



LORNE

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GRAEME WILKIE - OAM

There would not be a single voice in Lorne to speak against artists, business entrepreneur and founder of the QDOS art gallery complex, Graeme Wilkie, in receiving the Order of Australia (OAM) in the recent Queen's Birthday Honour List.

Since Graeme made Lorne his permanent home in the 1980s, his artistic contribution to the art scene on the Surf Coast has truly been remarkable. A prize-winning potter who has worked in the UK, South America and Japan, Graeme established a new studio on his property in Lorne, calling it QDOS which has grown into a significant art venue with gallery, café and restaurant, accommodation, and artist-in-residence program.

But what has made Graeme such an outstanding contributor to the arts on the Surf Coast was his ideas. He seems to have great ideas in abundance.

A feature of his studio is a nine metre long Anagama that is fired twice a year with the help of students and visiting artists. He specialises in technically challenging woodfire ceramics, often large-scale, sculptural and composite in form.

In October 2005, a meeting of Friends of Lorne Arts met at Graeme Wilkie's Qdos Art Gallery to discuss his long-held dream to stage a world-class sculpture exhibition along the dramatic sweep of Lorne's famous foreshore. This resulted in overwhelming support from the community and regional authorities, and the formation of Lorne Sculpture Exhibition Inc.

A Committee team led by Jack and Cynthia Wynhoven set up the inaugural exhibition called 'The Littoral Edge' in 2007,



and renowned Australian Art Historian and Lecturer Ken Scarlett was appointed as Curator.

The first Lorne Sculpture Exhibition was acclaimed by the Australian sculpture world, the local community, critics and artists alike as an important new showcase for contemporary sculpture for both local and international artists.

The LSE has now been held regularly every two years, contributing and stimulating enormously the Australian art scene, in addition to adding value to

the very important tourist trade on the Surf Coast.

It seems that Graeme is never short of ideas, or indeed the energy to bring a concept to reality. A couple of years ago, Graeme and his partner Gillian Oliver started to grow organic vegetables and other food stuff – including honey – which they use in their QDOS restaurant.

Even with all his entrepreneurial activities, Graeme still makes sure that he allows time for pottery work.

Amazing! – JV and others

VALE JAMES (JIM) MALCOLM MCILDOWIE

April 27, 1948 – May 14, 2018

Travel featured large in the life of Jim McIldowie, from embarking a ship for Europe as a ten year old, to driving buses through Kashmir, to family camping trips in the Otways.

This passion was coupled with a flair for languages. He spoke French and picked up other tongues with gusto, a skill born on a golden first trip in 1958 when his father, James (Senior) and mother Lorna, took he and younger brother Steven out of school for a year to see the world.

Jim Senior's father had been a bootmaker in Geelong and was killed in the First World War. Through Legacy he was 'adopted' by legendary Geelong footballer Henry Young. This 'simple twist of fate' enabled Jim Senior to attend Geelong College and the Gordon Institute, graduate as an architect, move to Melbourne, marry Lorna Fowler and 'the rest is history', as Jim (Junior) would often describe it with mixed emotions.

Jim was educated at Melbourne Grammar and did an Arts/Law degree at Melbourne University. A legal profession was never tempting and London was calling.

By the age of 23, he was working at Sundowners Travel, taking busloads of people to Europe, Russia, the Middle East and South Asia. He proved to be a very popular and trusted driver, guide and even mechanic by necessity, qualities much admired when navigating dozens of passengers through borders, cultures and remote passages.

Based in England and France for most of his twenties, Jim made lifelong friends from all over the world and picked up carpentry along the way.

Jim returned to Melbourne in 1974 and through his friend, Stephen Balhorn, a Gippsland wool classer, met Stephen's sister Marian. Marian was working for 'Malika', an importer of Indian textiles. Happy to drop whatever he was doing for new love and adventure, Jim went wherever the job took Marian, including trips to India, and made himself useful wherever possible, from renovating offices for the business in Sydney to making mix tapes for fashion parades. The couple married in Melbourne in 1981 where Anna and Rob were later born.

In 1987 they moved to Lorne to raise the family. Jim claimed they bought the cheapest block in town, the site of the old Thompson's nursery. There are many photos of Jim hard at work building their house with "help" from young Anna and Rob.

Likened by his family to Darryl Kerrigan, Jim was passionately supportive of anything his children showed flair for. "He was particularly encouraging of mine and Rob's art" Anna said. "He was also our 'coach' and biggest fan when it came to sport."

A gifted writer, the family treasures the cards Jim wrote on every special occasion telling them how much he loved them and how excited he was about whatever stage they were at.

Anna and Rob went to Lorne P-12 College. "Dad was really hands-on with our education, he read all the books I studied so we could analyse them together" Anna said." Gary Allen contributed the following piece to Jim's funeral:

"I met Jim when principal of the Lorne P-12 College in the 1990's. Jim was a parent and valued member of the school council, his advice



Jim McIldowie in Lisbon

was often sought and freely given. I always thought of him as 'Gentleman Jim' – except when talking about the Geelong Cats and I suspect politics, a topic we probably wisely avoided.

Jim's most important legacy is his beautiful family – Marian, Anna and Robbie, it is my privilege to have met and worked with him."

Anna, now 34, went on to do an Honours History degree at Melbourne University. Rob, now 32, graduated as a nurse from Deakin and has recently taken up his father's trade.

Jim was very close to brother Steven and his boys, and had a strong bond with Marian's extended family. He also loved the company of Anna and Rob's friends throughout their childhood, teenage and adult years.

