 am on  
Thursday 30 June 2016  
at the Lorne Community  
House.*

## **Lorne Independent**

Perhaps some people are lucky in that they have never suffered the anger and disappointment, and of course the damage that bad debt can cause; one can only sympathise with the losers if the money owed is an especially large sum.

The Lorne Independent is a not-for-profit, community publication and the money needed to bring it out each month is not that large.

Luckily we have never ever been in debt.

But what especially irks is the number of advertisers who 'just forget' that they owe us money, and a number of subscribers who think that one year's payment lasts for ever.

Small, immodest sums do mount up. A hundred dollars here, thirty-five dollars there ...

The Lorne Independent is of course most vulnerable.

Everyone knows we are a comparatively small concern, and we don't even have a dedicated space to put the paper together and the work is done on lap-tops from a home office or, more often than not, from a kitchen or dining room table.

We operate at the most basic level, pretty well much the same way as nearly all Lorne voluntary organisations and individual work.

But the mindset of some people does puzzle.

What makes someone ask for still more advertising when the last invoice, or even the one before that hadn't been paid?

Just wipe off the previous debt and start anew?

We are of course a sitting duck, as they say in the colloquial, because people know we neither have the resources or the money to claw back outstanding debt.

We certainly would not take a person to court, nor send around a collector with muscles and a cricket bat or even throw stones on a roof.

Modern ethics is big on dividing business and the personal; business is business and personal is personal.

That's what enables someone who has defrauded hundreds of people, often of their life-saving, thereby causing untold misery and personal turbulence, to still sit in the front pew on Sundays and sing the Hallelujah chorus.

Business does not have an individual conscience, or so the theory runs.

We had a beauty of case some years ago – an elderly-sounding male voice used to call every couple of months to complain that he had not received his hard copy so a quick check confirmed both name and address. All correct.

Copies had been sent out each month.

However, there was no record of any recent payment.

He had paid for his first subscription, some years previously, but nothing since then.

This scenario went on for just over three years until a heated telephone conversation finally exposed the truth of the matter: he admitted he paid for an initial subscription but then decided not to pay again because he didn't really 'like' the publication.

What can you say about person like that?

Perhaps his mother just didn't love him?

Anyway, we never heard from him again.

**- Jo Vondra**



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##### 5/118 Mountjoy Parade, Lorne

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##### 13 Cassidy Drive, Kennett River

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

##### Flat/9 Smithers Street, Lorne

- 1 brm, 1 bthrm, \$160 p/w, available now.

##### 1/22 Otway Street, Lorne

- 4 brm, 2 bthrm, \$600 p/w, available 24/05/16

From front page:

## It's easy to pick the wrong wild mushroom with tragic consequences

"The most dangerous variety is the Death Cap, usually found near deciduous trees, especially around oaks, in some Melbourne suburbs and rural areas.

"The Death Cap is extremely toxic and responsible for 90 per cent of all mushroom poisoning deaths. Death can follow within 48 hours," Prof Guest said.

The Death Cap is a large mushroom, with a cap ranging from light olive green to greenish yellow in colour. The gills are white, and the base of the stem is surrounded by a cup-shaped sack.

Prof Guest said the commonly found Yellow Staining mushroom turns yellow when the cap or stem is bruised by a thumbnail.

"These are often gathered and mixed with field mushrooms, and can cause nausea, abdominal pain and diarrhoea in some people.

Dr Tom May, a Senior Mycologist at Royal Botanic Gardens Victoria said the Death Cap is widespread across Melbourne in both public and private gardens and also occurs in Victorian regional areas - always associated with oak trees.

"The Death Cap appears any time from January to June, but is most common a week or two after good rains in summer and autumn," Dr May said.

"If you have any doubts about a species of fungus or mushroom, don't eat it," Prof Guest said.

Be safe and buy your mushrooms from the Supermarket or other commercial retail outlets.

More information about this species can be found on the Better Health Channel website and a Chief Health Officer's alert is at:

<http://www.health.vic.gov.au/chiefhealthofficer/index.htm>

### What you should know about mushroom poisoning

- \* There is no home test that can distinguish between edible and poisonous fungi and mushrooms.
- \* It is recommended that you only eat mushrooms you've purchased from the supermarket, greengrocer or reputable source.
- \* The yellow stainer (*Agaricus xanthodermus*) is the most commonly ingested poisonous mushroom in Victoria.
- \* Symptoms include gastrointestinal upsets such as abdominal pain, nausea, vomiting and diarrhoea.
- \* The death cap (*Amanita phalloides*) is potentially fatal if ingested.
- \* If you suspect you or your child may have eaten a poisonous mushroom, don't wait for symptoms to occur.

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**News from our  
Councillor for the  
Lorne Ward**

**Equity Indicators – Ward Rate Contribution relative to Total Project Allocation.**

Consideration of rate contribution is an important element in the notion of equity and can be used as one comparative basis. Rate income does however fund a number of Council activities in addition to projects that are included in this comparison.

Ward rate contribution and funding has been adjusted to reflect the portion of the Winchelsea ward with a 3228 postcode within Torquay ward. The adjustment reflects more closely the community of interest.

Council projects include the categories of new/upgrade capital, new operational and renewal capital. The annual loan cost from all of Council’s debt has also been included in the analysis. The chart below compares adjusted ward rate contribution relative to project allocation.

Council also allocates funding to projects that could reasonably be considered “Whole of Shire” and are not included in project funding below.

2016/17	Rates	% Rates	New projects	Renewal	Loan Costs	Total	%
Torquay	\$19,653,276	48%	\$5,404,365	\$1,347,100	\$676,101	\$7,427,566	61%
Anglesea	\$9,676,123	24%	\$165,000	\$982,300	0	\$1,147,300	9%
Winchelsea	\$4,872,154	12%	\$1,621,450	\$1,456,050	0	\$3,077,500	25%
Lorne	\$6,681,298	16%	\$408,000	\$199,400	0	\$607,900	5%
<b>Total</b>	<b>\$40,882,851</b>	<b>100</b>	<b>\$7,599,315</b>	<b>\$3,984,850</b>	<b>\$676,101</b>	<b>\$12,260,266</b>	<b>100</b>

This indicator demonstrates that in this year’s budget, the proportion of total funding to project allocations exceeds the proportion of rate contribution in Torquay and Winchelsea wards, but is less than the proportion in Anglesea & Lorne wards.

