



# LORNE

## Independent \$2

No 199 June 2018

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### READING THE ROCKS OF THE GREAT OCEAN ROAD More page 4

In this issue:

Point Grey Update

Book Review - Written in Stone - Philomena Manifold

Our regular line-up - Lillian, Doug Williams, Aquatic Club news, Sportsbriefs, Clive Goldsworthy ...and others

# POINT GREY... ONE HECK OF A JOURNEY

Back in 2007, the Lorne Community Building Initiative “LorneCH” was established under a State Government funded program. Under this initiative, Community Opportunity Workshops (COW) identified key community issues for Lorne and project teams were established to look at these issues identified by the community.

The Pier Point Grey project team was formed by local community members to investigate options to improve the amenity of Point Grey and to tackle over 20 particular issues identified by the community as a whole which eventually evolved into an exciting design concept prepared for the community by renowned illustrator Robert Ingpen. What followed was the Great Ocean Road Coast Committee Point Grey and Slaughterhouse Master Plan Project – Place Essence Report.

In late 2012/13 GORCC initiated a Community Reference group consisting of 16 Community Representatives who sat collaboratively across multiple sessions to build on the discussions that commenced some five years earlier. At this point, the Community was adamant that they wanted to see two buildings in the precinct (the existing Lorne Angling and Aquatic Club – LAAC – and a Restaurant/Retail outlet). The LAAC was to remain in its current location and investigation was to take place as to how we might embrace the history of our past in the precinct.

Unfortunately, at that time, the then GORCC Chairman presented a plan back to the Community that had a single building accommodating all stakeholders of the precinct. Needless to say, the Community was “up in arms” and a local delegation sat with the then State Government Planning Minister to effectively block the plan from moving forward.

As a result of this action, the plan was redrafted and became the DELWP endorsed Point Grey Master Plan 2015.

Although not perfect, the two-building precinct had been resurrected, the LAAC location remained where everyone wanted it (albeit smaller than the wish of their members) and discussions were evolving as to how we could preserve that history that runs so deep across our town. There was still no clear statement from GORCC as to project funding and timelines. Later, following the resignation of the then GORCC Chairman, a new Chairman was appointed and a new leadership team established at GORCC. With that came new energy to see the Point Grey project come to fruition.

The follow-on to the Endorsed Plan was the creation of a GORCC led Project Steering Group which contained members of the LAAC, Friends of Queens Park, Lorne Business and Tourism Association, Committee for Lorne and Lorne Ward Councillor.

What has evolved over many years as the result of a robust, consultative process has seen the announcement of the winners of the Architectural competition to drive the Point Grey Precinct Project. But there is still a long, long journey ahead and that’s before we are able to secure funding. What we have at the moment is “precinct specific” proposal, not including Shelly Beach or any part thereof, that is preparing to deliver the specific detail of buildings and design within the precinct with a land manager (GORCC) that is prepared to work with with the Community.

This precinct is such an important part of our history where names like Norton, Love, Zanoni, Tune, Smith, Raskatos, Campbell and Alsop, to name a few, are important to our fishing industry as are the likes of Babington, Armistead,

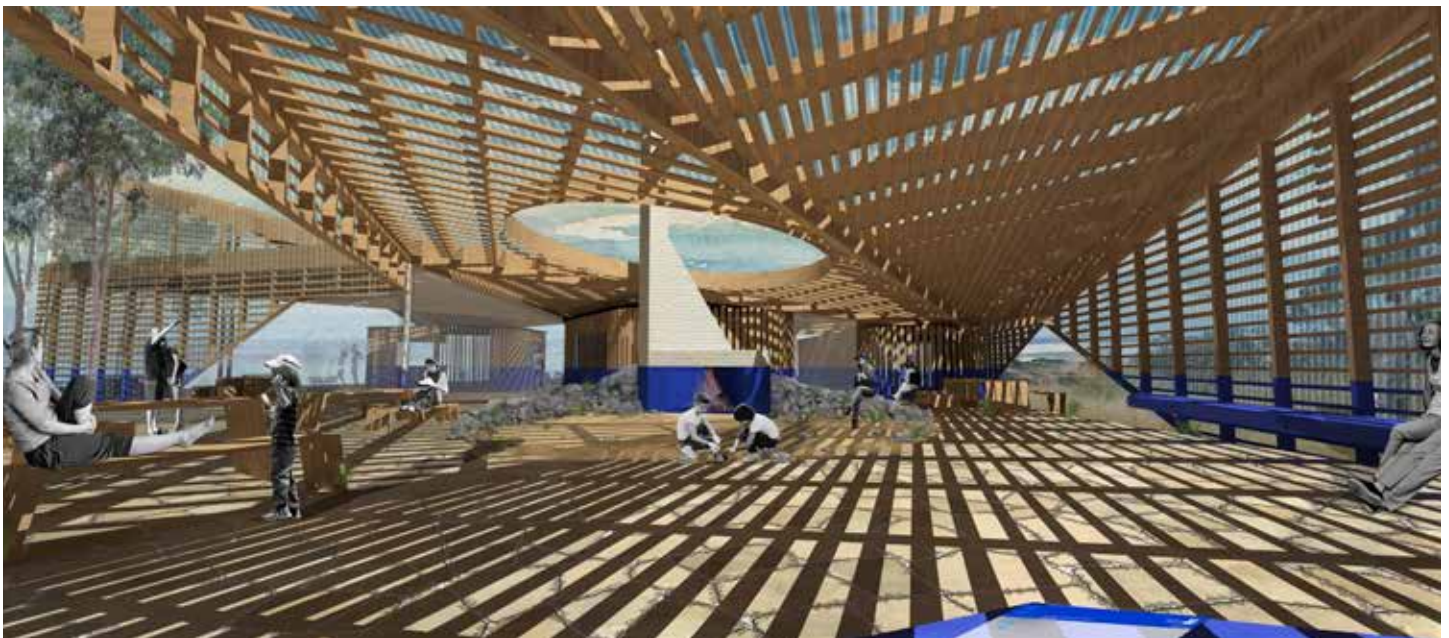


Walters and others to our logging heritage and those who know me well will realise that no stone will be left unturned to pay homage to our colourful past.

Subject to finalising the design and addressing the detail, the CFL is excited to see the concept and looks forward to each of the stakeholders discussing and developing the specific aspect of the scheme with GORCC and their architects, and understanding how the functional design will include and address historic interpretation, the commercial strategy to achieve the goal of “stop, stay and spend” and the other specific needs of the Community.

