

# LORNE INDEPENDENT

\$2

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## Shire community honour for Lorne's Peter Spring



Known for his personal hands-on and passionate contribution to the day-to-day life of Lorne, Peter Spring has been named joint recipient of Surf Coast Shire's Citizen of the Year award.

The other recipient was frack-free Moriac lobbyist Alison Marchant. The Citizen of the Year Award recognises people who have made outstanding contributions to the community.

Since Peter and his wife Jan (pictured) first became permanent residents of Lorne almost 15 years ago, they have firmly committed to the town by membership of numerous clubs and associations.

Always one to be conscious of a town's ever changing needs and profile, Peter's vision of Lorne's future resulted in many of the changes over the last few years.

Friend and Chair of the Committee for Lorne, Ian Stewart, said it was almost impossible to accurately describe the contributions Peter has made but his current responsibilities provide a good idea of his community involvement.

He is Vice-Chairman of the Committee for Lorne, chair of the Lorne Community Arts and Cultural Foundation and the Stribling Reserve Committee of Management, Board Member of the Spirit Foundation, treasurer of the Lorne Business & Trading Association, an executive of the Lorne Historical Society and a committee member of the Point Grey Reference Group.

In the past he was chair of the Lorne Community Association and chair of the Lorne Aquatic Project.

"Peter's contributions to Lorne and wider Surfcoast community form an impressive list, but it not just the titles that he carries that makes him so special – it's the work and hours he devotes to achieving the combined organisational goals," Ian Stewart said.

"Peter was instrumental in the formation of the Casey Tutungi Future Fund, then oversaw its morphing into the 'Spirit Foundation' as it is known today, originally formed to provide a range of benefits to former local footballer Casey Tutungi (he became a quadriplegic following a tragic

football accident) and his family.

"Peter was also heavily involved in fund raising and providing financial aid through the 'Spirit Foundation' following the 2015/16 Wye River bushfires," Ian added.

Born in Ballarat, Peter studied and later applied newly emerging computer technology skills to business applications. He established a computer software business in the late 1970s that successfully grew to having offices in most capital cities in Australia.

While working as CEO for this business, Peter became involved in community based organisations. He was the inaugural chair of the Whitehorse Business Group in 1996. In 1998, he was asked by the then Minister for Immigration, to chair an investigative committee to report on the need for a Migrant Information Centre in Eastern Melbourne to support the needs of newly arrived migrants and refugees.

**Continued on page 3**

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**Accounts and Treasurer**  
**David Stribling,**  
5289 5355 0408 546 424  
david.k.stribling@gmail.com  
PO Box 213 Lorne, Vic

**Editor & Inquiries: Jo Vondra**  
PO Box 213 Lorne VIC 3232  
Tel: 5289 1344 0401 744 152  
E: jvondra@bigpond.net.au

**Circulation Manager: Harri Muller**

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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.

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**From front page:  
Peter Spring joint  
Citizen of the Year  
for Surf Coast Shire**

The Centre was established with Federal assistance and Peter was appointed inaugural chair, a position he held for five years.

Following its success in Australia, the business operation was acquired by a company in the United States.

Peter and Jan lived and worked in Chicago for a year before returning to Australia and retiring to Lorne.

Prior to coming to Lorne the family had lived in Warrandyte, in outer Melbourne; Peter and Jan have two children, Chris, a builder who built their present home in Lorne and Elissa, a banking executive. They also have five grandchildren of whom there are extremely proud.

“Lorne is such a great place to live and it is such an amazing community. We couldn’t be anywhere else now”, Peter said.

- Ian Stewart  
(Photo supplied by SCS)



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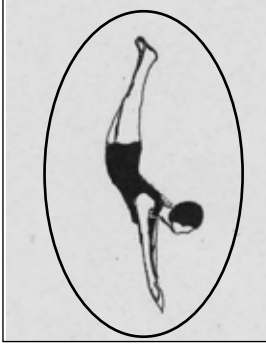
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GO WHERE THE TRADIES GO

# The Louttit Loop



January turned it on! Not just the weather with warm to hot days, and snuggle-up chilly nights, but the ocean, the Bay and the beaches looked a picture. Especially with those extremely low tides and the beach ginormous – aaah. And heaps of sand washing in, and very little being flushed back out. Lucky everyone.

*Beach 'artists' had a ball with all the driftwood washed down*

*the various creeks and rivers. Many amazing constructions, but the most outstanding by far was the driftwood whale at North Lorne which remained in place for many days thanks to not-so-high tides. Although its creator, Patrick the 12 year old grandson of Joan Sturton-Gill (and the late dear Peter) does observe the high tide mark when he builds things on the beach early in the mornings. "It took about 1½ hours all up, and another half hour of think time. I work alone, and usually ask myself 'what can I get here in Lorne which I can't get anywhere else?' Patrick leaves a cryptic signature of "A" somewhere on his work – much like the famous graffiti artist Banksy.*

Either GORCC has done an even better job cleaning up the beaches this year, or our tourists are actually appreciating the pristine beauty of Lorne and taking their rubbish home. Even the dog walkers seem to be doing the right thing with the free black plastic bags. Well, mostly!

*Speaking of GORCC - Trotted down to the display of plans for the Erskine Paddock and to offer some feedback. Sadly the email did not state a time, so missed out completely. 9-12 apparently.*

Congratulations to Peter Spring on his gong as Surfcoast Shire Citizen of the Year. Each and every one of us know how appropriate this recognition is. He also holds the record for taking the most time to collect his mail as not one person passes him by without a feel-good chat. And behind every hero is a good woman – so true – so well done Jan!

*When the great Geelong Bypass was built we revelled in the experience of NOT ONE traffic light from the Westgate Bridge to Lorne. Well, thanks to the road widening at Anglesea there is now a fairly good chance of a pause at a red light to let some pedestrians cross. Jury's out on the effectiveness of the mega round-about. Bring on a by-pass – please!*

The beautifully organized Mountain to Surf run and Pier to Pub swim were held in perfect weather and a credit to those involved. An amazing finish in the elite men's swim came down to Sam Sheppard's expertise on a wave pushing him in to a close win over Olympian Mack Horton. Congrats to Harriett Brown also, and in fact to all competitors who braved the not sharky water!

*Fancy Fairhaven Beach being closed three days in a row because of sharks! Mind you, methinks it used to be called Shark Beach in the 60's.*

Sammy the Seal who peruses the pier regularly must have tired of all the tourists and took a leisurely swim to North Lorne where he was observed close in with a rather large salmon in his even larger mouth – on the way to his super large tummy!

*A crowd of seagulls and a few crows had a mega feast on the rocks behind The Arab at the Pier – a huge crayfish, beautifully cooked but only the oval of white flesh inside eaten*

*by the finnick visitors who had a little meal from it, and then thoughtfully placed it on the rocks to return to the sea! Locals launching their boats estimated it must have cost over \$100 and still had plenty of great fleshy tasty morsels left on it.*

Spotted on Summerhill's hill – local well-dressed lady crossing for a happy hour with her mate over the road bent down to pull a few weeds from her friend's garden without spilling one drop of her precious white wine!