**A further “Equity” comparison is Council assets relative to rates in different wards.**

2015/16	Rates	% Rates	Road Assets	Non Road Assets	Total	%
Torquay	\$18,567,223	47%	\$108,357,425	\$69,408,881	\$177,766,306	46%
Anglesea	\$9,467,678	24%	\$35,420,006	\$33,019,820	\$68,439,826	18%
Winchelsea	\$4,592,552	12%	\$76,563,170	\$31,595,027	\$108,158,197	28%
Lorne	\$6,664,669	17%	\$19,909,968	\$15,573,076	\$35,483,044	9%
<b>Total</b>	<b>\$39,292,122</b>	<b>100</b>	<b>\$240,250,269</b>	<b>\$149,596,804</b>	<b>\$389,847,373</b>	<b>100</b>

On Tuesday night, May 24, Council resolved to enter into a three- year Crown Land Licence Agreement between the Surf Coast Shire & the Lorne & District Men's Shed Inc.

Looking forward to the "Grand Opening " on June 12th

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

## 'Totem' pole in the middle of a Lorne street

Only in Lorne do you find an enormous tree trunk sticking out of a paved road - wags have suggested it might be some totem entity to the Spirit of the Otways.

The stump in Grove Road has apparently a long history – Treewatch's Steve Bayley says it goes back about ten years and originated as a dispute between a developer and the Surf Coast Council.

Locals have complained but the Shire has just ignored the problem.

The easiest way would be to cut down the dead stump, and fill the hole with gravel, a job which can be done, according to Steve for under \$1,000. After all, the Shire carries responsibility if there is an accident ...

Meanwhile, perhaps the Lorne Visitor Information Centre can promote the stump as a tourist attraction.

With thanks to ParkVic's Giselle who helped guide your intrepid reporter through the bush above the Industrial Estate.

- JV



Strange things do happen in Lorne. The stump in the two photographs has been there for some ten years and numerous complaints from local residents have fallen on the deaf ears of our Surf Coast Shire. According to local residents, that part of Grove Road is very narrow, and vehicles pass each other with great difficulties.

The suggestion to use it as some sort of totem pole is a good one - we are calling for suggestions on how to decorate it to make it suitable as a tourist attraction.

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# Sportsbriefs with John Ford

## Dolphins Dominate

Lorne's senior football team is now playing a much better brand of football resulting in four wins in a row. The team has now climbed to third place on the CDFL Ladder after turning around what was a disappointing start to the season. The Dolphins' home wins against Western Eagles and Irrewarra-Beeac were very good, however the away wins over Simpson and Otway Districts were even more impressive and were a measure of the team's substantial improvement. Lorne's defence has been solid all season but the forward structure is now better organized, and the mid-field providing numerous quality forward entries.

In one truly remarkable performance against Western Eagles, Lorne's playing coach Sam Stavenuiter at the three-quarter time address, asked his players for a big last quarter effort. The Dolphins already had a huge lead, but Sam moved himself to the forward line where he personally kicked the first FIVE goals of the last quarter. An amazing effort!

Lorne's next matches are as follows: 4<sup>th</sup> June at home against Alvie, on the Queen's Birthday weekend at home against South Colac, then a run of away matches including Apollo Bay and Birregurra. These matches will give a good indication as to whether the Dolphins are capable, and in fact good enough to compete in the finals. For us supporters the home matches on the 4<sup>th</sup> and 11<sup>th</sup> of June are a must to see. Go Dolphins!

The Dolphins netballers are playing with great passion and inspiration. If you are not normally a netball watcher, take some time to watch their matches while at the football. The speed of ball movement, with players showing sharp reflexes and clean ball handling, is a highlight. The great teamwork displayed by especially the A Grade and B Grade teams well worth watching.

## Great Ocean Road Marathon

On Sunday 15<sup>th</sup> May the annual Great Ocean Road Marathon was held, incorporating other events including the 60 km ultra marathon and the 23 km half marathon. These events attract athletes from interstate, overseas and many local runners. The half marathon from Kennett River to Apollo Bay is becoming a favourite for many locals and this year a group of ladies who you will know from local businesses took part and ran very well. Great Ocean Road Real Estate generously sponsored the group of thirteen ladies: Jeanette Hancock, Asher Healy, Alyce Stribling, Hayley Bloor, Genevieve Genesse, Rosemary Presti and Natalie Parker were first-time entrants, along with Renea Forsyth, Carolyn Griffiths, Bernadette Everitt and Mandy Farrelly who had run in previous years. Karen Stribling and Jenny Miller, who had trained with the others, were on holidays at the time of the event. There was a gusty headwind for much of the journey and a shower of rain just before the finish. Despite this all the ladies finished and were thrilled at having participated. The 'flagship event' the full marathon was won by defending champion Julian Spence, while Kirsten Bull won for the third year in a row. Well done to all who participated in this year's events.

## Ladies Golf

What a busy month for the Lorne Ladies golf. The Miss Lascelles Silver Salver was held on the 2<sup>nd</sup> May with a field of 63 players. It was a very successful day and I would

like to thank the following clubs for participating: 13 th Beach, Anglesea, Barwon Heads, Barwon Valley, Beeac, Colac, Clifton Springs, East Geelong, Koorngal, Inverleigh, Torquay, Ocean Grove and Winchelsea.

The Miss Lascelles Winning Club – ANGLESEA.



**Miss Lascelles Trophy winners: Jan Stewart, Sue Caldwell, and Vida Brenner.**

The winner of Silver Division: Sue Horne from Clifton Springs.

Runner up Silver Division: Anne Lynch from Inverleigh.

The winner of Bronze Division: Jacqui Wall from Barwon Heads.

Runner up Bronze Division : Sue Morris from Torquay.

Nearest the pin 2 and 11: Jane Richie from East Geelong.

Nearest the pin 5 and 14: Jane Richie from East Geelong.

Nearest the pin 9 and 18: Sue Horne from Clifton Springs.