This has been one heck of a journey over the past decade and we have never been closer, nor partnered with a stronger GORCC team, to deliver an outcome that all of Lorne can be proud of.

**Ian Stewart**  
**Chairman**  
**Committee for Lorne**



# WRITTEN IN STONE

## Reading the Rocks of the Great Ocean Road

What is most appealing about the book “Written in Stone”, along with its clarity of text and design, is its ability to breathe life into the natural world. It does this by recognising that rocks are alive to change – metamorphosis. Charles Lyell initiated this thinking in the early 19th century when he proposed radical changes in geological phenomenon across time, just as Charles Darwin was exploring the concept of evolution.

Set in a framework harking back to the days of Gwondana, when continental Australia broke away from other landmasses, Lorne author Philomena Manifold is able to approach the concept of changing rock formations along the Great Ocean Road with the practised eye of a geologist and a clear appreciation of their beauty and magnificent colour. She is both artist and scientist - a rare feat in today’s disciplined world. Her descriptions are crisp and revealing, her hand-drawn pencil sketches delicate and accurate.

Walk on any beach along the Road and you will, if you look, notice the changes in sand and plants. What you don’t see in the here and now are the altered rock formations. They happen in minute detail across centuries. Nor as you travel from one location to the next along the Road are you necessarily aware of the dramatic variations in colour and shape of the rock formations.

The text of “Written in Stone” explains the reasons behind such extensive variety – differing interactions between sea, sand, soil and rock types: commanding and resilient Eagle Rock at Airey’s Inlet, its limestone and basalt battered by the sea; Lorne’s gentle folded volcanic rocks sheltered in

Louttit Bay. Further west shelly middens, caves, forest gorges, cannon balls and sheer cliffs all tell their stories. As Manifold says: ‘The land is constantly being carved, sculpted and coloured’.

It is, though, Manifold’s dedicated photography which finally illuminates the rock variations and makes this book one you will be keen to take with you as you travel the Road.

Available from Lorne Books at \$55 rrp

Review by Sandra McComb who worked as an editor and publisher both in Australia and overseas.

*Below: Lorne author Min Manifold, artist, and scientist, explains the constantly changing interaction between sea and the landmass along the Great Ocean Road.*





# THE LOUTTIT LOOP

We welcome Ankur and Resham to look after us at our Post Office. Originally, they came from the Punjab region of the Indian sub-continent which must produce v. smart dudes as these two seem to have taken to the job very smoothly and in a friendly manner. They have big shoes to fill after our darling Dahle and Jenny AND Maggie - but hey it's a delight to deal with these two gentlemen. A warm welcome to our town.

One of Lorne's Gary's has purchased a new Ute. Has a flash tonneau cover with a velcroed flap for the border collie to pop its head out to help navigate. It's a white Ute. And to set the Men's Shed guys going with a bit of friendly banter, we report that it's a Mercedes Benz Ute.

Has everyone noticed how delightfully busy and happy the members of the Shed are? They're having even more fun than the info volunteer tribe and the op shop volunteers combined. Fantastic.

It was sad to hear that the poor darling lass who was washed off the rocks at North Lorne has passed away. Sympathies go to the two anonymous lasses who applied continuous and strenuous resuscitation, to our paramedics and in fact to all involved in trying to save her. A big team. A Good Friday tragedy.

And yet every day of every week we observe tourists venturing out onto the very same rocks for photos of them in front of huge swells and breaking waves - with their backs to the sea. Dear oh dear.

Interesting that Otway, Moyne and Corangamite Shires are backing the idea of a user pay tolls or a day fee, or car park fee on the Great Ocean Road. Now you're talking! No mention of the Surf Coast Shire.

Our LorneCare member and Lorne home owner Dr Alan Sherlock has been in Sikkim (India) again vaccinating and de-sexing dogs. This trip he managed to 'do' 359 dogs which makes a total of about 2,000 in the entire nine years he has been travelling there - not only improving the lives of dogs, but training others to be vets. He's taking a few days now to settle in again at home and getting used to our 1st World Problems!! Those who know him are gob-smacked at the work he does and dip our collective lid to him!

Angelo and Sammy who built The Pier Restaurant in 1994 have decided to close during the winter this year - for the first time ever. They will be closed from 10th August till 7th September, and rumour is a trip to Greece is on the Agenda. A well-earned trip at that!

Lovely Lara Nicholls has accepted a trip to Amsterdam as part of her job at the National Gallery in Canberra. Certainly, an easier job than that of Curator of our last Sculpture Festival which she did so beautifully. She will fly to Amsterdam with the Gallery's painting of Abel Tasman which is going for a holiday to Amsterdam on the seat next to her!

Colin 'The Worm Man' Leitch reckons he spares us taking about 150kg of food waste a week from Lorne restaurants for land-fill by

feeding in to his two 'worm farms', one at the Lorne Community House, the other at his home. Most of the organic waste consists of salad vegetables, juice pulp and coffee grounds. What? Coffee grounds? Yep, you know the stuff the baristas bang into a container before they 'create' your latte.

The Men's Shed has been busy putting together model yachts from kits for a decent size 'fleet' for competition on the Erskine estuary. Participating are the usual suspect - Tony Wolfenden, medico John Agar and Pete Spring - though more potential 'commodores' have put their hands up. Tony thinks there is need for about six yachts for a decent contest. Anyone interested?

After a very busy and successful year in 2017, Lorne Op Shop volunteers have again saddled up and made a great start to 2018. So far this year the Op Shop has supported several good causes in the community. These have included a heavy-duty chainsaw with spares (\$1432) for the local SES branch, to assist in the rapid removal of large fallen trees. The Lorne CFA has been provided with 2 portable radios (\$3143) and a defibrillator (\$3000). The Aged Care residents at the Lorne Community Hospital have received a donation of \$2400, which is a quarterly amount provided for "special treats" such as hairdressing and manicures, visiting entertainment and the upkeep of the residents' feline friend.

Donations keep pouring in to the Op Shop, and it is due to such generosity that we can continue to generate much needed funds for our local community. Please remember that the Op Shop has to pay to get rid of unsaleable items and this amounts to many thousands of dollars a year in tip fees. If you wouldn't buy something that is dirty or damaged, chances are that nobody else will! Please place such items in your own rubbish bins and save us all the hassle and expense of having to sort and dispose of them. Thanks to everyone who provides us with clean, good quality clothing and home wares.