*Congratulations to new Lorne Country Club Committee Member Chris Wood who scored a hole-in-one on the 2<sup>nd</sup> last month. No, he didn't see the ball go in, no-one did, and the last place they looked was the hole and there it lay! A few days later he received a huge whack in the calf muscle from a partner's errant shot which necessitated a trip to the Lorne Hospital!*

Just fancy someone stealing the quite large Fiddleleaf Fig potplant from outside Renae's shop 'deluxe'. An appeal for its return was put out on the Community Noticeboard on Facebook and guess what? Yup – it returned!

*New Committee member and very efficient glassy at the Aquatic Club – Rick Addison - was very glad to attract a fellow boatie who could tow him home as he was about to be washed up on to the rocks having copped a blockage which caused the boat to conk out.*

Attention all couples. It is smart to each have one credit card and a bank account in your own name. Should one of you fall off the perch, it is almost impossible to acquire these two items! One recently bereaved 73 year old lady was informed that unless she could produce her last two pay slips she was not eligible for either, despite many assets and what she reckoned was a fair bank account. As a volunteer worker in Lorne for the last 20 years, and prior to that running her own business for twenty years she can't remember who would have given her a pay slip in the last almost 50 years. "Sorry, you have been deemed an inappropriate credit risk" she was told. Cover all bases and just get organized OK?

*Ticking up a bill of just under \$200 shouting the family to the big buffet brekkie at The Mantra was a great idea. But having to dig in her pocket to produce \$4 in cash to pay for a barista-type coffee (as opposed to all included drip brew) made the birthday girl wild. "Just put it on my bill please!" "Oh no – we have to have it in cash when you order!" What? Me smelleth a rat in this system and ponder the International status of the Restaurant!*

Cyber security is hard to keep up with. FedEx, Post Office (not) parcels, \$\$s won overseas, etc. these scammers are trying to get us all the time. ("Stay Smart Online" can be downloaded for some good hints.) The poor dude ringing to sign us up for the NBN gets a serve before he can even complete the first line of his script. He reckons he's from Telstra and starts by asking your birth date! "You tell me" ses me. Oh no – not allowed to do that. We finally got calmly on with the business – but hope the outcome is better than poor Peg Taylor who returned from a stay in hospital to cope with the effects of the NBN knocking all her communications with the outside world right out of action for days. Thanks to Jill and Bill who kindly lent her a phone.

*So enjoy the year of the Rooster - the epitome of fidelity and punctuality. That's funny! Faithful and on time!...*

- 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 expect to be working along the beautiful Lorne foreshore starting at:

**10am on Sunday, February 19**

For the exact location see the Community Notice board outside the Post Office during the previous week. A barbeque will follow the working bee at about 12.30pm. Visitors and new starters will be especially welcome.

**For more information about LorneCare contact:**

**Alain Purnell Tel: 5289 2906  
Mobile: 0417 031 905  
Michael Callanan**

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## **Clean Up Australia Day**

**Once again the L.A.A.C. is participating  
in the Clean Up Australia Day:  
on Sunday, 5<sup>th</sup> March.**

**The target areas again are the parking  
areas from Big Hill to Lorne.  
Members of the L.A.A.C. and  
the public are invited to participate.**

**Inquiries can be directed to  
Barry Hayward (0414642730)  
Register at the Lorne Angling & Aquatic  
Club at 9 a.m..  
Clean- up between 9 a.m. and 11 a.m..**

**Bring gloves and sunscreen**

## **Lorne Independent**

Our brothers and sisters on the other side of the Otways at Winchelsea have come up with a cracker of an idea, one which may inspire to create something similar in Lorne.

They've called for the design of an original piece of sculpture which, after approval of a specially formed committee, will be placed at the town's 'entrance'.

Because the town has just received a new highway, two sculptures have been commissioned, one as you enter the town from Geelong, the other as you pass the last houses and head towards the expanse of the Western District.

A sort of artistic entities, guardians at the symbolic city gates as it were, welcoming or bidding farewell to all who are about to enter or leave the precinct of Winchelsea.

It's not an original idea, of course, and the grander and more visually appealing the sculpture, the more positive its impact.

The way the town has done it was to form a special committee made up of members of the community (presumably some with artistic and aesthetic sensibilities) and it in turn called for submissions.

Several quite attractive designs have come forward for the committee to make its final choice.

Meanwhile, our own committee responsible for next year's Lorne Sculpture Exhibition is arm--and-mind wrestling with a thousand and one details that come up when planning a major event like that.

Perhaps though it could give thought (and allow discussion) on funding suitable works to grace the entry and exit to Lorne.

At the moment, all we've got is Surf Coast Shire sign announcing the appearance of Lorne, and other signage to alert and inform visitors to a couple of events; there's not even signage out on the Deans Marsh Road or indeed on the Great Ocean heading towards Wye River.

Oh sorry! There is a portable electronic sign at the start of the Deans Marsh Road warning of the presence of cyclists – unfortunately the message is often rather moody and unpredictable in its designate task.

Sometimesthe lights flash, sometimes they don't; frequently they're out of sync.

Wouldn't it be great to have a worthy and striking piece of sculpture as you come around the bends from Aireys Inlet and see Lorne in all its beauty spread out on Louttit Bay with signage announcing the proud township of Lorne.

Similarly, as you drive out of Lorne towards Wye River, another piece of sculpture and signage wishing you a safe and enjoyable journey along the Great Ocean Road.

And as we only have three routes out, it would not go amiss to have a suitable artwork at the start of the Deans Marsh Road.

Oh yes, a final word. There are rumours that the 'Top Model', the red and white sculpture just to one side of the Erskine River Bridge, may in the near future be moved to a more 'suitable' position, probably or so the whispers whisper, somewhere nearer the sea, on a headland or jutting rock.

'Top Model' has caused dyspepsia and indigestion to quite a number of people around town who simply voice the opinion that it's just positioned in the wrong place.

**- Jo Vondra**



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**1/4 Smithers Street, Lorne**

• 1 brm, 1 bthrm, \$225 p/w, includes utilities.

# Lorne Community Hospital offers advice on complex changes to aged and community care

Aged and community care throughout Australia is undergoing a significant and revolutionary change and it will primarily affect people who seek to access services to remain in their homes as long as possible.

The changes are mainly in the way services are accessed.

The federal government has thrown the doors wide open to create competition – clients will be able to choose from a range of professional services and providers.

Clients will also have more choice in the way money for their care and upkeep is used.

As with many situations when dealing with the government – on both the State as well as Federal level – it is best to seek professional advice.

The relevant details are on the My Aged Care website but as LCH will still be involved in providing a large range of aged care services for clients in the Lorne area, the advice is to seek information from its 'Integrated Care Coordinator' Julie Walter.

Make an appointment for yourself or and/or your authorized carer to talk over the various options in what type of package suits best your individual needs.

An appointment can be made with Julie on 5289 4300.

The advice service is free.

Lorne Community Hospital CEO, Ms Kate Gillan, said while the change will start on March 1, the Lorne Hospital would continue to provide care and support to local people so they could live independently in their own homes for as long as they were able.

Ms Gillan said it was important aged care clients and their families received the best advice about the Federal Government's new My Aged Care web site and the Home Care Packages Scheme.