Congratulations to all winners. Lorne Ladies golf really appreciate the continued support of all participating clubs. The weather was on our side and the course was in great condition. Thank you to all who made this very special day possible.

Caroline Bartholomew, Wendy Hutchison and Paula Hayden recently played in the Point Lonsdale Bowl. I am thrilled to say they won and blitzed the field. Photo below. Well done ladies.



We were also recently represented at Winchelsea golf club, which was a fun day. This Sunday a few of us are travelling to Anglesea to support their Kids for Cancer charity day.

As a club many of us enjoy travelling to other clubs to play in various tournaments. There are many benefits of playing at the different clubs, one being the hospitality and social side of golf. You also gain tremendous experience playing on different fairways. It's terrific to see familiar faces out on the course, and it's very important for the clubs to support each other.

Come and join our very friendly group of ladies every Tuesday with play commencing at 9 AM. There is no pressure, just an enjoyable day where you have a choice of playing 9 or 18 holes.

For further information regarding the ladies day please contact Lesley Goldsworthy on 0437 028 169 or Wendy Hutchison on 0419 878 089.

Lessons are available from Vicki Thomas, please contact Vicki directly on 0409432045.

**Happy hitting**  
**Lesley Goldsworthy**  
**Lady President**

### **Lawn Bowls**

On 5<sup>th</sup> May, 2016 a function was held at the Grand Pacific to celebrate the end of the midweek Pennant season.

After a hilarious complimentary bus ride, courtesy of the Pacific, eight Members arrived ready to enjoy the evening., Another fifteen Members had already arrived. It was the first time Stephen Hishon and Don Baldwin had been in the bus and they said they would not have missed it for the world. Apparently Paul and Heather would have liked it to last longer.

After all were seated and orders from the Menu were taken Lorraine Goette got the evening under way. Lorraine started the evening with announcing she had a small gift for everyone but to receive their gift the recipients had to identify themselves from a cryptic clue that she gave them. Well she was spot on with the habits of everyone. When some went over the heads of those mentioned there were plenty there who had guessed who they were. Great idea Lorraine.

The food and drinks then arrived and as usual the food was great and the service was top notch. You are treated as a welcome guest and not just a customer. Thanks to all.

After dinner the real entertainment started. The famous entertainers from the Bowls Club, Heather Olney, Helga Lewis, Ingrid Coulson, Jennifer Dulloo and Janet McCleod entered twirling their Pom Poms. Dressed in blue and white striped skirts wearing their Grand Final medals over their club shirts in they came dancing to the music Janet had organised. Did I mention the black tights? Oh Ingrid, those black lace tights – WOW. Then the singing started all about how when the ladies from the Dolphins were UP all other teams were DOWN. Dancing and twirling Pom Poms as they sang. Every team member was mentioned along with how they played the game. They had encore after encore. The last we saw as they left was a pair of black lace tights disappearing around the corner.

A good time was had by all and the home run in the bus just as entertaining although Steven and Don decided to walk home, not sure why. Looking forward to next season.

On 11<sup>th</sup> May Joan Rice Day was held at the Clubhouse. Over 40 members and guests were present. There was some sunshine and a little rain but did not dim the enthusiasm. After lunch more games were played and then afternoon tea. Margaret Hodson spoke about her late friend Joan and what a wonderful lady she had been and about all the work she had done for the Community. Tears were shed. Merv, Joan's husband was there and he thanked everyone for the invitation to visit and play bowls with his old friends and for remembering Joan in this way.

Even though the season has ended Bare Foot Bowling is still available, weather permitting.

**See you there.**  
**Merna Smith.**

### **Winter Tennis**

Lorne Country Club's team in the Tennis Geelong Winter competition is playing quite well despite being defeated in their first five matches. While this is not an ideal start to a

season, Lorne has been competitive in winning many sets and keeping their opponents under pressure. I am looking forward to their first win of the season.

Social tennis is still taking place on Saturday mornings from 10.00am, and Wednesday afternoons from 4.00pm. A group of players of a range of standards play, and visitors are welcome to these sessions – for a visitor's fee of \$10.

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

Send articles to [byswerdi2@bigpond.com](mailto:byswerdi2@bigpond.com)

Or post to: 35 George St, Lorne 3232.

## **News from the Lorne Aquatic and Angling Club**

### **Commodore's Notes**

Due to annual holidays the May committee meeting was cancelled so nothing to report on this front.

Sadly, I report the tragic death of regular club member Peter Tippett. His smiling face will be missed by many.

### **Pt Grey Report**

On Thursday 19<sup>th</sup> May the Great Ocean Road Coast Committee formally released the Pt Grey Business Case to the public. Member for Western Victoria – Gayle Tierney representing the Minister for Regional Development Hon Jaala Pulford MP was in attendance for this media announcement.

Consultancy firm DENCH- McCLEAN- CARLSON has been appointed to finalise the Business Case by the end of July. This document, when produced, will prove the viability and the importance of the redevelopment of Pt Grey to the community of Lorne and visitors alike. Once this stage is complete, the LAAC looks forward to working with GORCC and the consultants through the finance and design phase of the project.

### **Stronger Communities Grant**

The LAAC has been successful in its application to the federal Department of Infrastructure and Regional Development for a \$6000 grant to improve the BBQ facilities and the sound system. It is anticipated that all works will be completed by December.

Winter Fishing Competition No 1. was held on Sunday 1st May. Sponsor – Peter Wheal Landscaping  
The winners were – Senior – Steve Bicvar – flathead. Runner Up – Paul Staley – flathead. Third – Graeme Norton – Sweep. Congratulations to Xavier for being the only junior to brave the elements.

Current leaders – Snapper Comp (Keith Miller) Garfish Comp (Brett Stewart) Bream Comp (Miah Atwell)

### **Coming Events**

Winter Fishing Competition No 2. Sponsors – Bev & John Storey, June 5. A bbq lunch will be provided after weigh in at 12.30.

**Graeme Norton**  
**- Commodore**

### Poison Mushroom Warning in your local area

Over the last few weeks there have been a number of warnings issued from Victoria's Chief Health Officer about poisonous mushrooms. Wet and warm weather conditions have created an "ideal" growing environment for mushrooms around Victoria, and Lorne has proven to be a hot spot.