A funny story ... a lady asked Op Shop volunteers to put aside a top and some pants for her daughter to come and look at. "I don't want to buy them unless I'm sure she'll like them," she said. Someone suggested she take a photo with her phone and send it to her daughter. She did so and shortly a message came through. "Mum, I don't like the pants, and the top is one you bought for me at the Op Shop a while ago. I didn't like it and you took it back to the Op Shop!" Happy Op Shopping!

We thought to include this poem sent to us from a reader. Make you think, does it?

The paradox of our age  
We have bigger houses but smaller families  
More conveniences but less time  
We have more degrees but less sense  
More knowledge but less judgement  
More experts but less judgements  
More medicines but less healthiness  
We've been all the way to the moon and back  
But have trouble crossing the street to meet the new neighbours  
We build more computers to hold more information  
To produce more copies than ever  
But have less communication  
We have become long on quantity  
But short on quality  
These are time of fast foods  
But slow digestion  
Tall men but short characters  
Steep profits but shallow relationship  
It's a time when there is much in the room.  
(Dalai Llama)

.....Lillian.

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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 five days before the end of the month.**



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# FROM OUR COUNCILLOR

For the Lorne Ward Cr Clive Goldsworthy - 0400 756 854 [lorneward.information@gmail.com](mailto:lorneward.information@gmail.com)



## Positive Ageing Review

The Australian Government is changing the way aged & disability services will be delivered in the future. The government plans to increase consumer choice to ensure services are efficient and cost-effective.

The changes are likely to come into effect by 2020 and will mean Councils won't automatically be the provider of aged services in their area.

The Shire is currently investigating how the changes could impact on the services it provides. Council has already committed to not leaving the community without a much-needed service.

If you require background information including information about the methodology and further details a Community Engagement Options Paper is available on the Shire's website.

Council is holding a hearing of verbal submissions at 5pm on Tuesday 12th June. People wishing to present should call Council's Business Improvement Officer Trevor Britten on 0409 413 820 or email [tbritten@surfcoast.vic.gov.au](mailto:tbritten@surfcoast.vic.gov.au)

If you require further clarification please let me know.

## Reporting maintenance and infrastructure issues requiring attention by Council

As the winter weather fast approaches I continue receiving a number of requests concerning blocked drains, fallen trees, broken pit covers etc.

To assist Council to address these issues in a timely manner the following process should be undertaken.

- Email your request to [info@surfcoast.vic.gov.au](mailto:info@surfcoast.vic.gov.au). In the Subject area insert Customer Request & a few words to highlight the issue e.g Customer Request – Blocked stormwater drain.
- Copy me in on the email [cgoldsworthy@surfcoast.vic.gov.au](mailto:cgoldsworthy@surfcoast.vic.gov.au)
- Describe the issue in the email and if possible one or two photos.

Customer Service staff will advise your Customer Request Number by return mail to allow further follow up by you.

## Lorne Football & Netball Club

Join the players after training every Thursday night for dinner at Stribling Reserve, everyone is welcome from 6.00pm onwards. Check out Lorne Dolphins on Facebook - for the weekly dish.

## Treating People with respect

Whilst I am not a regular visitor to facebook however from time to time I am made aware of posts which I have found offensive and disrespectful to members of our community. Facebook is a fantastic means of seeking people views and opinions on any number of issues but it is not the forum for being disrespectful, pick up the phone and speak directly to the person concerned.

# INCREASED PET FEES TO PAY FOR LAW ENFORCEMENT

You'll have to pay more for having your pets registered with our Surf Coast Shire to enable greater local law enforcement and increased visibility and patrols in areas not normally accessible

SCS Council has now adopted its Domestic Animal Management Plan (DAMP) 2017-21, a plan to guide how people, dogs and cats can live together in safety and harmony.

Important issues identified included dog behaviour, threats to wildlife and stock, dog litter and responsible pet ownership.

Pet registration fees are proposed to increase from 1 July 2018 for new registrations and will apply from April 2019 for registration renewals.

It is proposed that from July 1, non-concession fees for de-sexed animals and working dogs will increase by \$23.30 in the 2018-19 financial year. This increase brings Council's fees in line with those of neighbouring council City of Greater Geelong's to service Surf Coast Shire's growing permanent and visitor populations.

**NEED  
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**RMP**  
LANDSCAPES

**0412 525 012**

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[communityhouse.lorne@swarh.vic.gov.au](mailto:communityhouse.lorne@swarh.vic.gov.au)  
5289 2972

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## 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:*

**10.00am on Sunday 17 June**

*For the exact location see the Lorne Community Noticeboard outside the Post Office and on Facebook during the previous week.*

*A barbeque will follow the working bee at about 12.30pm. Visitors and new starters will be made especially welcome.*

*For more information about LorneCare contact:  
Alain Purnell Tel: 5289 2906 Mobile: 0417 031 905*

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# LETTERS TO THE EDITOR

**Dear Editor**

Given the editorial (Lorne Independent No. 198 May 2018), I believe that it would be remiss not to bring respectfully to your attention the outrageous plan to desecrate one of Australia's greatest monuments to the Australian volunteers fallen in the Great War.

The Great Ocean Road is a monument to the fallen. Its striking beauty is enhanced by the principal fact that it was carved through extremely difficult rock terrain by the mates of those who sacrificed their lives to defend the freedom, the social harmony, the prosperity and the common decency characteristic of this nation. Vastly more than a coastal thoroughfare or a tourist attraction, the Great Ocean Road is an eloquent expression of Australian gratitude.

Faithfully reflecting its thoughtful and imaginative origin and the engineering and physical prowess of those who built it, the start of the Great Ocean Road was accurately marked with a timber arch standing on Eastern View beach where ended the pre-existing road from Anglesea. This arch disappeared in the Ash Wednesday bushfires, but was rebuilt in the same place in a formal ceremony attended by members of parliament, senior officials of the RSL and a numerous public for the compelling reason that it marks the start of an incomparable and truly monumental commemorative achievement that belongs to the whole Australian nation.

It is therefore astonishing that precisely when Australia commemorates the centenary of the march to battle of its great volunteer army, local authorities have 'officially' extended the Great Ocean Road several miles declaring it to begin at Torquay and that 'The existing historical and interpretive signs and monuments near the arch including the Diggers Memorial statue and Great Ocean Road bronze plaque would be relocated off-site.'