"Change can be daunting so I urge the Surf Coast community to contact the hospital for help and advice if they need it. We will be able to answer your questions and provide you with some certainty about the new scheme and how it affects you or your loved one."

Ms Gillan assured the community

Lorne Community hospital would continue to provide volunteer transport, district nursing, allied health, group activities and outings "as we have always done".

The difference to the past approach, where people receiving government support were told who their service provider would be, is that under the new model, clients will know their budget, will choose their provider and the package of services they need and can afford.

Ms Gillan said the hospital would expand its home community care services from next month onwards while continuing to care for both public and private clients.

"As our Surf Coast population continues to age and grow, we want to build on our services providing a very local caring and flexible service for older people, people with a disability and for people recovering from illness or surgery.

Our carers are qualified professionals who love their work, supporting people to do daily tasks like shopping, preparing meals and providing companionship. We also offer home nursing and a private overnight residential respite service."

People wanting more information about My Aged Care can contact Julie Walter at Lorne Community Hospital on 03 5289 4300. You can also access the My Aged Care web site at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

- LCH media release



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## News from our Councillor for the Lorne Ward

The Summer holidays may be drawing to a close but visitation to our Shire continues to remain very strong as we enjoy weather appropriate for all forms of activity whether on the beach, walking the hinterland trails on taking in the magnificent NIGHT LIFE exhibition at Barwon Park Mansion.

Unfortunately, some areas of our Shire are again being targeted by petty criminals seeking out soft targets. Over recent days Lorne has been hit with a number of car burglaries and home invasions.

In most cases cars were left unlocked, keys were left on a table resulting in the homeowner's car being stolen and easy picking around the township where people left valuables in full sight in unlocked vehicles.

Remember to lock your home & vehicles even when only being away for a few minutes.

IMG, owner and promoter of the Great Ocean Road Marathon, has joined forces with Visit Victoria to enable this iconic event to be invigorated with a range of new activities. The event has been rebranded as the Great Ocean Road Running Festival to be held on the 20<sup>th</sup> & 21<sup>st</sup> May 2017.

In addition to six running distances, the event will see the introduction of scenic & historical walks in Lorne as well as Festival Hubs at the Lorne Hotel, Lorne Theatre and foreshore as part of the soon to be launched Lorne Passport enabling visitors to explore more of Lorne and it's surrounds. More details to follow over the coming months.

Great to see the Lorne Business & Traders Association embracing the Chinese New Year celebrations beginning on Saturday 28<sup>th</sup> January. 2017 is the Year of the Rooster noted for its kind heart and courage. Check out the colourful street banners along Mountjoy Parade. The traditional New Year greeting is "Gong Hei Fat Choy" meaning congratulations and be prosperous.

Congratulations to Pete Spring for being a joint recipient of the 2017 Citizen of the Year Award for the Surf Coast Shire. Peter is a very passionate and committed member of our community. His tireless contributions to Lorne and the Surf

coast region can best be described as immeasurable. Peter has been a tower of strength for me providing wisdom, history and humour. His ongoing support for me as a Councillor can never be overstated. Well done Master !!!

## Have your say on the future of Surf Coast Shire.

Council is creating an overall strategic plan to guide its decisions over the next four years.

Tell us what you think the priorities should be.

It's a four year plan but think about the trends and priorities that will impact on your lives over the next 10 years and more.

You will help shape the future of where you live.

Visit [www.surfcoastconversations.com.au](http://www.surfcoastconversations.com.au) to find out further information.

A survey was due to commence on the 27th January 2017.

The survey takes about 20 minutes to complete. All private information will be kept confidential.

If you would like regular updates on the Lorne Ward please register at [lorneward.information@gmail.com](mailto:lorneward.information@gmail.com)

- Clive Goldsworthy



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### Quest to improve Lorne for future Committee for Lorne results to be discussed on February 9

The Committee for Lorne has been conducted a series of consultations with Lorne community groups and permanent and non-permanent residents, to identify and hopefully find solutions on ways to improve the future of the town for the next generations.

Findings of this quite exhaustive consultation (it ran for a number of sessions over two days at the Stribling Reserve Pavilion recently), will be released on Thursday, February 9 at the Pavilion at 3.30 to 5.30pm.

The collective effort and data gathered by the consultation will be a way to identify and review on what action is needed to improve the future township of Lorne.

The meeting will discuss for the town's many organisations, groups and residents (permanent and non-permanent) to effectively work together to achieve better results.

President of the CfL, Ian Stewart, said that there may be ways "we can help each other" that we don't know exist right now.

- JV

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# Sportsbriefs with John Ford

## Tennis Tournament – Australia Day

On Saturday 28<sup>th</sup> January Lorne Country Club held its annual Australia Day Weekend tennis tournament. The warm, sunny weather was perfect for all players to play good quality tennis, enjoy good company and be rewarded with a delicious morning tea.

The mixed 'round robin' format allowed players to be paired with different partners and to play against a range of opponents. Visiting players from Casterton, Echuca, Albury and Melbourne joined local Lorne members – with the range of ages being from eleven years to seventy-something! After all players had enjoyed four sets of spirited, competitive tennis it was time to total up the winning scores. Alvis Svikers from Lorne was the male winner and Joan from Albury Tennis Club was the female winner. However it was fair to say that on days like these there were no losers as everybody had such a good time. Keep a lookout for tennis events at Lorne Country Club over the Labour Day and Easter weekends.

The aging porous courts are playing quite well thanks to enormous volunteer efforts by a small but dedicated group of members who have given up many hours of their spare time to improve the court surfaces and surrounds. This is heavy manual work and it needs to be done frequently to keep the courts in safe condition. Thanks to Alvis and David for instigating and carrying out these works which enable the tournaments, matches and social tennis to continue.



## Ladies Golf

After our very wet winter we are now blessed with beautiful summer days, perfect for golf. Tuesdays through January are usually quiet, but this year we have had on average nine ladies continuing to play and the course is in excellent condition.

Vicky Thomas has had plenty of attendees participating in her golf lessons. Please contact Vicky directly on 0409 432 045 for lessons. We have new members signed up and ready to join us when our golf year commences on Tuesday 7 February. 2017 will be an exciting year for the Ladies Golf.

Tuesday 28 February is our GUEST DAY. This will be a fun morning and a great way to come up and join the ladies in a very relaxed and friendly environment. We will be commencing at 9 am sharp. Contact Lesley 0437 028 169 or Wendy 0419 878 089 for further information.

So dust off the cobwebs from your clubs (we have clubs for hire) and join our friendly group of ladies every Tuesday morning, 9 am.. We run a 9 hole and an 18 hole competition. All levels of play are very welcome.

**Happy hitting**

**Lesley Goldsworthy**

**Lady President**

## Tour de Cure – for Cancer

Lorne's Murnane family has been involved in most sports including football, umpiring, tennis, netball and the surf lifesaving club. Yvonne Murnane is now asking YOU to help support her in raising money for cancer. She has written the following article:

Tour de Cure is an annual event that raises funds and awareness for the cure for Cancer, since 2007 they have raised over \$25M for research, support and prevention projects.

As a support crew member on this years' Tour de Cure 1270km bike ride from Mt Hotham to Hobart, I am required to raise a minimum of \$3000 to participate.