My advice to the local community would be if in doubt about a species of fungus or mushrooms, don't eat it. While commercially sold mushrooms are safe, poisoning can occur when people gathering wild mushrooms and inadvertently include toxic mushrooms.

Facts about fungi poisoning;

- Most poisonous fungi are eaten during autumn.
- The most commonly ingested poisonous mushroom in Victoria is the yellow staining mushroom, because it looks very similar to the field mushroom. Also the Death Cap fungus which is the most dangerous variety because it is extremely toxic. It is responsible for 90 percent of all mushroom poisoning deaths.
- Two thirds of reported cases of fungi poisoning were in children under five years of age. In 86 per cent of these cases, the children ate mushrooms growing in their gardens at home. If you have a toddler, you should regularly check your garden for mushrooms and remove them to reduce the risk of accidental poisoning.

### Common symptoms of Yellow Straining mushroom poisoning:

Symptoms of poisoning by Yellow-Staining Mushroom are nausea, stomach cramps, diarrhoea and vomiting, shortly after eating. Symptoms are caused by the presence of the chemical phenol in the mushroom. The severity of symptoms varies with the amount eaten.



### Common symptoms of Death Cap mushroom poisoning;

Usually within somewhere between six and 16 hours the person ... will start to get diarrhoea and vomiting. That can hang around for a day or two and usually the person feels as though they're starting to recover. But a couple of days after they've recovered from that, that's when the serious impact of this particular mushroom happens and they'll start to get jaundice and more vomiting and diarrhoea.

This particular poison eventually results in failure of the liver in severe cases. One mushroom can contain enough poison to kill an average-sized adult.

If you suspect you or your child may have eaten a poisonous mushroom, don't wait for symptoms to occur. Contact the Victorian Poisons Information Centre for advice (Tel 13 11 26) or visit your local doctor

### Dr David Mullen Lorne Medical Centre



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# Together for 60 years Ken and Merna Smith honoured

There are few of us who can say our marriages lasted 60 years or indeed for the event to be honoured with congratulations from Her Majesty the Queen, the Governor-General, our Prime Minister, State Premier as well as a host of politicians.

Well-known Lorne couple, Ken and Merna Smith, recently celebrated their 60<sup>th</sup> wedding anniversary and 40 relatives and friends came from all over Australia to help them celebrate at the Lorne Pavilion Restaurant, specially decorated by their daughter Robyn.

In addition to flower arrangements, Robyn scanned 400 photographs from the date of their marriage in 1956, printed them all off to the same size, then pasted them to large notice boards to place around the walls.

Grandson Dion and his partner Bri baked a wedding cake, and iced and decorated it themselves.

Bri also painted a black tree trunk with branches on a white background.

When guests arrived they were asked to dip their thumb into green water based paint, then put their thumb print and name on to a branch of the tree as a record of attendance.

Daughter-law Fiona also presented a beautiful coloured wedding album with Ken's and Merna's wedding photos specially printed for all to peruse.

Granddaughter Eden, who travelled down from Brisbane especially, made monogrammed serviettes in pink and white, as had been the colour scheme 60 years ago.

In addition to all the VIP congratulations, the humble team at the Lorne Independent would also like to add its own congratulatory message and the very best wishes for a long and happy life to you both.

**(Information provided by the family)**



**No details were forgotten by the family when the clan celebrated the 60th wedding anniversary of popular Lorne couple Ken and Merna Smith. Messages of congratulatinns were sent by the Queen, the Australian Governor-General, Victoria's Governor-General, Premier and various other politicians and municipal office holders. The Member for Corangamite, Sarah Henderson also sent best wishes.**

# Orchids: the sinister and the pornographic



The Wardian Box created huge interest in horticulture among the lords and ladies of Victorian England, a merchant class emerged benefiting from the spoils of the Industrial Revolution as did a rising middle class. All were swept up in an interest in plants of many species and in the new arrivals appearing almost daily. Amateurs and botanists, scientists and collectors all were up for it and for many Indiana Jones types with a sense of adventure, and opportunities abounded. They plunged into the deepest darkest jungles of Africa and South America, the impenetrable Himalayas and the mysterious Orient being described as plant collectors, as prospectors even, frequently if ludicrously, as ‘plant hunters’. In reality many of them were simply venture capitalists, scoundrels and cowboys. At the top of the tree (so to speak) in the plant gathering game were those in search of orchids. As hothouses, conservatories and orangeries came on the scene hobbyists and collectors flourished until advances in propagation techniques and the ease with which hybridisation could take place meant the end of the exclusivity associated with orchid ownership and the brief period associated with orchidelirium evolved itself out of fashion. Today membership of orchid societies across the globe runs into millions.

**I can thoroughly recommend a visit to one of the biennial shows held in Geelong by the Geelong Orchid and Indoor Plant Club. (See next column, bottom)**

As well, the orchid has retained a reputation in fiction where it has achieved a special place in literature as a seductive and menacing flower. In *Wily Violets and*

*Underground Orchids*<sup>1</sup> Peter Bernhardt credits H. G. Wells’ *The Flowering of The Strange Orchid* as the first in a lineage of science fiction writers who deliver the orchid as the fatal villain of the piece (Richard Mabey<sup>2</sup> refers to Wells and also to the crime fiction of Raymond Chandler’s *The Big Sleep*). John Wyndham, J. G. Ballard and Arthur C. Clarke get a mention and all contain sinister scenarios. The exotic nature of the flower lets the authors exploit our natural fear of the unfamiliar. This happens with orchids in fiction more so than any other plant. It is not until *The Pollinators of Eden* by John Boyd (in 1970, at the height of ‘flower power’) that the orchid is drawn as neither disturbing nor fearful. It is in fact quite amorous!

Both of the aforementioned authors cover many species in an entertaining way but orchids bring out the best in them both. New plant discoveries in the orchid realm continue today and Bernhardt introduces his reader to orchids that flower underground and ones that have developed special symbiosis with insects and fungus. The name orchid derives from *orkhis* the Greek word for testicle. The Middle English term was typically earthy – they were called ‘ballockworts’. When associating the Rolling Stones extended red tongue logo with particular orchid species Mabey talks of orchid porn. When referring to the pollination of Madagascar orchid by a moth which unfurls a twelve inch long tongue to do so he opines that this process “reward(s) moth and orchid ... membership of the exclusive Twelve Inch Deep Club”.

