

LORNE INDEPENDENT

\$2

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We've done it!

After it being on Lorne's 'Wish List' since early 2000, and after writing numerous applications for funds – federal, state, municipal and private – after spending time with architects, town planners and numerous bureaucrats, even fending off a very small group of protesters, the Lorne and District Men's Shed has finally opened.

More than 300 people came to Stribling Reserve at midday on June 12 to take part in the official opening – President Allan Walls and his very hard-working and dedicated committee had done it at long last.

President Walls hosted VIPs who had come from far and wide to celebrate with the Lorne community, including Gayle Tierney, MP, the member for Western Victoria, Sarah Henderson, MP, member for Corangamite, Surf Coast Mayor Councillor Rose Hodge, our own Deputy SCS Mayor, Councillor Clive Goldsworthy, and Surf Coast bureaucrats.

Lorne's famous opportunity shop, commonly known as the 'Op-Shop' was represented by President Miranda Calder, and President Walls made special mention and thanked the 'Op-Shop' for its most generous and continuing financial support for the Men's Shed concept.

Over the years, the 'Op-Shop' was the biggest non-Government donor.

The Lorne 'Shed' is now one of four in the Shire and forms part of an Australia wide network totalling about 950. Other countries are coming on board the movement, with more than 1,416 'Sheds' found in New Zealand, Ireland, the UK, and Canada.

Located at Stribling Reserve in Otway Street, the new 'Shed' has a three-year Crown Land Licence Agreement with Surf Coast Shire Council.

Story on the opening continues on page 7

Also, see new drawings on what the future Aquatic Club could look like, Page 11.



Above, the ribbon is cut to mark the official opening. Right, President Allan Walls and more than 300 people crowded into the empty workshop area which is now slowly being fitted out with equipment.



Full-on war against the cockies

The Surf Coast Shire has announced just as we are going to print that it had allocated \$37,000 plus GST to install gravity locks to every residential bin in Lorne.

The contract has been awarded to Lorne's Men's Shed.

President Allan Walls said that the Sheddors had 12 months to do the job.

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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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Lorne Festival of Performing Arts September 2-4



Lorne is in for a thrill with the enormous world-famous 97-year-old Spiegelzelt (German for mirror tent) scheduled to be erected on the lawn in front of the Mantra complex for the Lorne Festival of Performing Arts in September.

The tent is the highlight of the Festival - it features 12 premium seated booths and has a 120 chair capacity.

The full Festival program is still under review but tickets will be available from the middle of this month at the Lorne Visitors Information Centre.

Built in Belgium just after WWI, the tent has travelled all over the world, launching countless careers of 'kabaret' acts, high wire performers, musicians and circus burlesque artists. Its magic mirrors have reflected thousands of images of international audiences and exotic gatherings.

FOPA is a highlight on Lorne's artistic performance calendar. The Festival runs from September 2 to 4.

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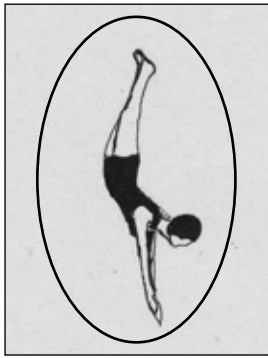
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GO WHERE THE TRADIES GO

The Louttit Loop



Brrrrr. Chilly as! The firewood pile is shrinking fast, and there's a shortage of supplies. Chuck in several blackouts, and we really feel sorry for the cafes and restaurants in town as these power outages seemed to happen right on meal times. Winter! Even snow out the back.

The new owners of a fairly new and beautiful home with all the very latest in security devices found there was absolutely no way they could

enter their home without power. It was dinner time for dogs et al so down to the main street to get some tucker for everyone. Sorry, nothing open. DOH! Off to Aireys – ditto. On to Anglesea and the good old Fruit shop was still open and had chicken legs for the four legged friends, and the owners had a most delicious, leisurely meal at Rose's Chinese.

It was still a busy month, thanks to the Queen's Birthday weekend.

One highlight was the Grand Opening of the Lorne & District Men's Shed. Wow. What a wonderful erection! Well done to the team – and let the fun and bonhomie begin! As Mandy the President of the ever generous Op Shop team said in her outstanding speech, the shed is not unlike the Op Shop – a group of retired folk (mostly) coming together to be creative, use and learn skills, do some good for the town, make a few new friends, and enjoy the therapy of being part of a terrific tuned-in team.

Betty Elsey has passed on after some spoiling in the Lorne Nursing Home. Betty and Lloyd started by renting in Lorne 40 years ago, and retired to their home here in '79. Betty was a prolific and competent needleworker and knitter, a great cook, gardener, bowler and an excellent mother to Suzanne (Diviny). She was a constant and amazing carer for Lloyd in his last years. She will be missed, especially by her granddaughter Beth and great granddaughter Gracie. An Open House to celebrate Betty's life will be held at her home from 1.30 on 3rd July.

Annie McMahon's border collie is no longer the only dog in town to have had two cruciate ligaments replaced! Rocco Grant got a bit carried away chasing Melbourne trams and has had his second op.

Don't forget the big CFA 80th Birthday Party on Saturday July 9 at Mantra! Also billed as a "The Christmas that Never Was". Posters all round town. The great Mikelangelo will be doing his thing – no doubt arriving on the V-line bus with his sweet leather suitcase.

Those of us who receive home delivered papers have been advised that Newscorp has terminated its contract with the Lorne Newsagency due to so-called 'extraordinary circumstances'. However The Herald Sun, The Addie and The Australian are all still available at the BP servo and at Foodworks Supermarket.

Mega renovation and extension works going on at Foodworks. Bring it on!

So our Westpac outlet closed finally on 28th June. Now the good old Post Office will be a Westpac outlet, providing you have a Debit or Credit Card. In fact any participating Post Offices at all nationally. We farewell Karen and her

helpers and thank her sincerely for being so very friendly and efficient.

A group of about 20 of our school kids helped Ed Babington out in the annual Salvos door knock in Lorne. Despite one very odd "Oh no, sorry, not today!" response, about \$3800 was raised which is a credit to each of the collectors, and to the generous Lorne folk who happened to be home.

Kerry Lenoble, wife of the runaway truck driver wants to thank the huge team who turned out to help on that weird day in May. The CFA, SES, Police, AV, and the EPA were all represented and it took three hours to free Darren from the truck and he gave them no grief. Unlike the truck which resisted all efforts to remove it from its final resting place – making the whole episode a 12 hour job! Kerry reports that "Dash" is now at home, resting and recuperating. Thanks to the Spizzicas who supplied tucker for the workers beavering away in the dark and rain!

Great to see action on the shocking old deck outside the Japanese Restaurant under the Cumberland.