I would personally like to thank the Lorne Bowls Club for their support - in November we held a Trivia night with the club president Gary Allan as Quiz Master. Gary provided an amazing array of questions for the enthusiastic participants. The winning table was led by Peter Spring. Luke Morgan made an incredible contribution by donating his time and a wonderful supper for the evening. Raffle prizes donated by Jeff Wooley, Lorne Theatre, Alison and Louise from La Sirena were also hugely appreciated. Money raised from the Stribling family sponsored day at the Lorne Bowls Club was also donated to Tour de Cure. In total the Lorne Bowls Club have donated \$1400, I cannot thank them enough for their amazing effort.

I need your support to reach my goal of \$3000 by March. To

donate online visit [www.tourdecure.com.au](http://www.tourdecure.com.au), type Yvonne Murnane in the members search bar and click donate to me.

Any contribution towards this incredibly important cause would be appreciated immensely.

**Yvonne Murnane**

**Remember to tell us who you would like to see in Sportsbriefs!!!**  
Articles to John Ford at 35 George St, or email to [byswerdi2@byswerdi2.com](mailto:byswerdi2@byswerdi2.com)



## News from the Lorne Aquatic and Angling Club

Congratulations to all involved in further enhancing the relationship that has developed with the Lorne-Aireys P-12 College. During December senior students were involved in fishing programs conducted by our members. Once again, the Club was proud to be the sponsor of the \$250 - School Dux Award which was presented to Rhoanna Furneaux with an excellent ATAR score. The \$250 LAAC Incentive Award was presented to Year 11 student Alex Umbers. Our congratulations go to both worthy recipients.

### Committee Notes

Great weather, great vista & great people – this is what Lorne is all about in January 2017. Your Club has been exceptionally busy with excellent crowds on Christmas Eve, New Year's Eve and the P-2-P weekend.

Jason is happily serving great coffee from the verandah. He has established a regular clientele so call in and continue to support this venture.

### Pt Grey Redevelopment

GORCC has once again let us down by not communicating the Business Case outcomes with the Reference Group members prior to Christmas. A letter has been forwarded to GORCC requesting the scheduling of a meeting as soon as possible with us as “the Major Stakeholder.”

GORCC are conducting a usage survey of Torquay, Pt Roadknight and Lorne boat ramps and facilities. Open the link below to partake in this survey The information will be used to better understand usage, safety issues, and plan future works around these vital assets. The survey will only take 5 minutes and consists of 10 questions.

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Graeme Norton  
Commodore.



**Congratulations to the LSLSC on another very successful and incident free blue water swim. The winners Harriet Brown and Sam Shepherd (shown above with Commodore Graeme Norton) called into the Club after the event.**

Committee members have had a refresher course in the use of the defibrillator which is sited at the entry to the fish cleaning area.

- Our new credit card facility has proven to be very successful for all who spend \$10 or more in one transaction.
- Thanks must go to the hard working voluntary committee persons for their continued support of manager Ian in bus driving, raffle ticket selling and glass collection.
- P-2-P Major Raffle – thanks to all who supported our fund raiser.



**The Lorne Aquatic Club - busy, busy, busy over the summer period**

### Do you have Ambulance cover?

Over the years we have seen many patients faced with hefty bills due to lapsed or non-existent ambulance cover.

A common misconception is ambulance insurance is covered by Medicare or all private health insurers.

Unfortunately this is not often the case.

It is also important to know if there are any other limitations on your policy. For example does the cover include all forms of emergency transport, or ground only? Does it cover 'call out' fees (when the ambulance treats you at the scene but isn't required to transport you to hospital)? Be sure to read the policy description carefully to be fully aware of your entitlements. Ambulance cover also differs from state to state.

Here are some valuable points for you to consider;

- To be fully covered in Victoria, you need to take out an Ambulance Victoria subscription. Check the Ambulance Victoria website for joining options [www.ambulance.vic.gov.au/](http://www.ambulance.vic.gov.au/)
- Under the State Concession Scheme, eligible Victorians holding certain concession cards receive free clinically necessary ambulance coverage throughout Australia. In all cases, transport is provided to the nearest and most appropriate medical facility.
- Ambulance Victoria have no affiliations with private health insurers therefore have no knowledge of a person's individual coverage through that fund. Be aware that when you take out ambulance cover with a private health insurance company, they may not purchase genuine Ambulance Victoria coverage. Private health insurers set their own terms and conditions of what they will and will not cover. Make sure you ask your health insurer about you or your family's policy.
- Ambulance Victoria Membership cover gives you protection against the cost of world-class emergency treatment and transport services delivered by highly skilled and dedicated paramedics, and aided by state-of-the-art equipment and resources. Specifically it includes:
  - All emergency road ambulance transport
  - All MICA (Mobile Intensive Care



**Dr David Mullen**

Ambulance) attendance and treatment

- All emergency air ambulance and clinically necessary non-emergency air ambulance
  - All ambulance treatment when transport is not required
  - The same level of cover for ambulance treatment and transport services provided interstate as are covered back in Victoria\*
  - All clinically necessary non-emergency patient transport.
- If you have an older child still living at home, make sure you check that they are still covered under your policy. If they no longer meet the criteria to be considered a dependant on a family membership, then they are not protected against the potentially high costs of ambulance treatment and transport.

Ambulance cover is something that we all hope we don't need. Unfortunately the unexpected can happen and if you've taken some time to plan ahead and think about your ambulance cover requirements, you can avoid financial hassles making an already stressful situation worse.

**Dr David Mullen**  
**Lorne Medical Centre**

## Speaker from 'Beyond Blue' will focus on depression and anxiety

The Lorne and District Men's Shed has been successful in arranging a speaker from 'Beyond Blue' to present to members, their wives, and guests at the Lorne Men's Shed on February 15<sup>th</sup> at 2.30 pm.

Many Australians have experience with depression and anxiety, whether its personal, via friends, family or work colleagues.

Beyond Blue's work is aimed at achieving an Australian Community that understands depression and anxiety, empowering all Australians, at any stage of life, to seek help.

Beyond Blue raises awareness, reduces stigma and ensures people have access to the information they need to support recovery, management and resilience.

The Guest Speaker will share everyday personal experience with depression and anxiety through the framework of hope recovery and resilience.

Shedders are encouraged to bring their wives and any guests who may be interested in the subject to attend this fantastic opportunity at 2.30pm on Tuesday 15<sup>th</sup> February at 2.30 pm.

The presentation will last about 25 mins with some time for questions followed by afternoon tea.

Shedder Secretary, Don Baldwin said that the presentation "may not be about you, but you may be able to help a friend or family member so I encourage your attendance".

Because space is limited and Shedders themselves will provide catering, please RSVP soonest to

Don Baldwin. e-mail:

[lornemensshed@gmail.com](mailto:lornemensshed@gmail.com)

PS: If you haven't tasted John Tuck's scones topped with jam and cream you don't know what you've missed.