1. Peter Bernhardt, *Wily Violets and Underground Orchids: Revelations of a Botanist*, Allen & Unwin 1990

2. Richard Mabey, *The Cabaret of Plants*, London, Profile Press 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**

**Saturday June 25 and 26,**

**10am to 4pm**

**Geelong Orchid and Indoor  
Plant Club**

**Christ Church Hall  
Cnr. Moorabool & McKillop  
Streets, Geelong**



## This and that



### **Bernese Mountain Dogs visit Lorne to bond with our own 'Pack'**

Exercise class and bowling enthusiast David Stribling sent us information on the four Bernese mountain dogs brought to Lorne for a visit by friends Tony Michael and his partner Lyn.

It was an obvious choice for the dogs to be introduced to Lorne's The Pack, one of our sculpture pieces acquired from artist Dean Putting in 2011 following the Lorne Sculpture Biennale.

According to David, the dogs had a 'ball' romping around the sculptures and getting acquainted with some of the locals and their canine companions.

The breed did cause some interest. It originated in mountains above Bern, in Switzerland, and is still used to help drive cattle between the farmhouse and the alpine pastures.

The breed's original name in the Swiss-German dialect was Berneser Saanen Hund, the word Saanen meaning alpine pasture; Hund is of course dog

Formally recognised as an individual breed in 1907, the official classification is as a 'working dog' in that they are often used to pull small sledges.

They are not to be confused with the legendary big St. Bernard dogs used in days gone by to rescue people lost in the mountains; a keg of cognac on a band around their necks was said to give emergency 'first aid'.

Bernese Mountain Dogs are renowned for their placid, even temperament and make superb pets.

- JV

### **Council vacancy not to be filled**

Surf Coast Shire Council has resolved to not fill the vacancy caused by the resignation of Anglesea ward Councillor Libby Coker.

The council resolved at a special meeting on 17 May that it would not seek to fill the vacancy created when Cr Coker resigned from Council on 9 May.

The Local Government Act gives the Council the discretion to choose whether or not to fill the vacancy as long as the vacancy occurs within six months of the end of the current council term.

The default position in the legislation is that the vacancy not be filled unless Council decides otherwise.

The Anglesea ward will continue at this time to have a representative on Surf Coast Shire Council through Cr Margot Smith. Council will return to having two Councillors from the Anglesea ward following the October 2016 Council general election.

- SCS media release

## New and exciting direction for Lorne's Festival of Performing Arts

The new committee at the head of Lorne's now established Festival of Performing Arts (FOPA) has promised an entirely different approach to this year's event, though actually details at this stage have not yet been released.

The Festival is scheduled to be held between Friday, September 2 and Sunday September 4 – in other words a 'Spring Festival of Performing Arts'.

The spectacular circus tent that had sprung up in front of the Mantra complex over the last years will definitely not appear and the committee has emphasised that it will be 'prioritising free outdoor performances and family friendly shows'.

The organisers of the Festival surprisingly called a public meeting at the Mantra some weeks ago to outline the new direction of the festival and also to 'reveal' the new management team.

'The illustrious groups – hand-picked by the Lorne Community Arts and Culture Foundation board with Chairman Peter Spring at the helm – includes Executive Director Naomi Daly, (of Falls Music and Arts Festival fame), Artistic Director Edwina Lunn (Darwin Festival, Melbourne International Comedy Festival, Edinburgh Festival Fringe) and Artistic Associate Clara Laccarino (Sydney Festival, Darwin Festival), a recent media release said.

Ms Lunn said that the input from the general community was hugely important. "If you build a great event for the community to share in and enjoy, then other people from outside the immediate area want to come and be part of that also."

The Performing Arts Festival was established some years ago at the urging of Lorne Business and Tourism Association under president Chris Tutungi, and the Lorne Community Association as a way to bring people into Lorne during the town's 'dead season' in the colder months.

Organised by public relations and marketing expert Penny Whitehead and her team, the Festival, under the 'Love Lorne' frame, was spectacularly successful in that it presented a wide range of fringe arts performances mainly from Melbourne but also from all over Australia, a series of public entertainments and other activities, including the model boat regatta.

Chairman Peter Spring emphasised most strongly that Penny Whitehead still does have a presence in Lorne in various public relations and marketing roles, but the new direction had been taken to 'reinvigorate Lorne's FOPA and build on the Festival's established success.'

Charmaine Robbins, formerly ABC Arts, Underbelly Public Arts Lab & Festival, Ghostwood, as new Marketing and Development Manager, will lead intensified marketing efforts including long term investment in the new FOPA brand, website, ticketing process and promotional strategy.

New Event Operations Manager Damon Jones (Melbourne Festival, Adelaide Festival) will deliver an 'exceptional event with an enhanced focus on audience comfort and experience.

The new team has committed to delivering a new striking and user-friendly website, more engaging 'Festival Hub' activity, refining the iconic Gala event, prioritising free outdoor performances and family friendly shows, and working with local business to deliver a 'comprehensive visitor strategy, including package deals and a more integrating dining experience.'

- Media release, JV, various

## Re(ve)lations – the new production from Anglesea Performing Arts

Theatre lovers on the Surf Coast are in a state of great expectation with the announcement of several plays in production at the Anglesea-based Anglesea Performing Arts Inc (APA) AND details of the annual One-Act Play Festival.

Currently rehearsing Re(ve)lations, APA will bring together plays by internationally acclaimed American playwright, Neil LaBute, as well as local playwright and APA actor, Mel Chapman.

The LaBute play, Some Girls, will be directed by Lorne's Iris Walshe-Howling, while Geelong-based actor and director Janine McKenzie will direct Chapman's play, Just Far Enough.

The two one-act plays are connected by themes that emerge in the midst of close relationships. In both plays, characters need to confront uncomfortable truths about themselves and the consequences of choices they have made.

In Some Girls, one man's attempt to heal relationship damage proves to be even more complicated than he first expected. Set in various hotel rooms, the man meets four ex-lovers, hoping to clear the air with each of them before his upcoming wedding. Some Girls is a riveting dark comedy, which captures the awkward and amusing dynamics that are created when we fall in and out of love.