At the recent rainy Queen's Birthday Lorne Market there were only a few brave traders, so it seemed a good idea to nick down between showers and drop a few dollars! The grandkid bought a terrifying transformer, his Mum a book, Nonna gobbled up THE best vego spring roll in her 73 years of eating them, and best of all we bought some walnuts. Mike Halstead-Lyons of Bambra-Boonah Road (have to call him Mike hyphen hyphen!) was all set up selling the most divine fresh walnuts ever – grown on his 1000 tree property on the above-mentioned road, and best buy of all his incredibly efficient walnut crackers (for \$8). If you see his Otway Walnuts at any other markets, grab some and a cracker. Magnificent.

Despite the abandoned diggings and little boxes all over Lorne, rumour is that the NBN will be active by 1st October this year.

Regular LorneCare member and Sandringham Vet Dr Alan Sherlock has received a certificate in recognition of his long-term significant and generous contribution to the work of Vets Beyond Borders. Their Board of Directors had pleasure in awarding Life Membership to him. Pretty well deserved when one realizes that he desexed and vaccinated 316 dogs this year, bringing his grand total to about 1,000. With over 22 million dogs in India, Dr Alan's efforts in Sikkim seem just a start. However, he has been a great teacher and example to many, many university students and vets so one hopes they get cracking and tackle the huge task Dr Alan (or 'Marshall' as the Indians call him) has well and truly commenced.

Good weather to "Kondo" the house! Having lashed out and purchased Marie Kondo's book **The Life-Changing Magic of Tidying Up**, the fun of emptying one wardrobe or cupboard at a time into the middle of the room and one by one scrutinizing each object and feeling if it sparks joy is hard to describe! Pitch it if no joy. Keep it if it feels joyous. More a process of what to keep, not what to chuck! It works! To say nothing of Kondo's trick of rolling up jumpers to store them.

Lorne Automotive has relocated to Birregurra and leaves a huge gap in the town. Ask Helen S. who copped a flat tyre and tooted up for help! Gawn! Down to the servo where Ali Reynolds ever so kindly pumped up said tyre to get her to Geelong!

.....Chilly 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, July 17

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

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Lorne - a place of natural beauty and special significance

Lorne Independent

Studies and surveys of small townships have, time and time again, found that even though people might not be religious, and attend church, they feel comforted by its presence.

And newcomers from middle and southern parts of Europe often mention they miss the sound of a church bell, especially on Sunday.

We are but fragile, vulnerable creatures, and superstitious too, and often take consolation and reassurance from our surrounds.

The sun in a cloudless day can evoke a feeling of happiness and a good mood, a grand, familiar tree is a good source of renewed belief in beauty of nature, and a person waving to you from the footpath as you drive past, is, among other things, a simplistic gesture to let you know you're not alone.

It is with a great deal of sadness then, that in our pages this month we record the retirement of the Rev. Lynton Wade, vicar to the combined congregation of Anglican All Saints and Uniting St Cuthbert's.

Lynton has plans to spend time at his rural home in northern Victoria with wife Jeanette, and enjoy life and family while they both still have good health.

But with Lorne's Catholic church only served by a visiting priest, this in effect leaves the town without resident clergy.

Not a good situation, not good at all, and a matter of concern to all of us, whether you're religious or not.

Also of concern is the fate of two beautiful churches, both under heritage protection and situated on land that could, theoretically, fetch many millions should they be sold off to some developer.

And a fact that has been mentioned before: any money obtained from the sale would go straight into the coffers of either the Uniting or Anglican Church in Melbourne.

Thus the stage is set for yet another round of public forums and meetings to come up with a plan to satisfy at least the majority of the present congregation.

Not an easy task when you consider Lorne's worshippers are made up of Anglican (High Church and Low), Presbyterians, Methodists, Uniting, Lutherans and Pentecostals, and of course the town's small Catholic congregation, a heady mix of diverse beliefs.

When you add to this religious whirl a few strong egos and a rock-solid belief that their own way is the one and only true path in Christianity, the stage is once again ready for lively debate.

Any plan must also include some sort of approval by the general secular public; there would not be too many happy people who would witness the rise of a multi-million dollar development on the site where one of the churches once stood.

Several possibilities on what to do with Lorne's two historical Protestant church buildings have been forwarded, but over the last couple of years no firm solution has been decided on, nor has a suitable, practical plan surfaced.

We can only hope that the next round of public meetings will find a suitable outcome, one that is satisfactory to all concerned.

See you at the next public meeting!

- Jo Vondra

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

1/22 Otway Street, Lorne

- 4 brm, 2 bthrm, \$600 p/w, available now.



News from our Councillor for the Lorne Ward

Naidoc Week

NAIDOC week is a time when we celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Surf Coast Shire Council's 2016 NAIDOC Week event will be a free screening of a remarkable Australian documentary Putuparri and the Rainmakers at Lorne Cinema at 2pm on Sunday 10 July.

Ten years in the making, the film is an extraordinary eyewitness account of the living traditions of Putuparri's people.

The film spans 20 transformative years in the life of Tom "Putuparri" Lawford as he navigates the deep chasm between his Western upbringing and his determination to keep his traditional culture alive. Director Nicole Ma documents Putuparri's journey, travelling with him and his family on numerous occasions to Kurtal, a sacred waterhole in the Great Sandy Desert where they ritually make rain. Kurtal is a site of deep spiritual significance for Putuparri and his family and the subject of a long term native title claim over the area.

The viewing is free.

Social Media

Over the past few weeks I have read and observed many comments and reports on the way social media interacts with our lives. One excellent article was written by Andrew MacLeod and published by The Age June 20, 2016 "Orlando shooting : Why I quit social media" The article highlights the way the tone of social media has changed and has become a place where there is lots of talking and very little listening.

Closer to home I regularly follow our local facebook pages which provided valuable and relevant community information and insights to us all, however I have observed a trend where comments and statements are made that are factually incorrect. Social media is a magnet for the like-minded – positive and negative, so what is needed?

Respect, listening to the other side and contributing factual information rather than speculation.

Winter Events

Winter is certainly upon us but a great time to enjoy our magnificent surrounds, townships and fabulous local food. Check out the Surf Coast Shire website, follow this link

http://www.surfcoast.vic.gov.au/My_Community/Arts_Culture_Events

Christmas in July GALA – Lorne CFA

Come along and celebrate the 80th Birthday of Lorne CFA and the Christmas that never was!

Tickets selling fast, contact Dee 5289 2444 or Suzanne on 0412 806 505.

Like more information from Council?