Among the reasons advanced to support the desecration of the Great Ocean Road, much has been made of a dearth of parking and toilets and the danger to which foreign tourists keen on photography are presumably exposed given the roadside location of the arch. These are alarmingly disingenuous arguments that ignore that two of the most revered monuments to the fallen in the First World War stand in the very centre of two of the most frequented thoroughfares in Europe. Imagine what the outcry would be in Britain or France if minor bureaucrats tried to shift the London Cenotaph or the Eternal Flame that since 1923 burns on the tomb of France's Unknown Soldier under the Arc de Triomphe because their respective locations in the middle of busy Whitehall and Champs Elysees endangered tourist performing photographic antics.

Straining the proverbial envelope, it is worth adding that parking facilities are not readily available in the immediate proximity of either the French Tomb of the Unknown Soldier or the London Cenotaph.

It is impossible silently to accept this outrageous desecration of what deserves to be respected as one of the truly sacred sites of the Australian nation.

**Claudio Veliz**  
Great Ocean Road, Lorne

**Dear Editor**

**Funding For 'notorious' road intersection**

On 16th May the Minister for Roads and Road Safety announced \$4.9 million allocation of funds for a roundabout at the intersection of the Birregurra-Forrest Rd with Colac-Lorne Road and Deepdene Rd.

The media release went on to say that VicRoads came to this decision after consulting with the community.

I went to one of these 'drop-in' sessions in Birregurra. VicRoads chose not to hold any community consultations in either Lorne or Deans Marsh. That they did not do so was an example of their lack of knowledge of where the vast majority of vehicles who use these roads regularly emanate. Because of this, the sample of visitors to the 'drop ins' was not a true reflection of local community opinion.

Colac has become a major destination for residents in both these communities and the shortest route takes one through this notorious intersection.

I spent some time canvassing other members of the community who turned up in Birregurra and the general consensus was that an additional set of rumble bars on the Birregurra-Forrest Road, together with multiple warning signs, would best be the long term solution. The cost would be miniscule compared with the amount estimated to build a roundabout.

Those of us, who drive regularly in the area, in particular along the Deans Marsh-Lorne Road, have to put up with humps, potholes and serious deterioration of shoulders with many white lines having disappeared altogether.

There was an allocation of funding of some \$800,000 in this year's budget for an 'upgrade' of the Deans Marsh-Lorne Road. It is my understanding that this has now been fully expended, yet this road is no-where near fixed. There seems to be no logic as to where the road was deemed sub-standard and where it was not. As a result driving along one is presented with a kaleidoscope of newly repaired road with sections left untouched, yet seemingly in equal need of repair.

Rural roads are in desperate need of funding. Winter is approaching and driving conditions will only become more hazardous. Do we need another spate of serious accidents or fatalities before the State Government will listen?

**Juliet Beatty - DMLR Safety Group**  
Deans Marsh



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# LETTERS TO THE EDITOR

Dear Editor

## Can I forgive the mega-rich people of Lorne?

I'm not grumpy about the number of people here in the summer. I like it when the Range Rover Index in town goes up and the local businesses stock up on soy milk. I don't mind weaving my way through groups on the footpath making critical decisions about where to have lunch.

Visitors and holiday residents are the reason we've got facilities and services in Lorne that we might not have otherwise. These are facilities and services that local residents, like me, value. Besides, pretty much everyone who comes here is in a good mood.

No, what upsets me is when mega-rich people create palaces which destroy Lorne's character. We were once gazetted as A Place of Special Significance and Natural Beauty. I wonder how long the beauty will last?

The Shire has recently approved what I'm told is the first four-storey private home in Lorne (complete with multiple car spaces and swimming pool). There were almost 50 objections on the basis of bulk, height, loss of vegetation, loss of view and the like. It's not very near me. But that's hardly the point. All of us will see it from the Great Ocean Road. Maybe even from space.

Houses like this completely change the character of the town.

But we can't blame the Shire. The Shire implements the planning code. The Shire makes strategic decisions about what is and what is not worth spending rate payers' money on at VCAT. Mega-rich people, by contrast, can afford to go to VCAT for as long as it takes.

But we can lobby to make the planning code stronger so that the Shire's actions in containing unruly development are easier for the Shire to execute and harder for others to oppose.

Perhaps we can argue that heritage preservation be interpreted not simply as green space and 'olde world' architecture from the late 19th and early 20th century. Lorne has another kind of heritage, in addition – modesty. Small house modesty. 1950s and 60s modesty. Let's stand up for the value of modesty, from the time when families holidaying together meant each one not demanding a 'zone' of their own.

So please, mega-rich people, think about why you bought into Lorne in the first place. Help us keep Lorne special. Or otherwise, no, forgiving will be hard.

Penny Hawe  
Lorne

Dear Editor

## Monty loves it in Lorne

Hi, my name is Monty. I'm a red and cream cairn terrier – my mistress Sue brings me to Lorne a minimum of twice a year. I started coming as a pup but now I'm a mature ten-year-old. I stay with my best friends Ruby and Max.

Every morning I hit the beach and I'm in heaven. To the left I see the Great Ocean Road winding down into Lorne from Aireys Inlet to the white historical swing bridge and pretty café.

We head to Lorne Larder after our walk, a tranquil setting with many gum trees. I bark at parrots, cockatoos and even an odd koala. After my mistress Sue has a cuppa, we stroll up along the shops to the Lorne Cinema, a true land-mark.

We head to Scotchman's Hill after lunch. I lie on a lovely wooden seat overlooking the whole of Lorne. I enjoy watching many people standing up on boards far out to sea and how they come riding in. I'm always told how cute I am especially when I wear something from my wardrobe – I even had a white and blue striped scarf as I bark for Geelong. It must be true for the people off the many buses want to pat, take a photo, even a selfie – some times it gets a bit embarrassing.

After arvo tea we head off through the township. There are a lot of beautiful shops and my favourites are the one with aromas wafting out. We go right down to the pretty river where I admire the ducks at a distance.

So there I am, a very contented out-of-towner, one who struggles to leave such an idyllic place where there are lots of 'pee-mails' to be read daily ...All in all, a paw-fect holiday.

Monty barked this letter to his Mistress Sue who sent it on to us in English – ed.



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# SPORTSBRIEFS

**John Ford**

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

## Dolphins Climbing Ladder

Lorne's senior football team has now won four matches in a row after their slow start to the season. The Dolphins now sit in fourth place on the CDFL ladder with four wins and two losses. The reserves, under 17.5's and under 14.5's teams are also playing very well and are highly placed on their ladders with good percentages.