Just Far Enough explores the boundaries that are observed and ignored between three friends. Over the years, three neighbours have negotiated the shifting fence-lines that separate their lifestyles, desires and identities. Just Far Enough deals with the moment when one of the neighbours wants out of the 'hood. This witty comedy puts under the spotlight friendships that are based on lies, betrayal and a lack of basic respect for personal space!

Based in Anglesea, Anglesea Performing Arts Inc (APA) is an award-winning Theatre Company that has provided entertaining community theatre, for more than 30 years. Early productions were usually musicals, but in more recent years the company has focussed on creating and presenting thought-provoking, cutting edge contemporary theatre.

The change in direction was spear-headed by Iris Walshe-Howling, who joined APA in 2003, after relocating to the Surf Coast from Melbourne, where she was involved in the independent theatre scene. She was a founding member of the innovative La Mama Theatre Company.

With actor/director Walshe-Howling at the helm, APA has developed a reputation for producing high quality, visionary work. It now comprises a group of passionate, dedicated and talented directors, actors, choreographers, musicians, playwrights and technicians drawn from across the Surf Coast and beyond. They have garnered a swag of nominations and awards for productions such as Picnic at Hanging Rock, All Souls and The Rain. After successful seasons in Anglesea, APA productions have often toured to venues in other coastal towns as well as venues in Geelong and Melbourne.

**Performance Dates: Friday 29<sup>th</sup> and Saturday 30<sup>th</sup> July at 7.30pm; Sunday 31<sup>st</sup> July at 2.30pm.**

**Friday 5<sup>th</sup> and Saturday 6<sup>th</sup> August at 7.30pm; Sunday 7<sup>th</sup> August at 2.30pm.**

**Venue: Anglesea Memorial Hall, Mc Millan Street, Anglesea**

**Tickets: will be available through [www.trybooking.com](http://www.trybooking.com) from July 1st (also available at the door).**

## One Act Play Festival 2016

For the past twenty-five years APA has hosted the Anglesea One Act Play Festival, a popular community event that attracts audiences from across Victoria.

This year's 26<sup>th</sup> Festival is scheduled for Saturday 27- Sunday 28 August 2016 at the Anglesea Memorial Hall.

Entries range from 12-20 short plays over the entire weekend from theatre companies across Victoria.

Many local businesses sponsor the festival, as it's a great opportunity to showcase our unique region.

"Our goal is to enrich the Surf Coast community with arts and culture and welcome any individuals who would like to be a part of this small but dynamic team," a spokesperson said.

For details about the 2016 One Act Play Festival, including booking tickets, please contact

Christine Walker, Secretary

E: [walkerchristine@gmail.com](mailto:walkerchristine@gmail.com)

M: 0408 444 199



*The Black & White Ball*

At the LORNE VIEW on Saturday 18th of June 2016 from 6:30 to 11:30pm \$90.00 per ticket inclusive of finger foods, mini meals plus drinks package. See Jeanette for your tickets!

**LORNE FOOTBALL NETBALL CLUB**



Lorne CFA is turning 80!

*Save the Date*

# CHRISTMAS IN JULY GALA

Saturday Evening, July 9, 2016

This July 9, join the Lorne CFA in marking their 80th Birthday with a Christmas In July Gala. We also think it's the perfect way to celebrate the Christmas that never was! Save the date. Details to come.



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# Victorian Apprentice of the Year

A Lorne resident called us a couple of times about how impressed she was with one of the chippies working on an extension on her property.

Well, there are chippies and chippies but it subsequently came about that this particular chippy was 28-year-old Hamish Rose who was named Victorian State Apprentice of the Year and also Regional Apprentice of the Year. He already had the Ballarat Regional title under his belt.

He's now in the running for the National Awards, to be judged in November with the ceremony held in Canberra at Parliament House.

Employed by Peter Tripp of Tripp Building Pty Ltd of Apollo Bay, Hamish first became interested in the building houses when he attended trade school at Federation University.

According to a story published in the Colac Herald, Hamish became interested in learning the trade 'from the bottom' up.

He had previously done work for the indigenous communities in South Australia and had completed a construction degree at the Royal Melbourne Institute of Technology. Following overseas travel Peter Tripp gave Hamish the chance to gain experience in the building trade at 'grass root' level.

Hamish grew up in Ballarat but now works mostly in Lorne on Tripp Building jobs.

Needless to say Peter Tripp is enormously proud of his mature aged carpentry apprentice.

"He's reliable and enthusiastic about his work," Peter said.

- JV



Picture with thanks from the Colac Herald. Hamish Rose, left, with Peter Tripp. Hamish is now up for the Australian Award, Australian Master Builders Association, to be announced in November.

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# Lynton Wade's reflection

I love the idea of bumper stickers.

Not that bumper stickers generally are good or useful or informative. Just the challenge of putting a point-of-view over in half a dozen words, or less.

I remember we were invited at school to enter in a competition being run by the equivalent of VicRoads (in the 60's) to compose the text of a bumper sticker that would warn about the dangers of drink driving.

Sort of "Drink drive - you're a bloody idiot" ... except they wouldn't have allowed 'bloody' in the 60's.

I could never get it down to six words!

But I love the idea of trying to get something across as succinctly and quickly as possible.

Sharp and brief can really get a message across with power.

I know, as a preacher, that if you go on too long you will lose people ... the old adage: "If you haven't struck oil in 10 minutes, stop boring".

Long speeches (or sermons) aren't always great speeches. But some short things are brilliant.

The Gettysburg Address is 286 words.

The 23rd Psalm is 118 words (48 words in Hebrew!).

The Lord's Prayer (Our Father ...) is 66 words.

At school the great challenge was to write a 400 word essay. Then at University it was 3,000 words. Post-grad it was a 10,000 word paper and, of course, doctoral things ask for tens of thousands. It seems the smarter we get, the more words we have to use and I get that. To some extent.

But if our interest is in communicating what we know, there has to be some point where we can get drowned or overwhelmed with too many words.

I think Jesus did it really well with parables.

I like the idea of bumper stickers though.

Short and sharp.