Register to receive the latest Surf Coast Shire Council news direct to your inbox

http://www.surfcoast.vic.gov.au/My_Council/

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Lorne Ward,

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Media Release

June 20, 2016

The Directors of the Spirit Foundation are pleased to announce the latest and largest distribution of funds to members of the communities of Wye River and Separation Creek impacted by the bushfires on Christmas Day.

This distribution brings the total of funds paid to community members to approximately \$350,000. The latest and largest dispersal of funds has gone to assist those in the communities of Wye River and Separation Creek who have been affected by the fires. The impact ranges from total loss of homes to severe financial hardship as a result of the fires.

Funds donated to the Spirit Foundation came from many sources; money donated at tin rattles, proceeds of fundraising events, money donated by the Falls Music & Arts Festival from ticket sales and individual and corporate donations made directly to the Fund's bank account.

The Directors wish to extend their thanks to everyone who helped by donating, organising fundraising events, rattling tins at functions all around the coast and providing assistance in a myriad of ways. The Chairman of the Spirit Foundation, Clive Goldsworthy said, "We are pleased that we were able to activate the Fund to assist the Wye and Sep Communities and we have seen another amazing example of how the coastal communities of the Surf Coast look out for one another".

Clive went on to say, "we wish to thank the members of the Wye River and Separation Creek Bushfire Recovery Committee who have worked tirelessly to identify those in the communities most in need and to advise the Directors of the Spirit Foundation as to how best to utilize the money collected".

The Spirit Foundation is a registered charitable trust established to raise money and provide financial assistance to members of our Surf Coast communities who find themselves in necessitous circumstances.

For further information, contact:

Clive Goldsworthy
Chairman
The Spirit Foundation

Email: thespiritfoundation2015@gmail.com

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Sportsbriefs with John Ford

Dolphins Wayward Form

Lorne's senior football team now sits in fifth place on the CDFL ladder after recent losses, including a 69 point loss to top team Birregurra. Lorne proved to be no match for the undefeated Birregurra who had winners all over the field. However Lorne's best form is much better than this, and at full strength can really push the top teams. The ladder currently shows that there are a couple of really very good teams, with the top five being as follows:

Birregurra	12 Wins 0 Losses
South Colac	11 W 1 L
Simpson	9 W 3 L
Colac Imps	7 W 5 L
Lorne	6 Wins 6 Losses.

The top five teams compete in the finals and Lorne should be able to hang onto fifth place, although of the remaining six matches, only two are at home. Lorne has a Bye on July 2nd, and the only home matches now are July 23rd against Otway Districts and August 6th against Simpson. We should all be there to support our local football and netball teams and help them make the finals. Lorne's Reserves team sits in fourth place on the ladder and also should see finals action – so there is the reason to get to Stribling Reserve to watch the early football and netball matches.

Nick the Whistleblower

A few weeks ago most football teams had a bye while each of the leagues played interleague matches. One of Lorne's promising sportsmen, Nick Murnane, was chosen to umpire the match between Geelong Football League and the Eastern District Football League at Skilled Stadium. Nick acquitted himself really well and has now been selected to officiate in the match between Victorian Country and Victorian Metro – which is the highest appointment that a country umpire can achieve!

Nick, 22, started his umpiring career about ten years ago with the Colac and District Umpires alongside his dad Lindsay – and was appointed to his first senior match at the age of just 15! At age 18 Nick umpired his first senior CDFL Grand Final, and two Grand Finals later moved to the Geelong Football Umpires group.

Nick is not new to umpiring representative football. He has been involved with the V/Line Umpiring Academy for seven years, with the Academy encouraging and supporting promising umpires to reach their potential. Umpires from this Academy are selected to officiate in under age schoolboy/girl championships as well as Worksafe Community Challenge matches. Nick has progressed through all of these stages to be ranked one of the best umpires in country football – an amazing achievement as Nick is still only 22 years old! Nick's proud father Lindsay has encouraged him all the way – and supplied much of the material for this story.

Jack Sinks Cats

Lorne locals would have been thrilled when hometown hero Jack Steven kicked the winning goal to secure an exciting win for St Kilda over Geelong in their AFL match on 25th June. This followed a great performance when he led the Saints to a

strong win over Carlton in their previous match. Jack is such a vital cog in St Kilda's rebuilding and at just 25 years of age has played over 100 senior matches and has won two Saints best and fairest awards. Well done Jack!

Ladies Golf

Winter is now well and truly here. The golf course is still in terrific condition. Kangaroos are enjoying the extra grass and winter sun. During the winter months the ladies golf group will commence at 10 AM. So pick up those clubs and join us every Tuesday. There is no pressure just an enjoyable day where you have a choice of playing holes 9 or 18 holes of golf with a very friendly group of ladies. For further information please contact Lesley Goldsworthy on 0437 028 169 or Wendy Hutchinson on 0419 878 089.

The ladies have been very busy supporting other clubs around the area over the past few weeks. It's great to have our Captain back playing, Caz Bartholomew. Caz has not been playing for weeks due to a broken wrist. Caz, Wendy Hutchinson and Paula Hayden recently won the Point Lonsdale Cup.

We also sent two teams to Winchelsea. We played at Apollo Bay Open week. Rose Wyles and Caz were runners up on the Thursday 4BBB. Wendy and Caz played 27 holes on the Friday. Wendy came in with best nett score and Caz was runner up for best gross. Caz also won the C grade longest drive. We sent 2 teams to compete in the Inverleigh Charity Bowl. It was a very soggy day, but the weather did not stop Paula Hayden (below) winning B division.



Our most recent interclub challenge was at Beecac. Congratulations to all the girls for not only winning but most importantly participating.

Happy hitting.
Lesley Goldsworthy
Lady President

Send articles to byswerdi2@bigpond.com
Or post to: 35 George St., Lorne 3232



News from the Lorne Aquatic and Angling Club

Commodore's Notes - June 2016

Many thanks to all those members who continue to support our Club during the quieter winter months.

Our treasurer's report for the month of June, shows that our Club is continuing to grow financially. This is partly due to the excellent management by Ian Hutchinson and the continued support by members and guests.

It has been pleasing to note the number of members who are availing themselves, their family and their guests to our facilities for celebrations.

IF YOU WISH TO USE THE CLUBHOUSE FOR A FUNCTION, PLEASE CALL IAN – 5289 5108 (after 4)

Pt Grey Report

The Business Case for the Redevelopment of Pt Grey begins in earnest on the 24th June. A series of three meetings with representatives from local and state organizations will run through until the end of July.

Once this process is completed and signed off by the state government, further finances will be lobbied and the final design phase for all buildings will take place.

Secretary Ange will be forwarding some design ideas for our new building to members for their thoughts. This could be the last consultative chance before ideas are architecturally put to paper. Please take the time and commit to giving feedback.