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# Our Plant Detective and *libertia grandiflora*



A guy I knew was a plant collector— he would visit cemeteries in country towns in search of unusual plants or perhaps ones that had gone out of fashion. In this way he found a number of curiosities and uncommon species, one of which he gave to me. My *libertia grandiflora* grows to around one metre and produces three-petaled white flowers (with three stamens) on spikes which rise above the swordlike foliage. It took me a number of years before I discovered its name. From New Zealand, it is the largest of the *libertias* while others derive from Australia, New Guinea and South America. They are easily grown perennials and include Wandering Chilean Iris, a smaller variety with orange-streaked leaves and dainty white flowers properly called *Libertia peregrinans* for obvious reasons, because it will spread a little. The genus is named after Anne-Marie Libert a nineteenth century Belgian botanist. More recently it has been marketed as ‘Goldfinger’. Of the two native to Australia only *L. Pulchella* (Pretty Grass-flag) occurs in the Otways.

Another time I picked up a pot of *Albuca shawii* at a garden party and since it was unlabelled I didn’t learn its name until I fortuitously discovered it on a web site much, much later. This little cutie will naturalise forming bulblets which can be divided or it can simply be left in a pot where the nodding flowers appear during late spring and early summer. Originally from Limpopo Province in South Africa it is hardy, grows to about a foot and has small nodding yellow and green streaked blooms.

But tracking down the provenance of one particular plant has proved extremely difficult. I can no longer remember where I acquired a groundcover with small felt-like heart-shaped leaves and mauve trumpet flowers. About twenty years ago, it caught the eye of a visiting nurseryman I’ll call Wayne who recognised it as a rare plant and requested a sample. He intended to propagate it and wanted to know the name. So did I but the mystery plant remained anonymous until, again quite by accident, I found it in a plant book. I hadn’t seen Wayne for some time but then bumped into him at the roadhouse in Winchelsea and was able to pass on the plant’s name to him. Serendipity. Naturally, he was as pleased as punch. But now, do you think I can remember the name of this little plant? I have googled high and low to no avail so eventually I became plant detective and eventually tracked Wayne down trying to learn its identity. His wife promised to pass the message on to him but I am waiting still. I guess I’m no good as a gumshoe and poor at floral forensics.

Usually it is such an easy thing to do - simply take a photo on your phone of a plant that catches your interest, google search it and bang! bang! there’s your answer. You find its name and its provenance and a little about its culture and characteristics which, if you’re anything like me, starts you off on another cyber side-track and you end up knowing more than you did when you started.

I mean, female Belgian botanists of two hundred years ago, who knew? Anne-Marie Libert was a rarity of her time in being a female botanist and she was a mycologist and serious amateur archaeologist as well. She researched potato blight too but her speciality was cryptograms. Cryptograms are plants that reproduce by spores, so include ferns, algae, lichens, mosses and fungi. More about her I cannot tell you – she is shrouded, wreathed in the foliage of mystery and no more accessible than Wayne so that ground cover remains as unknown to me as the motive some botanist or other chose to name the *libertias* after Anne- Marie. Incidentally, if you didn’t know what a cryptogram is take comfort in the fact that neither did the eggheads at Bletchley Park, the top secret code-breaking unit Churchill set up during World War 2. They didn’t know either and attempted to recruit a number of bemused cryptogram specialists to their espionage program. Come to think of it, perhaps they can help me locate Wayne, although if they seek him under ‘nurseryman’ they might think he runs a child-care centre.

**Doug Williams is a retired gardener and landscape contractor who still makes himself available for consultations and specialised work as well as continuing his Mobile Nursery.**

**Contact number 0418 522 011**

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## This and that

### **The Mystery of the Erskine Peninsular**

Look, excuse me for saying so but I am once again puzzled by the recent GORCC announcement.

I'm referring to the recent public consultation process that involves the Lorne Central Foreshore Plan, the Erskine Paddock Concept Plan and the Erskine Peninsula upgrades.

I have never heard of the 'Erskine Peninsula'.

Nobody I have surveyed has heard of it either. And we have all been paying attention in class because we are genuinely interested in what the latest round of GORCC plans are for Lorne.

And if anybody is good at thinking up a new round of plans for Lorne it is GORCC.

The best part of this is not so much that none of us have ever heard of the Erskine Peninsula but that we now know GORCC has uncovered an unknown gem right here in Lorne.

For me the most exciting aspect of this latest round of Plans was not the attack on Erskine Paddock but in hearing about a region called The Erskine Peninsula?

Where has it been all these years? How did the good folk at GORCC discover this land mass?

Are they in fact geographers and discoverers? Where is this secret location?

We will have to wait for the next media release – but don't expect it to be in a GORCC newsletter, there hasn't been one

of those since late 2015. So let's crack on getting community feedback and listen to the community and prepare a master plan and then put it forward for funding and then, er, then...then let's get onto preparing a new round of concept plans ...

**Doug Williams,  
Lorne**

(The Lorne Independent has consulted numerous sources in real estate, the Historical Society, Google as well as a few old timers around town. No one was able to enlighten us on the existence of 'Erskine Peninsula'. We presume it is the sand-bar between the sea and the mouth of the Erskine River, just near our well-known 'swinging' bridge. As GORCC 'discovered it', perhaps, in the tradition of exploration, the sand-bar should be known henceforth as the 'GORCC Peninsula'.)

### **Update for Lorne Apiarists**

**Bees in and around Lorne have not been happy with the summer's seasons unpredictable weather, resulting in poor harvest for the town's small but most enthusiastic apiarists.**

**John Edmonds, from Mt Duneed, considered to be a foremost expert on the region's honey,**

**will make himself available again to answer questions**

**at the Lorne Community House on February 26 after 2pm.**

**John has now addressed Lorne's honey lovers several times and the ultimate aim is to establish a sort of apiarist club for the region.**

**Lorne,**

**as John has pointed out several times, is in a prime position to take advantage of the region's and especially the Otway's unique flora.**

**Contact information –**

**John Edmonds 0412 735 179  
or Laurie Knight 0408 898 955.**



### **Paul and Maxine Spizzica**

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# In search of the elusive Australian ‘otter’ - the rakali

The Australian Platypus Conservancy has issued a curious appeal – it wants to know if there are any sighting of the Australian indigenous water-rat, the golden belly rakali has been seen in still water ponds in and around Lorne.

The rakali, apparently, is strongly linked with the platypus of which there are several presences in the Otway Ranges.

The Conservancy wants to know if there are any rakali activity in and around Lorne and in the many waterways in forests or along the coast.

Why the Conservancy is interested in the rakali has not been illuminated.

The rakali is often identified (and confused) with other animals. The the black rat and brown rat spring to mind.

However, the Australian water-rat (*Hydromys chrysogaster*) is a native species that was a natural part of our environment long before its Eurasian rodent cousins arrived on ships carrying the early colonists.

The Conservancy said that rakali is an extremely attractive animal which is found in most parts of Victoria.

Its ecological role is much the same as that of otters living on other continents.

The water-rat also has many otter-like features, including a thick coat of soft fur, a blunt and densely whiskered muzzle, partly webbed hind feet and a furry, tapering tail.

Water-rats are known to eat aquatic insects, yabbies, mussels, shrimps, and frogs (and even cane toads in northern Australia). Their formidable set of teeth can also be used to kill fish, tortoises and water birds.