My favourite is "God loves you whether you like it or not" ... even if it fails the 'six word' standard.

Lynton

## Decades of work celebrated as Coastal Reserves Manager retires

The Great Ocean Road Coast Committee's (GORCC) Coastal Reserves Manager Rod Goring is retiring after 22 years of coastal management.

Mr Goring began his career working for GORCC in 1994 which was previously known as the Torquay Public Reserves Committee of Management before amalgamating with Lorne Foreshore Committee in 2004.

GORCC Chief Executive Officer Richard Davies said Rod left a significant legacy of improvements to the coast.

"Rod is loved by many and will be greatly missed. He has passionately implemented employment programs, coastal projects and upgrades of facilities both on public reserves and in GORCC operated caravan parks."

One of Mr Goring's proudest projects during his 22 years was the construction and development of the Point Danger Carpark and the ANZAC Memorial, which is now home to the Surf Coast's largest memorial services on ANZAC day.

Mr Goring has been nominated for the Victorian Coastal Council award for his ongoing contributions and commitment to the Great Ocean Road foreshore.

On behalf of the Lorne community, many, many thanks for looking after us, Rod.

We really hope you enjoy your retirement.

- GORCC medial release, JV



## THE REVERSE RAFFLE



At the **CLUBROOMS** on Sat the 11th June 2016 from 7 - 11:30 pm. \$80.00 per ticket (2 person per ticket limit) with dinner provided. **Major prize of \$3,000** plus your money back on 3 extra bonus draws.



## LORNE FOOTBALL NETBALL CLUB

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**Ian Walding  
remembers an incident  
13 years ago**

**The Surfer, the Scientist, the Smugglers, the  
Ship and the Swell.**

In August 1998, a 3800 tonne ship registered as *Treasure Road* was re-registered as the *Pong Su*.

On or about April 13, 2003 I was told of a ship anchored off the coast at Boggaley Creek just north east of Wye River. This was of no concern to anyone living on the coast as sometimes smaller ships anchored for a variety of reasons.

But the *Pong Su* was there for a very different reason.

On the afternoon of April 15, I was doing some electrical work at a property on the Great Ocean Road at Cinema Point .

I rang a lifelong surfing friend Jacko (Terrence Robert Jackson) and informed him that the swell had picked up a bit.

I rang him another three times that afternoon - the swell was getting bigger and bigger.

I had only ever seen a swell increase this rapidly once before in Victoria - at Bells Beach, Easter 1965.

At the most southern point of southern Tasmania is a place called *Pedra Branca*, Portugese for white rock, named by Abel Tasman in November 1642.

Also on that fateful day April 15, 2003, four scientists doing a survey of Australian birds had also noted the increase in the swell in that it presented them with a dangerous situation. They began to climb further up *Pedra Branca*.

They climbed up the leeward side of *Pedra Branca* up past the Helipad, and the higher they climbed the swell also rose.

At a height of 45m above sea level they were struck by a large volume of water, one of the researchers was washed away and never seen again. The survivors climbed higher up *Pedra Branca* but were still under threat of being washed off at a height of 55m above sea level.

Later that evening at Boggaley Creek, a dinghy was lowered from the *Pong Su* - its occupants must have been aware of the increased swell but continued. They finally reached shore near Boggaley Creek, a dangerous attempt in daytime with the sea conditions as they were - night time even more so.

Next morning, April 16, driving into Lorne in the vicinity of Scotchmans Hill, I thought I was in a scene of a Hollywood movie, men in navy blue jackets carrying guns had a person in custody and were doing a search of a car.

A local builder also spotted this event unfolding and enquired if any assistance was required. The reply was brief and to the point "No, piss off!"

A crew member of the dinghy was discovered dead on the beach. Packets of heroin weighing a total of 125 kg were found.

Later that week I was told of most of the *Pong Su* incident.

A 3800 tonne ship with only 125 kilos of cargo with some of its water tanks used as fuel tanks for long range travel... Somewhat suspicious!

It was a long while later that I realised that the drowning of a research scientist and a member of the crew of the *Pong Su* were both impacted and connected by the same giant ocean swell even though they were 600 km apart.

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# GRAND OPENING!

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**Sunday June 12, 2016  
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The opening of the Lorne and District Men's Shed is a free event encouraging the community to come together and learn how this facility will become a regional epicentre for men's health. We couldn't be more proud to share this opening event with you on June 12, 2016.  
Light luncheon served. All welcome.

Contact Allan Walls for further information - [allanwalls@bigpond.com](mailto:allanwalls@bigpond.com)



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## Food allergy

Australia has one of the highest reported incidences of food allergies in the world, and the numbers are growing at an alarming rate with one in 10 babies born in Australia today forecast to develop a food allergy.

Food allergy is an allergic response to particular foods or food additives. Many food intolerances are actually allergies. Unlike food allergies, intolerances do not involve the body's immune system. Food intolerance symptoms include headaches, bloating, wind, nausea, mouth ulcers or hives, and can occur several hours after a food is eaten.

An allergic reaction can quickly become life threatening and people can die from food allergy. It's up to all of us to be allergy aware – to know how to minimise the risk of a reaction, to know what to do if a reaction happens, and to understand and support family, friends and colleagues living with food allergies.

Allergy & Anaphylaxis Australia (A&AA) is a charitable, not for profit organisation whose aim is to improve awareness of allergy in the Australian community. They do this by sharing current information, education, advocacy, research, guidance and support.

The signs and symptoms of a food allergic reaction may occur almost immediately after eating or most often within 20 minutes to 2 hours after eating. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress very quickly. The most dangerous allergic reactions (anaphylaxis) involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

Common signs and symptoms of food allergy:

- hives, welts or body redness
- difficult and/or noisy breathing
- swelling of the face, lips, eyes, throat or tongue
- vomiting, abdominal pain, diarrhoea
- tingling of the mouth
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- runny or itchy nose (rhinitis).

Your local pharmacy is your health destination. Pharmacists and pharmacy staff may suggest antihistamines. Ask about any possible side effects (e.g. drowsiness). If the allergy has caused a rash, your pharmacist may recommend an anti-inflammatory cream, such as hydrocortisone cream. Anaphylaxis is preventable and treatable. Knowing the triggers and avoiding them is the first step in preventing an allergic reaction.