Stronger Communities Grant

The Department of Infrastructure and Regional Development recently paid the \$6000 grant into our bank account. A small working party will design and implement the plans to improve the BBQ facilities and the sound system. All works need to be completed by December 2nd - LAAC Annual General Meeting.

Winter Fishing Competition No 2 was held on Sunday 5th June. Sponsor – Bev & John Storey.

The winners were: Senior – Ian Middleton – salmon; Runner Up – Zed Dula – salmon; Third – Steve Bacvar – Snapper.

Congratulations once again to Xavier Bennett winner of juniors - Mullet. Current leaders – Snapper Comp (Steve Bacvar); Garfish Comp (Brett Stewart); Bream Comp (Miah Atwell).

Major Fishing Comp No 4 was held on the Queen's Birthday long weekend. Sponsor – Lorne Automotive

Unfortunately the weather was not all that conducive to fishing from the rocks and no boats were able to venture out. Only one fish was weighed in by our senior winner Ian Middleton. NFC award – Stephen Love.

Thanks to all those members who helped to provide a wonderful roast lunch that was enjoyed by all.

The next Winter Fishing Competition No 3 is to be held on July 3rd. Thank you to our sponsor - Gary Keane - KEANE – BRICK/BLOCK/SCAFFOLD.

Graeme Norton
- Commodore

Below are "Draft" concept drawings of a plan for the Lorne Aquatic Club designed by some very talented Architect Club Members. We are requesting our members to provide feedback on the floor plan and the exterior design.

Tell us what you like / what you don't like, all feedback will be noted and considered.



(Entry from road)



(Ocean Side)

Note the "Fish Cleaning Area" is the section on the right of the grass area.

Please respond to our email address - info@lorneaquaticclub.com.au

Define Mental Health

Good mental health is a sense of wellbeing, confidence and self-esteem. When we are mentally healthy we can form positive relationships and deal with life's challenges. A few tips for positive mental health are; exercise regularly, eat healthy meals, get enough sleep, spend time with friends and family and set realistic goals.

Mental illness is a general term that refers to a group of illnesses affecting the mind, in the same way that physical illness affects the body. One in 5 Australians will suffer from a mental illness in any given year.

A mental illness is a clinically diagnosable illness that affects a person's thinking, emotional state or social abilities. It may disrupt their ability to work, carry out daily activities or have satisfying personal relationships.

Just as all people are different, so too are the types of mental illness and their impact. Some people may require support for a short amount of time whereas others may need life-long support. Often people experience mental illness for a long time before finding help.

So how does someone recognise the early symptoms of a mental health illness?

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviours.

It is important to understand the difference between the normal feelings of unhappiness or sadness, which all of us experience at various stages of life.

If you are feeling sad or down, confused thinking or reduced ability to concentrate, excessive fears or worries, or extreme feelings of guilt, extreme mood changes of highs and lows, withdrawal from friends and activities, significant tiredness, low energy or problems sleeping, inability to cope with daily problems or stress, alcohol or



drug abuse, excessive anger or suicidal thinking, one should seek medical advice.

If you feel that you or a friend /family member may be affected by depression or anxiety, remember they are treatable conditions and effective treatments are available. The earlier you seek support or advice, the better.

One of the roles of the GP clinic in rural areas, such as the Lorne Medical Centre is to support you or your family through difficult or challenging times, no matter how big or small. Developing a health care plan with your GP is the first step to enable access to all the mental health services on offer.

Dr David Mullen
Lorne Medical Centre

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My Aged Care and the Commonwealth Home Support Programme

From the 1st of July 2016 the Commonwealth reforms of the aged care system will begin to effect the way that clients are able to access some of our services at Lorne Community Hospital. Clients aged 65 years and over (or 50 years and over for Aboriginal and Torres Strait Islander people) wishing to access services that were previously delivered under our Home And Community Care (subsidised) funding will need to contact the My Aged Care contact centre.

My Aged Care is the entry point for assessment and referrals into aged care services for older people. In the past clients have been able to contact us directly to access services. We have also been able to refer a client to other services provided by LCH or the Shire. We will no longer be able to do this directly after the 1st of July.

My Aged Care incorporates a website and phone-based screening process conducted by the My Aged Care contact centre. Clients will be able to call or email the contact centre to request a service. The client will then undergo a screening process and may be referred to an assessor for a support plan to be developed before they are able to access services.

Commonwealth Home Support Programme (CHSP)

The new CHSP replaces Home and Community Care (HACC) and will provide entry-level support services for people who need help to remain living independently at home. Under the CHSP, clients will be able to access LCH services such as activity groups, nursing, podiatry, physiotherapy, volunteer transport and occupational therapy.

Existing clients do not need to be registered on My Aged Care until their needs change. For example a current district nursing client who requires occupational therapy will need to be referred to My Aged Care as this constitutes a change in needs.

Clients contacting the My Aged Care website/call centre will be screened for eligibility. They will be referred either to a Regional Assessment Service or an Aged Care Assessment Team to develop a support plan and referrals to service providers.

Urgent referrals

Clients with urgent needs may need to access services immediately. Where clients require immediate services, we suggest that they contact us. We will be able to assist them in contacting My Aged Care. However My Aged Care has been quite clear that they will only recognise a few emergency situations. Ultimately however, clients will need to be registered with My Aged Care and have their broader needs considered, which may include a face-to-face assessment.

It is likely that clients who would like to access services will face a delay of around 4 weeks (possibly more) while they wait for an assessment, and the referral comes through to us at LCH. In the past the district nurses have been able to visit clients at home and generate referrals to a range of services. This will not be possible under the new system. Clients who feel they need to access a service before the My Aged Care process is completed may need to do so as a private patient.

We recognise that this system will not be easy for many of our frailer clients and are more than happy to assist clients through this change.

More information about the Aged Care Reforms
<https://www.dss.gov.au/our-responsibilities/ageing-and-aged-care/aged-care-reform>
- Article supplied by LCH

New theatre production by Anglesea Performing Arts



Actors and their parts: Guy, Steven Georgiadis, centre then anti-clockwise), Sam, Julie Fryman, Lindsey, Lina Libroaperto, Bobbi, Nikki Watson and Reggie, Natalie Parker.

ReVeLATIONS, two one-act plays performed on the same night, is the up and coming offering from Anglesea Performing Arts ensemble, one of them about relationship breakups directed by Lorne's own Iris Walshe-Howling.

Both plays will be performed in one night at the Anglesea Memorial Hall.