The Conservancy said that although water-rats are fully protected by law, many continue to die in submerged nets and similar enclosed traps set for yabbies and freshwater crayfish

“Australian water-rats occasionally come into conflict with humans when they raid fish farms, devour pet food left on suburban porches, steal bait from anglers, and leave piles of mussel shells on the decks of moored boats,” the Conservancy said.

Killing or relocating a “problem” water-rat or rakali is both illegal and subject to hefty fines. In any case, such actions will almost certainly be ineffective given that dispersing juveniles are

likely to occupy a vacant home range very quickly.

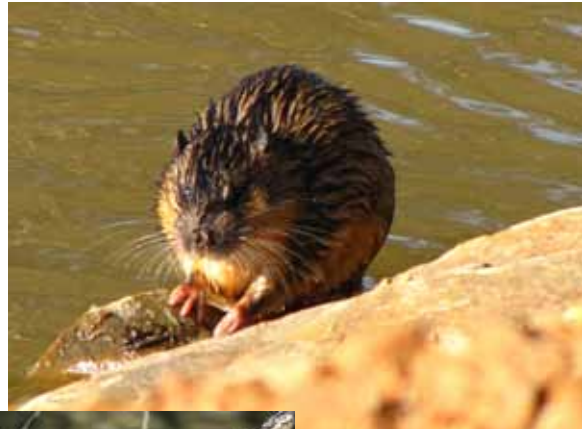
A better solution is to learn to live with water-rats by rat-proofing areas where you don’t want the animals to go, and not leaving fish scraps or other food around that will attract them.

The Australian Platypus Conservancy is working in partnership with various management agencies to find out how water-rat populations are faring across Victoria. Because rakali is a top predator, the information will also help to monitor the health of the state’s waterways.

You can make a vital contribution by reporting all sightings of water-rats (including if you find a dead one).

Australian water-rats are active during the day as well as at night. They are most often observed swimming on the surface, especially in the evening or early morning.

However, the animals also frequently emerge from the water to eat (sitting up and holding their meal in their



forepaws) or run along the river bank or shore searching for food. A feeding “table” consisting of a pile of yabby claws or mussel shells on a rock or log (or boat deck) is often the best clue that the species is present.

Water-rats grow to about 50 to 70 centimetres in length

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(including their tail) and can weigh up to 1.3 kilograms. The colour of the head and back may be nearly black (with golden-yellow belly fur) or some shade of brown or grey (with fawn- to cream-coloured belly fur). In all cases, the tail has a conspicuous white tip.

If you are experiencing problems with rakali, please let the Australian Platypus Conservancy know the details and we'll do our best to help. By sharing such information it should be possible to develop workable solutions to deal with unwanted behaviours.

If you notice any water-rat or rakali activity, please contact [platypus.apc@westnet.com.au](mailto:platypus.apc@westnet.com.au) (or phone 03 5157 5568).

Sightings from the past are welcome (even if you can only provide an approximate date) as they often help to establish how populations may have changed over time.

Australian Platypus Conservancy



#### THE AUSTRALIAN WATER-RAT CONSERVATION PROJECT IN VICTORIA

Australian Platypus Conservancy  
PO Box 22, Wiseleigh VIC 3885

Email: [platypus.apc@westnet.com.au](mailto:platypus.apc@westnet.com.au)

### Have your say on our Foreshore

The Great Ocean Road Coast Committee (GORCC) will host two further drop-in sessions on the Lorne Foreshore on:

Thursday, 9 February 2017 2.00pm – 4.00pm

Saturday 18 February 2017 9.00am – 11.00am

This follows a recent well attended consultation on Erskine Paddock to discuss:

- Lorne Central Foreshore Master Plan
- Erskine Paddock Concept Plan
- Erskine Peninsula upgrades.

Feedback on this initial round of consultation will close 5.00 pm 24 February.

Great Ocean Road Coast Chief Executive Officer Richard Davies, said the organisation was proud to manage these much-loved areas of Lorne in partnership with the community.

“This is an opportunity for people to come along and ask us questions in person, and contribute to these plans which are vitally important for the liveability of Lorne.”

Mr Davies said a number of the projects had been driven by ideas from the community.

“We need to be responsive to the ideas and aspirations for the people and holidays-makers of Lorne, and planning for the future of these precious open spaces along the foreshore is top priority.”

- GORCC Media release



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# Shedders install 'life saving' defibrillator



The Men's Shed is the latest Lorne organisation to install a battery-operated defibrillator in case of emergencies.

Melbourne anaesthetist Dr Kevin Moriarty (pictured above) recently gave Shedders a talk on how to work the machine, as well as some advice on the proper way to administrate CPR.

Dr Moriarty said that the ideal situation was when three people helped out during an emergency.

"You need one person to administer CPR, another to get the defibrillator ready for use - unpack the machine, set it up, then apply the pads on the patient," he said.

"Meanwhile, the third person needs to call for help - an ambulance, or a member of the emergency services such as police, the SES or CFA who are all trained."

He said that the first step in any emergency situation is the proper use of CPR - you need to press down on the chest in the sternum region with both hands, one on top of the other, in a steady rhythm.

While the CPR is applied, the two pads from the fibrillatory are fixed to the chest, and when ready, a charge is administered.

The machine is completely automatic in that it comes with easy to follow instruction printed on its face, and there is an automatic voice instructing the operator on the various steps to be taken.

As most Shedders are in their senior years, Dr Moriarty said that Shedders could benefit from holding regular first aid sessions for themselves and members of the wider community.

Defibrillators are now widely distributed in various premises around Lorne - the Lorne Angling and Aquatic Club, and the Stribling Reserve Pavilion to name but a couple.

The Op-Shop contributed generously to the purchase of these defibrillators.

- JV

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# A holiday in Lorne: A reflection

Keith Dunstan, for many years a journalist with the Herald Sun passed away in 2013. As one of the best-known columnists in Australia, he was often pro-active in his journalism. He was one of the first to advocate the many advantages (fitness, time saving) in riding to work by bicycle, he loved his wine in an era much dominated by beer and the six o'clock swill and he attracted much humour and chagrin with the formation of an anti-football league. In Australian rules football obsessed Melbourne in the very early 1960s, this was akin to heresy. He also wrote many humorous books observing the quirkiness of the world and people around him. In his autobiography, No Brains At All, he recounted his memories of a family holiday in Lorne in 1939. It talks of the grandeur of Erskine House.

The family holidayed in Lorne in 1939, the year of Black Friday. Keith writes: "There was one last glorious summer holiday in 1939 before I went to boarding school, the last of an era. Every year, Dad booked the entire family into Erskine House, a large, gracious guesthouse at Lorne, which had been there since the 1880's. We stayed there from immediately after Christmas until the first week of February, although Dad sometimes returned to the city and came down at weekends. Erskine House had its own gate right on the surf beach, its own grass tennis courts, bowling greens, croquet lawns, ballroom, billiard room and even its own nine hole golf course. There were both ancient areas and modern.

The expedition to Lorne was always a grand affair. In the early days we went in an Essex sedan. Several suitcases would be strapped to both running boards, others lashed on the luggage carrier at the rear. By 1939 our travelling had been refined. Dad sent a Herald and Weekly Times van on ahead. This was loaded not only with luggage, but

also with enough whisky, gin, vermouth and beer to last a month. There was also ice. It was tricky trying to find ice for a whisky out in the bungalows so dad also carted ice to Lorne in large insulated boxes. This way he was able to entertain in style.