In the last round Lorne travelled to Apollo Bay and controlled the match from the early stages. Lorne had winners all over the ground, with big men Mark McCormack and Lewis Hollmer dominating and ably supported at ground level by Steven Oliver and Sean Smartt. The Dolphins finished up comfortable winners, 14.10:94 to 5.7:37.

On 19th May the CDFL had an interleague match against Kyabram and won all grades. Congratulations to Lorne's Kane and Sean Smartt who played in the senior team, and Simon Umbers and Oscar Balderas – who captained the Under 18 team. The Under 13 team included Lorne players: Archie Atwell, Jasper Atkinson and Jude Enticott. Carly Enticott successfully coached the CDFNL interleague netball team to victory also.

Lorne's next matches are as follows: 26th May home to Western Eagles, 2nd June away at Colac Imperials, 9th June home to Alvie – for the past players round, 16th June away at Birregurra and then at home against Simpson on 23rd June. Lorne will be keen to avenge their early-round losses to Birregurra and Simpson, and so these are 'must see' matches. Make sure you also follow Lorne's netball teams which are in a rebuilding phase after achieving the ultimate success last year. Perhaps you would like to volunteer for a few hours on match days – your support would be really appreciated with training provided. Kevin van Deuren on 0410 400 032 and Paul McMaster on 0431 474 969 are awaiting your call. Go Dolphins!

## Great Ocean Road Running Festival

On the weekend of 19th and 20th May thousands of competitors, supporters and friends visited Lorne and Apollo Bay for the Great Ocean Road running festival which included runs of various lengths up to 60km. The festival attracts runners from interstate and overseas, as well as many locals from along our coastline. Sunday saw the running of the marathon and ultra-marathon from Lorne to Apollo Bay, and the 23km half-marathon from Kennett River to Apollo Bay.

The half-marathon attracted 2,752 competitors (1,452 females) with the winner being Stephen Dinneen in just over 1 hour and 18 minutes. Lorne hospital's physiotherapist Ellie Pashley was the first female across the line (and 7th overall) in the remarkable time of 1 hour, 21 minutes and 39 seconds.

Regular readers of this column will remember that Ellie (then O'Kane) won the Mountain to Surf run back in January this year.

Well done to all the participants especially those who took on these serious distances for the first time.

In total about 7,500 runners took part in the events – with some runners being in the over 70 years category. For many it is about the pure enjoyment of being able to run along the beautiful Great Ocean Road without the danger of vehicles.

Well done to all participants.

## Iron Man Wes

On 6th May, Lorne's Wes Enticott competed in an Iron Man event in Port Macquarie. The event attracted about 3000 competitors across the iron man and half iron man distances. To finish the full course in 11 hours and 8 minutes was a truly outstanding effort when you consider the demands of the distances. The three legs of the event were as follows: 3.8 km swim, 180 km bike ride then a 42.5km run!!! The effort meant that Wes finished 37th in his age group of competitors from around Australia.



This was the second iron man event that Wes has participated in, the previous being in Cairns last year. He is coached by Adam Beckworth of Adam Beckworth Racing and receives no sponsorship, but is quick to acknowledge the support of his wife Carly and family. Carly has recently run in the New York Marathon, and now young Kobe at 7 years of age is participating in junior running events.

## Ladies Golf

What a busy month for the Lorne Ladies Golf. Our annual event Miss Lascelles Silver Salver was held on Monday 7 May and East Geelong were the winning team. Congratulations to Helen Norton, Glenice Haywood, Patricia Malloch.



The winner of Silver Division: Jan Borwick from Colac

The winner of Bronze Division: Rosie Young from Ocean Grove

Congratulations to all winners. The weather was tough going, very windy. Lorne Ladies really appreciate the continued support of all the participating clubs.

Over the past few weeks we have been represented at the following clubs: Torquay, Lara and Winchelsea.

If you require further information on our Ladies activities, please contact Lesley Goldsworthy on 0437028169 or Wendy Hutchison on 0419878089. We play every Tuesday (weather permitting) at 8.30 am. We welcome all level of players for 9 or 18 holes.

Happy hitting, Lesley Goldsworthy, Lady President

# YOUR COMMUNITY, YOUR VOICE!

The Lorne Independent is the voice of the Lorne community. It has been published monthly for many, many years by its editor, Jo Vondra, with the support of a number of regular contributors. It is aimed at local residents, weekender homeowners and holidaymakers, and visitors to Lorne.

Have you moved into town recently? Are you newly retired and looking for ways to keep involved and contribute to your community? The Lorne Independent is looking for interested people to take a role in the publication of its monthly issues. This could include writing opinion pieces, covering local events, reviewing books and films, supplying photographs, amusing stories or assisting with the collection of all the above into an interesting and readable format ready for layout.

If you have the time and the interest to spend a little time each month helping the Editor to put together the stories and opinions that chronicle life in Lorne, your enthusiasm and assistance would be much appreciated. This is a great opportunity to shape the Independent for the future.

Your fabulous ideas and fresh eyes could transform a great little local newspaper into a really wonderful one!

You can contact the editor or the secretary for further information or to register your support.

**Mandy Calder,**  
Secretary

**Lorne Independent Committee**

Editor: jolvondra@gmail.com

Secretary: rmcalders@gmail.com

Or ring Jo Vondra on 0401 744 152

What's important to you about your local health service?



Come and participate in our Tea Talk discussions - a friendly chat over a cuppa with members of LCH Board and the CEO, Kate Gillan, and let us know your thoughts, ideas, suggestions and concerns.

Tea Talks are designed to facilitate two-way discussions that will help us understand community needs as we move forward.

This is an opportunity to have your say and help shape your local health service.

#### Register Your Interest

Tea Talks are due to commence late April/May, so simply contact the Lorne Community Hospital on

Phone: 5289 4386 or Email: [info.lorne@swarh.vic.gov.au](mailto:info.lorne@swarh.vic.gov.au)

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While vehicle access is off Polwarth Road, foot traffic has a direct line into town via steps that run beside Kiara. Other key features include a second deck area downstairs, open fireplace, wifi access, Apple TV, Sonos sound, Meile appliances, split system heating and cooling in both living rooms, multiple decks with outdoor furniture & WebberQ. Yes, it is quiet a list!

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# SPORTSBRIEFS

Continued

## Lorne Bowls Club

Midweek and Saturday Pennant teams had a wonderful season.

The midweek Pennant team finished on top of the ladder but unfortunately was unable to reach the Grand Final.

The Saturday Pennant team also finished on top of the ladder and reached the Grand Final but was unable to bring home a winning trophy.

Both teams played their hearts out but it was not to be.