'Some Girls' by Neil LaBute directed by Iris Walshe-Howling, is an astute and provocative play about relationships and breakups in particular. Filled with complexities and self denial, one man's attempts to heal relationship damage proves to be even more complicated than he first expected. Set in various hotel rooms, it is a riveting dark comedy, which captures awkward and amusing dynamics being played out in his search for self discovery and emotional closure.

'Just Far Enough' by Melinda Chapman, directed by Janine McKenzie 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!

Performance Dates: Friday 29th and Saturday 30th July at 7.30pm. and Sat. matinee at 2.30pm.

Friday 5th and Saturday 6th August at 7.30pm and Sat. matinee at 2.30pm.

Venue: Anglesea Memorial Hall, McMillan Street, Anglesea

Tickets: will be available through

www.trybooking/209797

(also available at the door)

Sundews and other Meat Eaters



Oblong-leaved Sundew (*Drosera intermedia*)

Sundews are not particularly exciting plants in the sense that while you could be easily persuaded to go somewhere and look at nodding greenhoods that may have appeared under a copse of silver wattles or would be interested in taking a walk through the Anglesea Heath to enjoy the spring flowering of all the wildflowers that grow there, a sighting of sundews is unlikely to rouse you from your armchair. Yet they do excite a certain fascination among some people. Why else would someone write about a colony of them : ‘A zone of diamonds trembles round her brows’¹.

There are one hundred and ninety four species of sundew (*Drosera* spp.) worldwide, a good many of them native to Australia and their habitat is usually moist stream banks or marshy ground. Soil of this nature is mineral deficient so sundews have adapted to this environment by deriving otherwise unavailable phosphorous and nitrogen by trapping insects. Flies and moths are attracted by the sweet mucilage that is excreted from glands on the leaf. Once detained by the sticky fluid tiny hairs close down on the insect and the

leaf curls inward to further entrap it. An inexorable process gets under way as the leaf now provides enzymes to begin digesting the prey which is usually dead within fifteen minutes of landing on the plant. This carnivore is a quite sophisticated organism. The hairs or tentacles form part of the plant’s digestive system and snap shut after a build-up of hydraulic pressure. They close remarkable quickly, many times faster than the Venus Flytrap. The Venus Flytrap, with its seductive but lethal name is kind of the poster plant for those who collect carnivorous plants and it has a far more interesting, you could even say more attractive, appearance than the majority of this class.

Even so, sundews make an interesting specimen as an indoor plant. They need a moist, acidic growing medium, light and humidity. A glass container (terrarium, fish bowl, etc.) is suitable but some air flow is crucial. For specifics on how to grow them please consult your computer. They can live up to fifty years so you can probably bequeath them to a family member or friend. So while among the plant carnivores there are pitcher plants, monkey cups and rainbow plants it is only the humble sundew that has had this written about it:

The beads of sticky fluid that tip the sundew’s spines to entrap visiting insects seemed to be acting like prisms, and the bog was sparkling with minute and ephemeral rainbows².

¹Erasmus Darwin, *The Botanic Garden, London, J. Johnson 1791*

²Richard 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

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This and that

Lorne's fire brigade turns 80 on 1st July. To celebrate it is having a 'Christmas in July Gala' on Saturday 9th July from 6:45pm at Mantra Lorne. Tickets \$75 for 3-course sit down meal with drinks at bar prices. The evening will include a Silent auction, CFA Awards, entertainment by Mikangelo, dancing from 10:30. Dress smart, casual but please no denim! Details/ Enquiries - Dee at Beachouse Gifts 0352892444 or Suzanne 0412806504. Make up for the Christmas we never had!

Did you know we have a Lorne Kids Performing Arts Group led and inspired by the lovely Tara O'Neil? – You must know her - she is one of the recent charming Irish incomers who look set to cheer and liven up our little town and enliven the medical centre with their non-Oz accents. This group of 5 -10 year old locals will be putting on a proper performance at the Cumberland Theatre on Wednesday 20th July. Enquiries and details from Tara O'Neil – sounds like a non-miss show - put it in your diary now.

Official Arts Trail map of the August Surf Coast Arts Trail which has become bigger and brighter each year is now available at the Lorne Visitors Centre. Pick up a copy anytime and enjoy planning your own trail. The Map contains all the details of the artists participating and their studio venues.

Unlike many places in Lorne where lights are extinguished and people flee North to follow the sun, QDOS' welcoming gallery windows and cafe stays open in winter and provides opportunities to learn from noted artists and also enjoy the delicious food available FSSM 9:00am -5:00pm.

Two noted artists are giving the QDOS winter workshops in July. On July 5,6,7th GRAEME ALTMAN is holding a workshop 'Oil Painting for Everyone'. Graeme Altman last exhibited at QDOS in March 2014; he is also a noted sculptor. He was born on the South Coast of Victoria and he states that his inspiration "has been driven by my love and fear of the sea. I observe its power and subtleties, its effects and influences." For a chance to join this workshop and learn new techniques contact QDOS details on website www.qdosarts.com or ring Graeme 52891989.

On July 26,27,28th LUCY McEACHERN is holding a workshop 'Sculpting in Wax' This is a very exciting opportunity to learn from an artist whose sculptures in bronze of bird life were exhibited at QDOS early this year. Lucy's beautiful tactile bronzes capture each bird's individual characteristics and they all look ready to move at the slightest touch. Lucy McEarchern lives and was brought up on a farming property in the South West of Victoria. A chance to work with this renowned artist is an opportunity not to be missed. Details and cost contact www.qdosarts.com or ring Graeme 52891989.

STELLA CLARKE is the artist who will be featured on exhibition at QDOS in July. QDOS patrons will remember Stella's last exhibition when she featured nostalgic paintings of Lorne which reminded us all of 'the good old days in Lorne' pre Internet, pre iPhones and selfies. As Lucy states "My 'Art of Nostalgia' paintings are figurative, human iconic and narrative.... Often they are inspired by childhood, personal or cultural memories. I delve into old documents and archives of photos for inspiration." Her upcoming exhibition will include paintings in this group. - AE



Census on August 9

The Census of Population and Housing (Census) is Australia's largest statistical collection undertaken by the Australian Bureau of Statistics (ABS)

The next Census is on August 9. It's a moment for everyone to play a role in shaping the future of Australia.

The aim of the Census is to accurately collect data on the key characteristics of people in Australia on Census night and the dwellings in which they live. In 2016, the Census will count close to 10 million dwellings and approximately 24 million people, the largest number counted to date.

The 2016 Census will be Australia's first predominantly digital Census. From August 1, households will receive a letter with a unique Census Login. Every household must use it to complete the Census online, or follow the directions to order a paper form. In some locations, households will receive a paper form upfront, with the option to complete it online.