At Erskine House we were always a large community of several hundred. All meals were provided, breakfast, lunch and dinner, plus morning and after noon tea, in the dining room. Bells called us to meals. The week's program included tournaments for bowls, tennis, golf, croquet and table tennis, complete with a treasure hunt and a sand castle competition for the children.

Another important event was the Erskine House photograph, which took place at least once every summer. The entire complement of guests gathered on the lawn in front of the veranda at 11.00 am. Carefully, the photographer arranged us in appropriate rows. The camera was on a wooden tripod, with a black cloth shade for the photographer's head, and it had an extraordinary lens that operated by a clockwork motor. The lens moved in a 45 degree arc so that it could produce a panorama of the guests. My cousin George Farmer and I always made sure that we were positioned in the left hand corner of the group. Then, as soon as the lens started whirring, we sprinted around the back and got into position on the right hand side of the group. Somewhere in the family archives there is still a picture of the Lorne gathering that curiously depicts twin boys on either side of the group.

There were other holidays at Erskine House after 1939, but never again was it the same. There was no formal dressing for dinner, and the balls, the tournaments, the elaborate weekly program were all gone. After the war, the crowd that could afford to holiday at Erskine House went elsewhere.

For the Toorakers it became the fashion to have a second


238 Victorian Country Hotel and Guest House Guide—1937-38.

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house at Sorrento or Portsea, so that the people who drank and supped with each other all the working year continued to drink and sup together through the summer break, not having to meet anyone else.

Of course, Victorian holidays should never be in January. Schools should take their recess in late February or March when the weather is mild, soft, dry and sublime. In January it takes on all sorts of ingenious variations, both hot and cold, designed to torture campers. In January 1971, we had a week of rain, with southerly winds blowing straight from the Antarctic. A friend looked at our little house, watched me trying to prepare a barbecue under an umbrella in the near blizzard and commented, "Boy, what a dump".

(Lorne gradually regained its pre-war reputation by the 1960s though it could not compare or indeed compete with the grand mansions of Portsea and Sorrento. Lorne had a reputation for offering congenial family holidays. However, the construction of the West Gate Bridge in 1978 in effect opened Greater Geelong and the Surf Coast to the expanding

suburbs of Melbourne and there had been a steady annual increase in visitors to the region ever since. The architecture of the town too has changed with the development of the Erskine House (now the Mantra holiday resort), the Cumberland Complex and others. Lorne's traditionally humble family holiday house, its many 'fishermen's cottages' have been replaced by architect-designed houses for so-called 'trophy' houses of the wealthy. Lorne's permanent population is just over a thousand...but with the summer season, it is a different story altogether.)

- With thanks to the Lorne Historical Society

People holidaying at Erskine House soon became most 'professional' at the photographic trick explained by Keith Dunstan. In the photo below, please note that the figure on either side of the line are the same.



## Locals as well as visitors should target water use during the hot summer period

Visitors to the Lorne region have been urged to embrace the *Target Your Water Use* campaign while holidaying over summer.

*Target Your Water Use* is a voluntary water efficiency program to assist and encourage regional Victorians to use their water wisely. It is a sister initiative to metropolitan Melbourne's Target 155.

Barwon Water Acting Managing Director Michael Watson made the appeal recently as the annual pilgrimage to the coast was in full swing.

"With Geelong, the Bellarine Peninsula and Surf Coast hosting more than 200,000 holidaymakers during the peak summer period, it is important to remember permanent water saving rules apply, just as they do throughout the entire state," Mr Watson said.

"Visitors should continue the conservation practices they have in place at home, such as having short showers, turning off the tap while brushing their teeth and not using watering systems outside designated hours."

The permanent water saving rules are common sense measures to prevent water wastage.

They are:

- all hand-held hoses must be fitted with trigger nozzles and be free of leaks

- residents can water their gardens and lawns with a hand-held hose fitted with a trigger nozzle, a watering can or a bucket at any time on any day

- watering systems can only be used after 6pm and before 10am any day - these can be an automatic or manually operated system of sprinklers, drip hoses or weep hoses, including a garden sprinkler connected to a tap

- fountains and water features can be used provided they re-circulate water

- paved or hard surfaces can be washed with a high-pressure water device, a hand-held hose or bucket as a result of an accident or fire, if there is a health or safety hazard, if staining has developed (once a year) or during construction or renovation.

Mr Watson said while greater Geelong's storages were sitting at 79 per cent, conditions could change quickly and it was still important to use water wisely.

For more information on *Target Your Water Use*, visit <http://www.targetyourwateruse.vic.gov.au/>

- Media release from Barwon Water

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**Obituary**  
**Diana Dorothy Williams**  
**October 14, 1937 - January 16, 2017**

When Diana, aged three, and her mother Edna and father Reg Wallin set sail from England in July 1940, they thought the journey would be relatively safe. On board the British passenger liner 'Ceramic' they thought they were protected from German U-boats, especially mines by being part of a 72 ship convoy.

In the early morning hours of August 11, however, the 'Ceramic' collided in darkness with a 5083 ton freighter from Glasgow, the 'Testbank'. They were in the South Atlantic Ocean, 600 miles out from Cape Town and the sea was heavy.

After spending one and a half hours dangling mid-air in a life-boat because of the rough water, the family was finally taken on by another ship to then spend six weeks in South Africa because the 'Ceramic' was too badly damaged to continue.

The family spent a delightful time in South Africa and on arrival in Melbourne, Reg Wallin was immediately whisked away to Camp Pell, the army camp at Flemington, as he had been contracted in Britain by the Government for his engineering skills in optical artillery fire control instruments and rifle sightings.

But tragedy struck again. Two weeks after the family settled in Melbourne, Edna was thrown from a horse and severely injured.

A difficult time for the family - Edna with a fractured skull which kept her in hospital and paralysed for ten months, and Reg trying to keep things going as best as he could even with his new, and very demanding job and unfamiliar Australian surroundings.

Born in Coventry and spending the first years in an idyllic childhood in a lovely home in Kent, Diana must have had her own struggle to adjust to the new life in Australia. With the war's end, the family had elected to remain in Australia.

Diana attended Lowther Hall Anglican Grammar School and the family now consisted of two newcomers - son David and sister Susan.

"Diana and I were a generation apart," wrote Sue in reminiscence, "I remember the kerfuffle as she primped and preened to go out on dates while I sat wide-eyed on the double bed that we shared, watching, noting and wishing as she put on her make-up and fabulous net ball gowns with voluminous skirts.

"A carefully ironed lace handkerchief, bright red lip stick in a petit point case and a comb were dutiful placed in the jewelled evening bag, along with the oh-so-sophisticated cigarette case.

"Careful instructions about choosing a boy of the 'right'



religion and not to be late home were soon followed by the tentative knocking on the front door and all of us trooping out to have a 'squiz' at the hapless chap," Sue wrote.

One guy was apparently sent packing because he didn't fit the 'religious criteria'.