Removing allergens from the house makes life much easier for the allergy sufferer; however this isn't always possible, particularly if the allergen is egg or milk, often staple, healthy foods for most of the family. Always read food labels on purchasing foods and then again when about to eat them.

If you do have the allergen in your home, try these tips:

- wash contaminated kitchen utensils in hot soapy water or in the dishwasher
- use disposable paper towelling to wipe surfaces where the allergen has been used to avoid contaminating your everyday sponge or dishcloth
- if egg allergic, use a sealed labelled container in the fridge to contain foods like mayonnaise, eggs, Pavlova, left over quiche, or muffins
- use a labelled basket in the fridge and/or pantry for foods that are safe for the person with a particular food allergy to eat. Place it on the top shelf of the fridge so other foods cannot spill into it
- use separate oil for cooking food for the person with a food allergy.

Your doctor may recommend you carry an injectable dose of adrenaline with you at all times. Adrenaline is used in severe reactions and can be a life-saving measure.

The risk of developing food allergies is greater if you have a family history of allergic conditions. If you or your partner has an allergy, your child has a 30 per cent chance of inheriting the allergic gene and therefore could develop eczema, asthma, hay fever or a food allergy. If both parents have a history of some allergic condition, your child has a 40 to 60 per cent chance of having a child with some form of allergy.

It is important to speak to a health professional about any concerns you may have is important. If you are worried about a serious reaction, call an ambulance or go directly to hospital. Your local community pharmacy is your health destination and your Self Care pharmacist can teach you how and when to use your adrenaline injector (if your Doctor has recommended one). Your Self Care pharmacy has a range of fact cards including ones which cover the topics of asthma, constipation, heartburn and indigestion, infant colic, irritable bowel syndrome, and vomiting and diarrhoea.

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

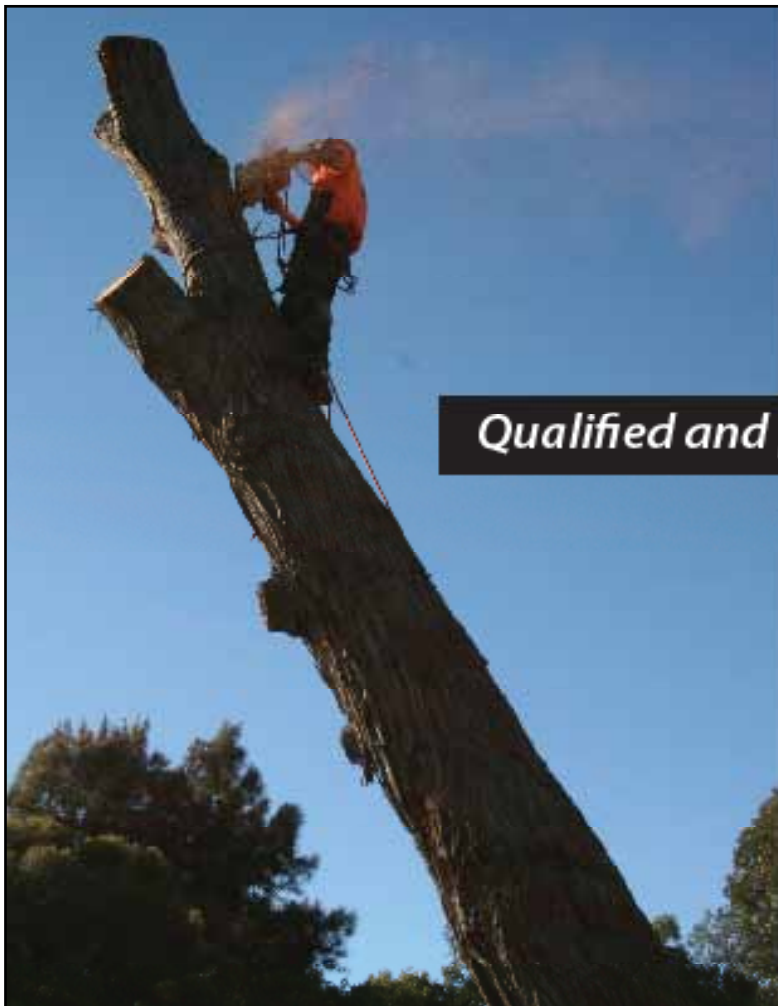
- John Bell



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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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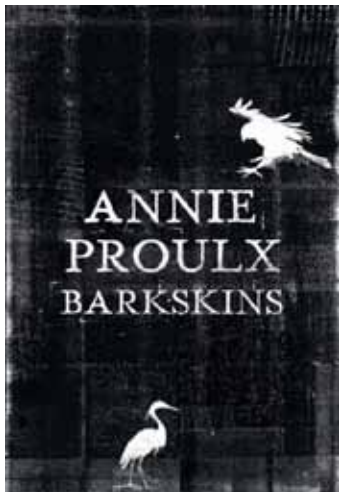
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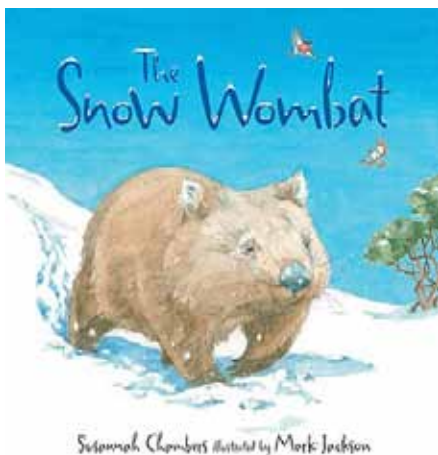
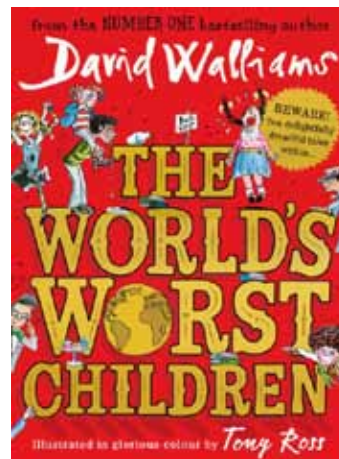
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