The information you provide in the Census helps estimate Australia's population, which is used to distribute government funds and plan services for your community – housing, transport, education, industry, hospitals and the environment. Census data is also used by individuals and organisations in the public and private sectors to make informed decisions on policy and planning issues that impact the lives of all Australians.

Australia has a long and proud history of Census taking. Since the first national Census in 1911, Census data has played an important role in charting Australia's history and shaping its future.

Get online on August 9 and make a difference for your community.

- ABS media release

VALE SISTER PHILIPPA CHN February 8, 1921 - May 28, 2016 Lorne Nursing Home

For many of us the life of a nun conjures images of long black habits with elaborate head covering; being locked away in seclusion from the real world; and subjugating one's personality completely to a higher authority.

A modern nun - and despite being born immediately post WW1, Sister Philippa CHN was a modern nun - a modern nun embraces the world and is part of its deepest secrets, good and bad.

The Community of the Holy Name (CHN) is an Anglican religious order, founded by Sister Esther in 1888 who subsequently led the work in Melbourne of the Mission to the Streets and Lanes.

Sister Philippa CHN was born Irene Emma Pickering in Tynemouth, Northumberland, UK on 8th February 1921. Her maternal grandparents were German and this caused some problems for the family during the first WW.

The family migrated to Australia when Irene was 7 and her sister Elsy was 5. She often recalled the painful memory of their farewell to her beloved grandmother, knowing they would probably never see each other again.

At school in Australia, Irene was teased for her strong northern Geordie accent, so much so that she worked very hard to eliminate any trace of it. The only tell-tale sign to the end of her days was pronouncing Saturdee rather than Saturday. To us she sounded very English and refined.

Despite her academic ability, her father insisted she that she should have a trade - she enrolled in the JH Boyd School of Domestic Arts where she qualified as a dressmaker. She then obtained a position with an upmarket Collins Street firm who made clothes for the wealthy ladies of Toorak.

As a young woman she was heavily involved in the life of the Anglican parish of Holy Trinity, Coburg and she also undertook some theological study. She left her job as dressmaker to become the assistant to The Director of Christian Education for the Diocese of Melbourne, Beatrice Glascodine.

In 1944 she entered the novitiate of the Community of The Holy Name. Family reluctance at her decision caused much heart-ache and emotional pain. Three years later on 30th April 1947 she was professed as Sister Philippa (they already had a Sister Irene).

From that point her life was a roller coaster of roles and positions virtually all over the states of Victoria and NSW.

She loved to reminisce about her days as a young sister: at The House of Mercy - a reformatory for "wayward" girls; at Camp Pell, a facility situated in Melbourne's Royal Park providing temporary accommodation for poor families where the Sisters were warmly welcomed. It was particularly among the children they felt they were able to be of most use; life in the old Spring Street Mission House where she worked with the disadvantaged and down-and-outs; she told fascinating stories about the many young girls who were on probation to her, and her sometimes harrowing work at the Magistrates Court and at Fairlea Women's Prison.

She then spent several years in charge of the Darling Babies Home in Malvern caring for 30 babies and children of pre-school age. From Darling she returned to the Mission House in Fitzroy for a number of years before being transferred to Goulburn in NSW to work at the children's home and St Margaret's Hostel for country girls to attend High School. There was a continuation of correspondence with many of the "old girls" from this time.

Her working life took her back again to Sister-in-Charge at the Mission House at Fitzroy where the emphasis reflected the

sociological changes of inner Melbourne. Work was now among the diverse non-English speaking migrant population housed in the new high-rise housing blocks.

She returned to the Retreat House in Cheltenham where, as Sister-in-Charge she worked tirelessly to ensure the peace and comfort of those who used the facilities for a conference, those who came on a spiritual retreat or as a private guest seeking prayerful rest.

Her last assignment in Melbourne was as Conventual at the Community House. In lay terms this could be seen as Manager of the day to day running of the Community House with maybe 25 sisters during major alterations to the building.

In 1993 Sister Philippa was given permission by the Community to live in a cottage in Lorne which had been left to the Community by Miss Hope Hall, a former postmistress and Lorne identity. Thus she became our neighbour and dear friend for 22 years. She lived alone, working at home and in the church, and continued to observe the Rule of the Community House, and praying the four offices, morning, midday, evening prayer and compline at the end of the day.

She continued her life of service with an extensive telephone ministry, thus keeping in touch with many to whom she had ministered over the years. She was also very active in the life of the Parish of All Saints which later became the Surf Coast Parish. Whilst living life at a slower pace, Sister Philippa lead a very productive life at Lorne, endearing herself to the local residents and church members alike. She also offered hospitality in the little bungalow at the rear of the cottage to her usual diverse flock of people needing a break in the healing atmosphere of Lorne. There were many of a different faith including a young family who came every year and

many single people who waited all year for their week with Sister Philippa. She cared for them all.

Sister Philippa was also supportive in the establishment of two other religious communities: The Sisters of the Incarnation in Adelaide with whom she had a long and loving friendship; and as mentor to The Community of the Transfiguration now at Teesdale. She also had close links with the Anglican Benedictine Abbey of St Mark in Camperdown, Victoria.

So far she sounds almost impossibly saintly, but she had a wicked sense of fun and was an inveterate giggler, not always at the appropriate time either.

She loved shopping and going on holiday, usually to Flinders/Hastings with her good friends Sisters Patricia and Juliana from Adelaide.

In March 2010 she suffered a major stroke and, after a stint in Geelong hospital, was transferred to the Lorne Nursing Home where as usual she endeared herself to the staff who knew her as Sister Pip.

She celebrated her sixtieth year as a Sister in 2007 and next year would have seen her seventieth year in profession.

On Saturday May 28th Sister Philippa CHN died confirmed in her faith, and at peace.

- Elizabeth Rickey

With thanks to CHN and the Sisters of the Incarnation and the family for notes on Sister Philippa's life and work.





Geelong community grants

Two substantial cheques were handed over to the Lorne community recently by the Geelong Community Foundation Annual Grants.

The GCF announced Annual Grants of \$740,000 for worthwhile projects in the Geelong Region.

On behalf of the Lorne Festival of Performing Arts, Chairperson Peter Spring accepted a cheque for \$8000 being for the construction of the public performance stage which is to form part of the re-vamped 2016 event.

Then on behalf of The Fig Tree Community House, Kate Kennedy received a cheque for \$5,800. These funds are to be used for youth mentoring services in Lorne.

- Susan Sutton



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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LETTER:

Volunteering is not a “thankless task/job”

I recently saw an ad on TV sponsored by Youi Insurance where a member of the Lorne community was “rewarded” for volunteering.

I was incredibly disappointed by the person nominated stating twice that volunteering for the CFA is often a “thankless job” and “thankless task”.