An end of season dinner was held at the Grand Pacific on 10th April by the Ladies mid-week Pennant team and as usual a great time was had by all and the variety of choice on the Menu was excellent.

If you think Lawn Bowls is a serious game, think again. As usual the Ladies of the Club had us all in stitches as with prose and poetry we were told of our proper place in the scheme of life on the bowling green. Once again Lorraine generously handed out gifts with appropriate comments on all the recipients.

No one was spared. From Lead, Seconds, Thirds and Skips all were told of their failings and bad habits. (In a nice way of course).

Many thanks to Heather, Helga, Jenn and Janet. What would we do without your wonderful sense of humour and your many talents? Retirement was mentioned but it will not be allowed.

On Monday 23rd April a Social game of bowls was enjoyed at the Club by many ladies.

These Social games will continue each Monday at 4pm (weather permitting) so join us and enjoy a game of bowls, a cup of tea and a social chat.

If you need any information ring Helga 0407800081 or Heather 0400834434.

Lorne Bowls Club Pennant winners :-

- Ladies Club Champion - Heather Olney
- Ladies 21 Up Club Champion – Heather Olney
- Ladies Pairs Champions – Helga Lewis, Marilyn MacKenzie
- Ladies 100 Up Club Champion – Merna Smith

- Men's Club Champion – Leigh McIlvenny
- Men's Pairs Club Champion – Leigh McIlvenny , Brad Weetman
- Men's 100 Up Club Champion – Leigh McIlvenny
- Open Club Triples Champions – Steve Donne, Peter Steven, Kevin Van Deuren
- Open Club Fours Champions – Leigh McIlvenny, Che Turner, Emilio Graziani, Sub/ Gary Allen
- Coach's Award – 2017/2018 – Jeff Reddie

The President's Annual Award – The Ken and Merna Smith Cup for Exceptional Club Commitment –

2017/2018 – David Stribling

**Merna Smith**

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# UNDERSTANDING RURAL HEALTH SERVICES



Health services in Victoria operate under a long-established system of devolved governance for healthcare delivery. That means that responsibility for public health services is delegated to a facility which cares for the communities within a specific geographical area – local decisions and local services to match unique local needs.

These local facilities are established as independent legal entities under the Health Services Act 1988. Lorne Community Hospital (LCH), and Otway Health (OH) based around the Apollo Bay Hospital, are two such services and each is governed by a separate unpaid board of management, the members of which are appointed by the Governor-in-Council on the recommendation of the Minister for Health.

Victoria's public health services are grouped into regions, and both LCH and Otway Health (OH) are part of Barwon South Western Region which covers south western Victoria from Lara to the east and the border with South Australia to the west. The 18 independent services within the region range from small rural services like LCH and OH to large services like Barwon Health (centred on University Hospital Geelong) and South-West Healthcare (centred on Warrnambool Hospital).

Lorne Community Hospital is unusual in that the service is named for its hospital (like Portland and Casterton). Otway Health is like most other services and named for its region (Apollo Bay and Otways) rather than its hospital. That distinction aside, LCH and OH have many similarities in coastal location, population size and seasonal variation, clinical challenges, and service delivery and workforce needs. This natural compatibility is making the search for synergy rewarding.

**Dr Damien Smith, chair,  
Lorne Community Hospital Committee of Management**

## What has happened since our last conversation?

A great deal has happened. Experienced, independent analysts have had a good look at both LCH and OH, and reported back with authoritative and thoughtful summaries of facts, qualitative observations and recommendations for improvements.

Importantly, and not surprisingly, their findings and recommendations are that both Lorne and Apollo Bay need their own local hospital providing, just as they do now, Urgent, Acute and Residential Aged Care. So, from a hospital perspective it should be business as usual in both towns.

## Did they find areas for collaboration or integration?

Yes, they did, and it is quite exciting. Firstly, there are huge benefits to both services from an integration and consolidation of GP services at several locations along the coast. Secondly, closer collaboration on community health care would enable an increase in the range and quality of services at both towns, especially Lorne which would benefit from Apollo Bay's longer and wider experience in that area.


## What happens next?

So far, the process has been one of discovery. In order to formally integrate services we now need a process that is very purposeful and with clearly stated outcomes/objectives. So we are finalising a formal memorandum that sets out what each service brings to the table and what we expect to achieve through collaboration. It will also look at some operational issues, compliance and financial aspects.

Notwithstanding the formalities, because the benefits are so profound and immediately doable, we have already commenced integration of GP services. Dr Dave Mullen from our Lorne practice is now seeing patients at Apollo Bay and new doctors and registrars have been recruited to come on stream in the next months. Doctors are excited about being part of a team where they have back-up, where they can share and grow expertise, and which offers sustainability for a career in rural medicine.

## Has the community feedback been positive?

As you know, we are trying very hard to be inclusive and transparent and community consultation has commenced in both towns to gauge community attitudes, sensitivities, wants, concerns and so on. To date the feedback is very positive. I encourage anyone who is curious to attend our 'tea talks' and discover first-hand what health services along our Great Ocean Road might look like in the future.



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# AGAVE AND ALOE

Doug Williams

At the entrance to the driveway of a beach house the owner has planted an *Agave attenuata* and I have been watching it for a couple of weeks. It's one of those succulents you can expect to see in the sci-fi fantasy artwork of somebody like John Thorne or B. R. Storey.

This agave has a number of common names : foxtail, lion's tail, swan neck and century plant included. The latter applies maybe because they take more than ten years of growth before they bloom and once they have done so, they die. It looks like a plant from an alien environment or like something you might find under the sea. The one I am watching has a cluster of large succulent fronds growing at the end of a metre long woody stalk about ten centimetres in diameter. In the past ten days it has produced the inflorescence. This consists of a stem bearing the bracts and flowers and which has grown to a meter in length already. I can almost see it growing and in this regard it is similar to the pace at which grass trees send up a flower spike, like the one I saw in Bruce and Jan's garden recently. When it is finished its routine, this agave flower spike can extend to three metres and will be covered with greenish flowers. It begins as a nondescript succulent yet provides a surreal slow motion performance. This is an extraordinary plant; it's unwieldy and unworldly.