On leaving school, Diana worked for a prominent Melbourne jeweller in administration and performed diamond transfers. "Luckily no-one wised up to her secret mission carrying a fortune in her little dilly bag!"

Diana married businessman Len Williams and the couple then had a son, Bradley. With a house in Brighton, there was much socialising and subsequently, the couple built a holiday house in Lorne near the Wallin family home.

When the marriage failed, Diana moved to Lorne to join her parents full time. "They used to go out together and Diana proved to be wonderful company for Mother in her later years. When Edna died, Father and Diana came to very much depend on each other."

Following the death of Edna, then Reg, Diana moved into the Lorne Lions Village in 2002, and from there on she established a social life with the help of the Lorne community.

Wednesday was luncheon day at the Senior Citizens and Diana was held in such high esteem that she at one stage was appointed President and she also helped with the administrative tasks.

Diana was a great reader and every Sunday, she would have lunch with her brother David and her sister-in-law Kaye. She was also a great walker and was a familiar sight over the years as she strode along Mountjoy Parade from the Lions Village.

She also enjoyed shopping and was a regular passenger on the special Lorne Hospital bus that operated to take the elderly to Geelong and Colac for shopping and meals.

Wednesday was her big day out and she made a lot of friends; she always sat next to her dear friend, Elsie.

She spent her final few days in the Lorne Community Hospital in a room facing the sea where she could watch the surfboard riders. "She used to call me 'kiddo' and in her last days she also called me 'Susie Q', her pet name for me," Sue said.

"The last word she said to me was 'love' and I believe that is a beautiful legacy that she has left us. Diana enriched the lives of many people who knew her and I will love her forever."

**- Information provided by Sue Sahhar**

# Heartburn

Most of us at some time in our lives will experience heartburn – after a big meal, undertaking strenuous activity too soon after eating, or drinking too much alcohol or coffee.

Heartburn (gastro-oesophageal reflux or indigestion) is really very common.

Heartburn is caused by the contents of the stomach coming back up into the oesophagus where it can cause a burning sensation in the chest or throat.

Persistent reflux that occurs more than twice a week is considered to be gastro-oesophageal reflux disease (GORD), and it can eventually lead to more serious health problems. People of all ages can have GORD.

Occasional heartburn on the other hand can be caused by overeating, anxiety or advanced pregnancy – to name but a few of the causes.

Certain medicines may precipitate heartburn, and obesity or smoking may also lead to symptoms. Treatment of heartburn can include lifestyle changes as well as the use of medicines.

Simple changes to diet and lifestyle may assist in preventing or reducing heartburn. Keeping to a healthy weight, giving up smoking and avoiding foods that aggravate or cause symptoms may help reduce heartburn. Talk to your pharmacist or doctor about other strategies that can assist with managing GORD.

There are a number of medicines available in Australia to treat symptoms of heartburn and reflux. Speak to your doctor or pharmacist about the best medicine for your symptoms, particularly if you take any medicines for any other conditions.

If you only suffer from the occasional episode of heartburn, or your symptoms are mild, over-the-counter (OTC) antacids available at your pharmacy may bring relief. These medicines are available as tablets or liquids. Antacids relieve heartburn by acting to neutralise stomach acid. They should be taken when symptoms occur. Talk to your doctor or pharmacist about how to best take these. Antacids can interact with some medicines, and there are some people who should not take certain antacids. Your doctor or pharmacist can advise on the best treatment for

different people. It is important to discuss with your doctor or pharmacist any medicines that you are taking – including those available without a prescription. If symptoms of heartburn or reflux persist or occur frequently it is important to discuss this with your doctor.

If you suffer occasional symptoms you may also benefit from an H2-antagonist. Some of these medicines are available without a prescription. These medicines reduce the amount of acid produced in the stomach. Because less acid is being produced, you experience fewer symptoms during reflux. These drugs are less effective at acid suppression than the proton pump inhibitors (see below). Talk to your doctor or pharmacist for more information about these medicines.

Proton pump inhibitors (PPIs) are a type of medicine that reduces stomach acid by blocking the acid-secreting cells. They produce more effective acid suppression than other medicines for heartburn and reflux, although they may work more slowly. By reducing the amount of stomach acid produced, this can help relieve symptoms of heartburn and reflux, and allow inflammation of the oesophagus to heal. Some proton pump inhibitors can be purchased from a pharmacy for short-term use, but most are only available on prescription. Your doctor or pharmacist can provide further information about these medicines.

No herbal remedies or supplements have been proven to effectively relieve the symptoms of heartburn, although traditional treatments are available. If you are interested in taking any of these, check with your doctor or pharmacist first, as they may interfere with other medicines you are taking, or affect other aspects of your health.

Your local pharmacy is your health destination. You can get more detailed information on heartburn from the Self Care Fact Card Heartburn and indigestion, available from pharmacies providing the Pharmaceutical Society of Australia's Self Care health information.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or visit the PSA website and click on 'Find a Self Care pharmacy near you.'



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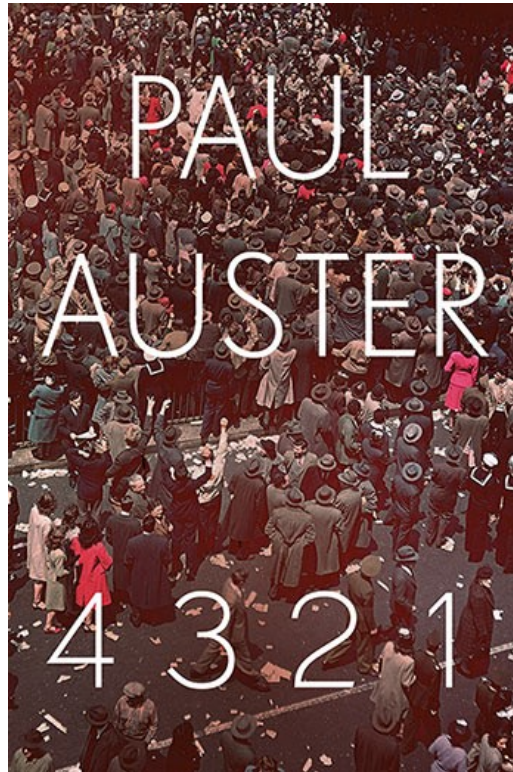
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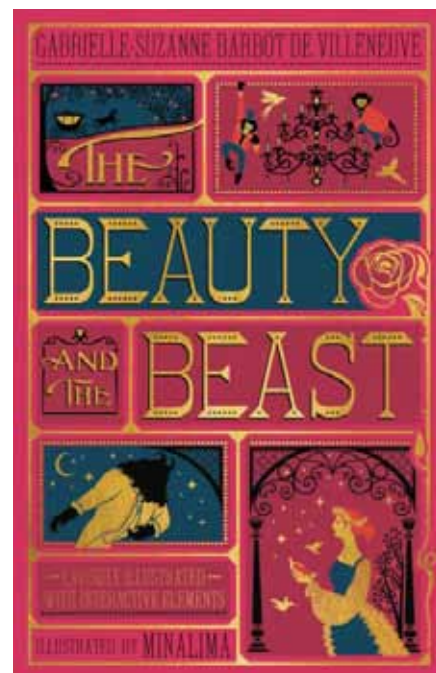
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