The comment could hardly be further from the truth, and I don’t think they portray the feelings of the CFA members or the Lorne community.

I actually found them to be quite offensive implying that the community are ungrateful for the work that the CFA provide.

I think any one of us would be hard pushed to find someone that does not appreciate the service that all volunteers at the CFA provide, and for that matter all volunteers within our small community.

The CFA provide a great service to Lorne and the wider community, alongside the SES and other emergency departments, and have done so for many, many years.

With the recent Christmas fires and truck accident I couldn’t think of a time when the services provided have been more appreciated and acknowledged by everyone within the community.

Small towns like ours rely heavily on volunteers, from those working within the school, at the information centre, alongside the Senior Citizens, sporting clubs, and the hospital to name a few places.

I personally have volunteered for a couple of organisations and I certainly didn’t take up those positions to receive thanks, and nor did I expect it.

Volunteers partake in those roles for many different reasons, mainly so they can give back to the town where they live, help to improve the life of other residents, and help to make future improvements to the town.

Maybe they just feel like they want to do something of value with their time.

If anyone is taking up a volunteer job to receive personal thanks then I suggest you look elsewhere for gratitude.

(Name and address provided)



WE NEED YOU!

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Lynton Wade's reflection

Announcing your retirement is fraught with difficulty. Even the process of arriving at the decision can be daunting, or at least it has been for me.

In some ways the planning for it began 13 years ago but then my humble plans were reorganized by God as the Archbishop asked me to take on the task of planting a parish from scratch in Caroline Springs and, when an Archbishop asks you to do something, you tend to agree with him. No regrets about the 7 years doing that.

And then the Surfcoast looked like an amicable area to spend those twilight days. But after 12 months we moved to Lorne to tend to the blending of two congregations from two denominations. I loved the idea of it, and still do! But I've come to the place where I believe I have done all I can.

The difficulty about retiring really concerns the responses from different people. And you might have come across these yourself if you have ticked off 'Retirement' on your bucket list. You're too young!

Some have been gracious enough to say this and I wonder if they've believed my disclaimer that "I'm really only 32, I just look like this because I'm a minister." I've been involved in leadership of churches for 49 years, 33 years as an ordained minister and I may have some miles left in me but I am reminded of my mortality more often these days. Jeanette and I have promised each other that we will grow old and bewildered together.

There are others who suggest I have passed my used-by date! There's more to be done.

I agree with this and it's a big part of my motivation to step away. A new face and new ideas will be a great blessing to the blending of the churches. And an energy is needed to envision and move forward. A new 'honeymoon period' to achieve things that haven't been able to happen in the past 4 years.

There are others encouraged that things could go back to how they were! What will you do with yourself?

Apart from having a house in the bush that we will make our home (our first since before we had children!), we will have time to be grandparents, raise some chooks and go to church together. Perhaps I'll write ... something other than dissertations for theology exams. And then there's my golf clubs (unused for three years) and my hobey cat (unsailed for two years).

There are others who would disagree with those lifestyle choices but I'm grateful that I am well enough to retire and be a better husband, father and grand-father.

Thank you to the many people of Lorne who have blessed Jeanette and me with their friendship and respect.

- Lynton

Barwon Water prices reduced

For the second year running, Barwon Water prices will decrease on July 1.

In 2013, the independent Essential Services Commission approved Barwon Water's 2013-2018 Water Plan, a five-year business blueprint that details service standards, business initiatives, prices and infrastructure investments.

The commission approved a decrease of 1.6 per cent a year, excluding CPI, each year of the Water Plan.

While the 1.6 per cent reduction applied in 2013 and 2014, the CPI rate in those years meant that prices had increased slightly.

As with 2015, a lower rate of inflation this year means customers will see prices reduce.

Once CPI of 1.31 per cent is factored in for the financial year commencing July 1, 2016, residential and non-residential bills will be cut by 0.31 per cent.

A Victorian Government water rebate of \$90 also will apply to residential customers whose bills include a water usage component. The rebate applies in the first quarter of the financial year and reflects continued efforts to improve customer affordability.

Barwon Water Chairman Jo Plummer said although the decrease was modest, it was a reduction nonetheless.

"For an average residential customer using 160 kilolitres of water a year, this translates into a decrease of around \$3.38 a year," Ms Plummer said.

"To be able to offer some relief from cost of living increases is something of which Barwon Water is proud," she said

"In addition, residential customers who pay water volume charges also benefit from a \$90 Victorian Government rebate on their bill in the July to September quarter."

The new charges for residential customers are:

- Water volume: \$2.2481 per kilolitre (1,000 litres)
- Water service: \$42.71 per quarter (three months)
- Class A recycled water volume: \$1.7984 per kilolitre
- Sewerage service: \$137.59 per quarter.

The new charges for business customers are:

- Water volume: \$2.2481 per kilolitre
- Water service: \$42.71 per quarter
- Sewerage volume: \$1.8684 per kilolitre
- Sewerage service: \$83.25 per quarter
- Class A recycled water volume: \$1.7984.

The ESC is the independent regulator of gas, water and electricity prices in Victoria. All water corporations are required to submit five-year Water Plans, including pricing structures, to the Commission.

- Barwon Water media release

<p>CONTEMPORARY RESIDENTIAL & COMMERCIAL ARCHITECTURE & INTERIORS</p>	<p>mark j gratwick architects</p> <p>mark j gratwick, director b.arch., dip.arch.tech., raia</p> <p>148 aberdeen street [cnr bendigo street] geelong west vic 3218</p> <p>t 5229 3896 t 5237 7825 (Apollo Bay office) f 5229 0836 e office@markgratwickarchitects.com</p> <p>markgratwickarchitects.com</p>
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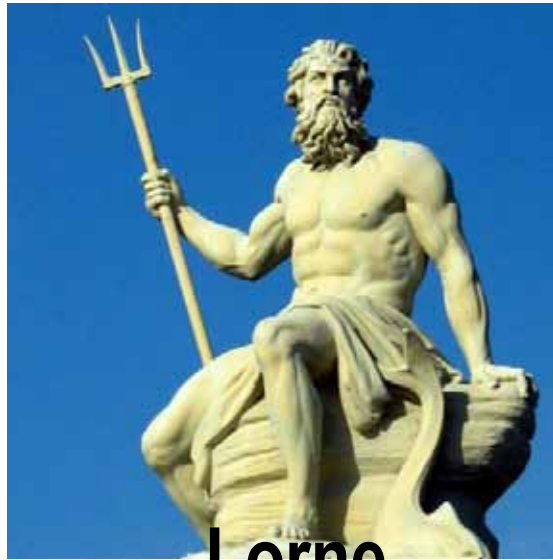
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Wedding in Paris. Judy and Geoff Bird's son Josh did it according to French custom - Caroline's father had to walk her to the ceremony and Judy had to walk Josh. In a brief message Judy said: "Wedding amazing. Having a great time, off to Sicily."