Agaves, like aloes to which they are closely related, are classified as monocotyledons in the order *Asparagales* so they are, as this suggests, related to the asparagus as well as to other single stemmed plants such as native dianellas, the vast orchid family, bamboo and sugar cane and the grasses: rice, wheat and maize. Also in this order are bananas, ginger and turmeric, so as you can see, they are very well connected. Other monocotyledons include onions and garlic and horticultural bulbs such as daffodils, lilies and tulips. And then they are botanically connected to sea grasses and other aquatics too. Agaves all originate in the Americas, and the *agave attenuata* shown in the photo is of Mexican origin. <sup>1</sup>



Aloes on the other hand come from Africa and their similar capacity for storing water in their fleshy leaves is known as an example of "convergent evolution". This refers to the way unrelated organisms evolve similar characteristics due to the influence of, for example, their similar environment. *Aloe vera* many people know and keep handy to the kitchen (well I certainly do) to use against burns and minor skin irritations. Another in this family, *Aloe maculata*, can be seen growing wild on the roadside on the western side of Smith Street south of Bay Street.

Should you also wish to grow either of these species here in Lorne forget all the cultural notes that recommend you provide moist loamy soil and protection from direct summer sun. In my experience it will flourish in dry clay on a north facing slope – a typically dry site totally at odds with the usual cultural notes given by references. It is pretty drought tolerant too. Look, they are not hard to grow, and so what if it takes ten years or so to flower and then die – it is a dramatic foliage plant for your landscape and they are spectacular. It's a stunner. Even as this one I am monitoring is pushing out its grotesque flower spike, new suckers are appearing at the base of the plant all ready to begin the whole process once again. It's a cycle. Another agave you may wish to try, may wish to distil in fact, is *Agave tequilana*. This agave provides the base ingredient of tequila. (Obviously. The name is a pretty big give away, you'd have to say.) Why the century plant has flowered at this time I put down to the extended period of dry weather we have been experiencing.

<sup>1</sup> It has naturalised in Libya, obviously introduced.

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# AQUATIC CLUB

## Committee notes

Keith Miller - Commodore

### News from the LAAC

All members should by now be aware of the new GORCC plans for our Point Grey redevelopment and especially their version of what our club house should look like.

I would like to encourage members to go to the GORCC website: -<http://www.gorcc.com.au/> have a good look at the plans for our proposed club house and email your thoughts to us at [info@lorneaquaticclub.com.au](mailto:info@lorneaquaticclub.com.au)

Please take the time to do this as it's important that you all have your say at this critical stage. Our committee must reply to GORCC through a Project Manager in the form of a return brief within weeks. We only want your opinion on our club house design as we have no say with the rest of the plan.

It's business as usual at the club with the crowds gone but we are still open six days a week only closing on Tuesday's and still serving up the worlds coldest and tastiest beer.

It's a great time of year to drop in for a visit and have a chat to some of our very friendly locals or sit by the heater and watch our newly installed FOX SPORTS.

Up until this past week the autumn weather has been beautiful with still sunny days, so the beer garden has been a pleasant place to be out enjoying our magnificent views and hospitality.

Don't forget our facilities are available to any member for Weddings, Parties, Anything but it's important that you contact Hutch our Manager and book ahead.

### Upcoming Events

On Sunday the 10th of June which is Queen's Birthday Long Weekend, we are holding our 4th Major Fishing Competition for the year.

Weigh in will be between midday and 12.30. This will be followed by a roast lunch for all competitors, members and guests. \$10 Adults. \$5 Children.

Then weather permitting we will have live music and, as usual, entry will be free.

We desperately need more juniors to have a go at our fishing competitions so anyone out there with kids or grandkids please get involved. It's a great fun day out enjoying Mother Nature and we give out very generous prizes.

All our competition dates are on the back of your membership card.

### Fishing Competition Results

We recently held our first winter fishing competition on Sunday the 6th of May which was kindly sponsored by PETER WHEAL LANDSCAPING. Conditions weren't perfect with a strong North Westerly but being offshore it was OK in close. We had 15 entries with 8 weighing in fish. The winner was Andrew Clarke with a flathead earning 2506 points. Runner Up was Emily Miller in her first ever fishing competition with a leatherjacket earning 2434 points and 3rd was Paul Staley with a snapper earning 2425 points.

### Courtesy Bus

We are now running our bus on Friday and Saturday nights from 4pm. We are employing an extra bar person so Hutch can leave the bar to drive the bus. Please support it and be generous with your gold coin donations. It's for a trial period and if it's not supported we will have to discontinue it.

Please put the bus phone number into your phones. 0498 031 234.

### Merchandise

New stock of Long and short sleeve T-Shirts has just arrived. Also, we have Caps, Polos, Stubby Holders, Stickers and Gift Vouchers readily available. Also, we are taking orders for a new range of hoodies with a full length front zip.

### Fishing Report

The fishing has been sensational with perfect autumn weather up until this week but I'm sure it will come good again soon before winter really sets in.

Last year June was the best month's fishing for the full year so hopefully that happens again this year.

The snapper fishing doesn't get any better with some Anglers bagging out in the first hour or so and some substantial size fish being landed.

The gummy sharks have been plentiful with a few school sharks in amongst them and the odd big 7 gill shark.

The king george whiting and flathead have slowed down with the water temperature dropping below 17 degrees but surprisingly there are still a few schools of slimy or blue mackerel and yakkas still about.

Last week Lachie Pinda caught a yellow tail kingfish on the bottom while snapper fishing which is very unusual but it had to be released because it was undersize. Our old Lorne fishing legend Tony Peddie caught a huge king george whiting on a big 4/0 hook while fishing for snapper in 30 meters which is also unusual.

Local identity Fonzie nearly sunk his boat recently filling his boat with huge snapper and gummy sharks.

Simone Pansino Set a new Calendar Year Comp record catching the biggest snapper so far this year. It will take a bit of beating.

Continued page 28....

# WINTER GUESTS?

Ashley Morrison – Manager, Termite Watch.

When it's cold most of us just want to stay indoors, out of the wind and rain. And so do rats and mice!

During winter food sources for rodents become quite scarce. As the rats and mice become more hungry their fear of people seriously lowers. And it is only a matter of time before your home becomes a good option.

So what to do?

Here are the key steps;

1. Block them out
2. Remove temptation
3. Maintain population levels

Step 1 is fairly self explanatory, but here's a few things you may not know (and some you might not have thought of)?

- Any crack or hole big enough for a rodents head is big enough for the rest of them to get through.
- Mice will often enter homes under doors - solid draught protectors can fix that.
- Broken vent covers are also a common entry point.

“Removing Temptation” is really just a polite way to say clean up. Open food storage containers, spilt foodstuffs and open rubbish/recycling bins will all attract rodents.