And in another overseas wedding, Sharon and Murray Walding's son recently tied the knot in Columbia. More details to come.



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ABOUT THE 5RHYTHMS

Created by Gabrielle Roth and practiced by tens of thousands worldwide, 5Rhythms® is a philosophy, perspective, performance art and a dynamic movement practice rooted in the principle that if you put the psyche in motion it will heal itself. Movement is both the medicine and the metaphor, reaching across all languages, cultures and age groups to transform suffering into art, art into awareness, and awareness into action. Wherever the 5Rhythms are practiced, a community is born to dance, to sweat, to change, to support, and to provide a safe space for each of us to shatter the ego's hold and awaken the juicy, unpredictable, fascinating, edge-walking, rock star part of ourselves that yearns to be free. Creativity. Connection. Community.

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Turn Lorne's mid-street tree stump into a tourist attraction Totem pole

The word totem derives from the Algonquian (most likely Ojibwe) word odoodem [o'tu:tɛm], (his kinship group). The carvings may symbolize or commemorate cultural beliefs that recount familiar legends, clan lineages, or notable events. The poles may also serve as functional architectural features, welcome signs for village visitors, mortuary vessels for the remains of deceased ancestors, or as a means to publicly ridicule someone. Given the complexity and symbolic meanings of totem pole carvings, their placement and importance lies in the observer's knowledge and connection to the meanings of the figures.

- from Google

True to the way things work on the Surf Coast, emails ('Please consider the environment before you print your email') are criss-crossing between Lorne and Torquay about what to do about our town's naked 'totem pole', situated at the top end of Grove Road.

Local resident Nelson Knight wrote to the Shire about a recent incident: "Saw a concrete mixer truck trying to get around the stump last week and just made it without damaging the truck....this is an accident waiting to happen and cannot believe how someone would make a curbing around this dead tree stump in the first place. Crazy!

"The road is one way traffic around this stump and if two trucks met, it would be very difficult for one truck to back up and let the other truck through."

The Shire's answer: "Sorry for the delayed response, Council officers have reviewed this and it is planned to install additional safety improvements in advance of this tree which include linemarking and signage to make motorists aware of the tree to safely manoeuvre around this as an interim measure.

"To remove the tree completely from the road will require a budget allocation as the works will require pavement reconstruction and renewal, along with kerb realignment and earth embankment works. Once a cost for this work is determined a budget submission will be made to Council to have it removed within a future Road Safety programme."

As we mentioned last month, the stump would make an excellent totem pole, a sure thing tourist attraction.

Perhaps our own totem pole artist Alex Lorenzi (he carved those magnificent beasts just as you come into Deans Marsh) might be interested – we could apply for a special grant or perhaps an anonymous donor might have a few spare Otway Dollars (OD).

- JV

Above, figures carved in wood with a chainsaw at Deans Marsh- an example of what could be achieved in Grove Road.



Healthy heart, healthy life

The importance of doing something healthy for your heart is highlighted by the fact that 90% of Australians have at least one risk factor for heart disease. The main risk factors include a family history of heart disease, but the risk also increases as you age. Gender is important because men are at greater risk of predisposing conditions.

As a nation, we tend to take our hearts for granted but the sobering facts are that cardiovascular disease is the cause of 34% of deaths in Australia, followed by all cancers on 29%.

Research and awareness-raising is necessary in order to find cures for heart disease. As such February is designated as Red Feb (www.redfeb.com.au) by Heart Research Australia – the organisation which raises funds for research into the treatment and prevention of heart disease and associated medical conditions.

Information on healthy hearts is available at Heart Research Australia's website (www.heartresearch.com.au). The site also provides four simple steps that we can undertake to make some inroads into improving the health of our hearts.

The first step is to keep moving at any age and at any level of fitness. Exercise has many benefits beyond fitness and flexibility. Exercise stimulates the body's immune system, reduces the blood's ability to clot easily, improves brain function and lowers blood pressure.

Exercise can even prevent some forms of cancer. Research in older patients with age-related muscle wasting (also called sarcopenia) has shown that strength training was found to prevent disability, slow down dementia and reduce the risk of accidental falls. In later life independence and good health are closely related to physical fitness.

The second step is to look at what we eat and to ensure we eat wisely. Good nutrition extends beyond controlling our intake of cholesterol, calories and chocolate. There is also great benefit in understanding the importance of trans fats (bad for you), and polyunsaturated and monounsaturated fats (good for you). Or how the body metabolises different carbohydrates (sugars) and the impact this has on weight, diabetes and body fat deposits.

Research consistently shows that the right balance between food intake and exercise is vital for optimum weight, fitness and health.

The third step suggested is to keep track of our health measurements. This includes cholesterol levels, blood pressure, weight, sugar levels, and exercise capacity. For years health professionals have understood the value of monitoring blood pressure, cholesterol levels, sugar level and body weight. To this we can now add the importance of measuring heart pump function (ejection fraction), exercise capacity (6 minute walk test), waist circumference, and kidney function, among many others. A close relationship between the family doctor, pharmacist and consumer will optimise the way good health is measured and monitored.

Finally, the fourth step is our mental approach and staying optimistic. Studies show our state of mind can protect, as well as damage, heart health. Important risk factors that may lead to heart disease include stress, anger and depression and these can be as damaging as high cholesterol levels in causing heart disease. Conversely, a positive state of mind, a supportive community, and personal happiness may help reduce cardiovascular problems.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support heart health. These include:

- prescription medicine and medicine advice
- health advice such as managing your weight
- blood pressure monitoring
- services to help you lose weight and quit

smoking.

You can get more information on heart health from pharmacies around Australia providing the Pharmaceutical Society of Australia's Self Care health information. Self Care Fact Cards available from these pharmacies include topics such as High blood pressure as well as lifestyle topics such as Staying a non-smoker.

- John Bell



Your monthly health newsletter brought to you by the team at the Lorne Pharmacy & Beauty Retreat

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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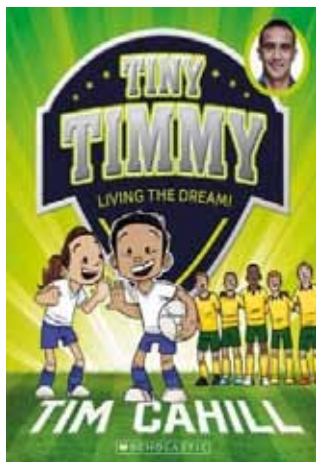
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