Step 3, Maintaining population levels. Rodents are always there but a good, year-round, management program will lower their numbers. Effective baiting can also draw rodents away from your home, in addition to destroying them.

A qualified and experienced Pest Controller can provide you with great advice on protecting your home. Including information on blocking of entry points, safe baiting practises and habitat control.

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# TIPS FOR A HEALTHY, HAPPY WINTER

Dr David Mullen, Lorne Medical Centre' 5289 4333

You might want to snuggle up indoors and eat your favourite comfort food, but it's during the colder months that getting active and eating well is even more important. Here are six good reasons why.

## 1. Find the sunshine

There's a reason it's called the sunshine vitamin. While there are a limited number of foods that can provide your body with vitamin D, the easiest source is from exposure of bare skin to sunlight.

During summer a short exposure of 10-15 minutes is plenty, but in winter sunshine can be harder to come by, especially when you're huddled indoors and live in Victoria. But that's why it's even more important to get outside and get moving to keep our bones and immune system strong, to grow and absorb calcium.

## 2. Keep warm

Save electricity and an expanding waistline by heating your body up naturally with a workout. The rise in your body temperature has a soothing, calming effect on your body, not unlike a long soak in a warm bath or lying in front of the heater.

## 3. Stay healthy and sit less

Regular exercise strengthens your immune system so it can fight off bacterial and viral infections. This becomes particularly important in winter when colds and flu are circulating around town.

When you exercise and get your blood pumping, immune cells circulate through your body more quickly helping them seek and destroy infections. But this boost only lasts for a few hours, so exercise needs to be regular for long-term effects.

## 4. Beat the winter blues

Whether it's the usual winter blues or the more serious SAD (seasonal affective disorder) putting a gloom over the colder months. A daily workout releases feel-good, de-stress brain chemicals and helps ease depression.

## 5. Staying social

Over the winter month's people tend to hibernate at home, especially at night. So meeting a group of friends for a walk, joining a regular exercise group or being part of the community can keep you motivated and connected to others.

## 6. Avoid winter weight gain

Think of winter. Most of us conjured up images of red wine, cheese, hot chocolate, slow cooked food and a crackling fire. No wonder it's known as the 'winter weight gain'. It can be harder to resist unhealthy temptation in the cold and the only way to make up for that is to increase the amount of exercise you're doing. That glass of wine will cost you 30-minutes of walking. Just 2 cubes of cheese will be another 30-minutes and the hot chocolate? A full hour of walking is what you need to work that off.

So whether you're seeking winter sun in the north, or (trying to!) stay warm in the south; it's important to keep up your healthy eating habits and get your 30 minutes of physical activity a day.

# AQUATIC CLUB CONTINUED...

From page 26



## Member of the Month

Leon Armistead was made in Lorne but because there was no hospital here he was born in Colac in 1946. He was the youngest of 4 boys who all went to school in Lorne.

His father ran a sawmill up at Allenvale and the boys helped out at the mill at every opportunity.

They were brought up tough, the only way they could get to have a hot shower was to go to the sawmill and use the hot water from the steam engine that ran the mill.

If you drive up into the Otway Ranges behind Lorne you will see lots of access tracks that are now essential for firefighting, weed control etc. Most of these tracks were made by Leon's family who used chainsaws, bulldozers and homemade explosives to remove the bigger tree stumps.

Leon's very first paid job was as a "billy boy" he had to light a fire and make tea and coffee for the workers. Later he went on to driving the family's big Caterpillar D7 bulldozer and falling trees.

Leon married the beautiful Anna (he's batting above his average) who moved to Lorne as a telephonist. Anna is from Halls Gap and worked in Bendigo and Geelong before settling in Lorne. They have three children and several grandchildren.

He then left the bush and they purchased the Caltex Service Station which was in Mountjoy Parade where the ANZAC Park is now.

They ran the servo and operated a tow truck for 15 years before it was acquired by the government.

Leon, because of his dozer driving experience, got a job at the Geelong Wharf loading wood chips into ships which he did for the next 20 years.

A few years ago, he retired but after only three years he decided that retirement wasn't for him, so he is now driving buses between Geelong and Lorne.

I asked Leon what local community groups he has been involved with and when he told me I had to go and find another sheet of paper to fit them all in.

Here's some of them:

Charter Member and past president of the Lorne Lions Club.

Ambulance Driver.

Lorne Fire Brigade Captain.

Treasurer and time keeper for the footy club.

Secretary of the Lorne Cemetery Trust.

Committee man and Vice Commodore of the Lorne Aquatic and Angling Club.



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# IMPORTANCE OF A HEALTHY HEART

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%.

Unfortunately, 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.

Research and awareness-raising is necessary to find cures for heart disease. One organisation which is dedicated to finding ways to better health related to the heart is Heart Research Australia – an 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](http://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.

Visit your local pharmacy today and find out what they have available.

In addition, 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.

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

Pharmaceutical Society of Australia



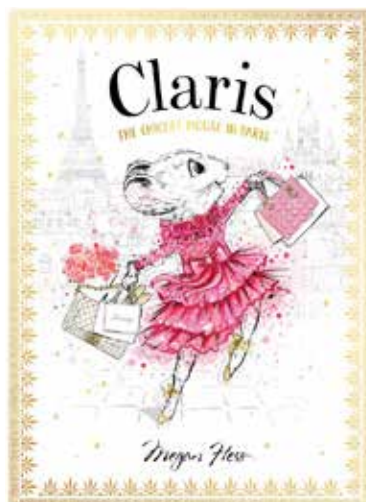
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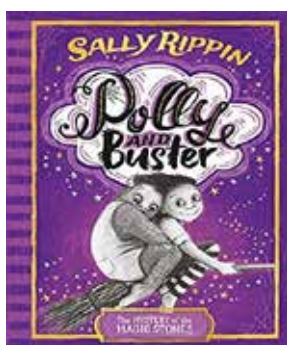
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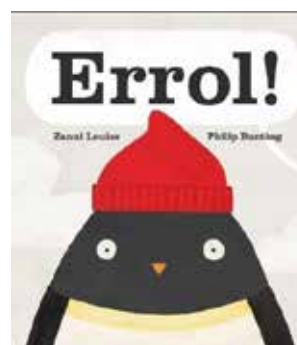
***My Stinky Dog*, Christine Roussey, \$21.99**

From the author of *In My Heart, All My Treasures* and *With My Daddy*.



***Polly and Buster: The Mystery of the Magic Stones*, Sally Rippin, \$19.99**

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