Around town you could find Jim on the sidelines of the kid's football, netball and cricket matches, at the old Fisho's bar playing pool or on the golf course playing a Friday night "chicken run".

A self-employed carpenter, Jim found affinity with many clients and looked back fondly on the era working with Michael Yorke, recalling the epic hours they put in, rain hail or shine, as well as the music they discovered listening to PBS radio.

"About six years ago, Jim had open heart surgery and it was a real set-back for him," Marian explained. "Dad had pretty much lived and worked like a 21 year old for the last 45 years and I think he struggled to adapt to a new way of life" Anna said. As Jim's health declined, Anna and Rob both returned to their home in Lorne.

Fortunately, the final year of Jim's life was full of highlights. He really found a calling when the Bowls Club, where Anna works, started Monday Night Music. Jim with his wide knowledge of music and great collection of LPs became 'resident DJ'. "It was without doubt a life-line, a relaxed evening to connect with the community" Marian said.

Jim also got to see his 70th birthday and to become a granddad. Rob said he'd never seen his dad so excited as when the text came through from Marian announcing the birth of Anna and partner Simon's baby Silvester. Rob, his partner Erin and Anna's friends were all gathered at the house, "Dad made us all go into the lounge room and listen to 'Danny's Song' before we drove to Colac, everyone was in tears we were so happy".

Jim passed away at the Lorne Community Hospital on the 14th of May and though the family opted for a private funeral they had a huge open house wake that lasted well into the early morning next day.

Sitting on the kitchen table are the prolific postcards Jim wrote the family when a rare opportunity sent him overseas alone. Depicting the amazing places he had been, he also wrote... "it just seems so pointless without you all here to share it".

Jim's two stand out passions in life were family and travel. One no doubt trumped the other, but when the two were combined he was in heaven. **By Anna McIldowie**

"Thank you to our community for the kindness extended after the loss of our much-loved Jim. Your cards, messages, dinners, flowers, visits and phone calls have been so comforting. Love Marian, Anna and Rob McIldowie".

HOSPITAL STRIVES FOR RAINBOW TICK

In an effort to be more inclusive and welcoming to members of the LGBTI (lesbian, gay, bisexual, transgender and/or intersex) communities, Lorne Community Hospital is moving towards an accreditation process to achieve the Rainbow Tick.

The Rainbow Tick was developed by GLHV (formerly known as Gay and Lesbian Health Victoria), and consists of six standards against which services can be formally accredited to demonstrate LGBTI inclusive practice and service delivery.

Lorne Community Hospital CEO, Kate Gillan said, "We want our health service to be a welcoming environment for all members of our community from the moment they step through the door. Working towards the Rainbow Tick will assist our organisation to be more accessible to people from the LGBTI community, who continue to experience high levels of discrimination."

As part of working towards the Rainbow Tick, LCH staff members have undertaken training with Transgender Victoria, policies and procedures have been reviewed, and strategies are being implemented to make the organisation more inclusive.

BARWON WATER COMMITS TO HOLDING DOWN COSTS

The independent Essential Services Commission (ESC) has announced its approval of Barwon Water's prices for the next five years, ensuring a reliable, secure and affordable water future for the Barwon region. The new prices and outcomes were shaped by community feedback as a result of 18 months of extensive customer engagement.

The ESC has approved Barwon Water's proposal for no bill increases in 2018/19 (except for inflation) while continuing to invest in areas customers said were important to them. This includes helping more people in hardship, helping customers save water and reducing impacts on the environment through greater use of recycled water and renewable energy.

The ESC rated Barwon Water's price submission as 'advanced', noting it will deliver better value for customers. It also acknowledged Barwon Water's strong commitment to controlling costs, delivering one of the highest efficiency targets in the water sector, expected to save \$26 million over the next five years.

OP SHOP BUZZ

Amanda Calder

At our last regular end of month meeting we were very pleased to welcome Don Baldwin and Garry Fenton from the Lorne and District Men's Shed. They presented the Op Shop with a framed certificate of appreciation for the support that we have given to the building of the Shed.

Don also described in some detail the amazing task of creating the cotta boat sculpture, which was so popular in the Lorne Sculpture Biennale held in March. He spoke too about the current model yacht building project and their hopes for future model boat regattas to be held on the Erskine River. The enormous value of the Shed to the collective wellbeing of the men of Lorne and surrounding districts is obvious to all. Op Shop President, Stella O'Donnell, spoke about the great relationship that exists between the Op Shop and the Men's Shed and our hope that it continues into the future.

In the last month, the Op Shop has approved the following funding requests from the Lorne Community Hospital to a

total of \$18,703: a cardiac probe for the ultrasound machine funded last year, a 24 hour ambulatory blood pressure monitor, 4 x Invisa-Beam bed monitors to prevent falls and a home suspension training kit.

The end of June saw the Op Shop AGM and annual AGM lunch, held at the Lorne Bowls Club. As many of our members head off for warmer climes for the next few months, our stalwart stay-at-home volunteers work hard to cover their shifts and keep the Op Shop open throughout the winter.

An interesting observation ... So many clothing items, often from top designers, are donated to the Op Shop, still with their swing tags attached. This means presumably that they have never been worn. It's great for us and our customers as we are able to sell brand new clothes at a fraction of their original retail cost. It also shows that we are a very affluent society that can afford to change our minds about purchases and give them away!

Happy Lorne wintering!



THE LOUTTIT LOOP

The mega three-day gale conditions and huge tides have not only exposed rocks all the way to north Lorne but ripped into the sand and planting's GORCC had optimistically placed behind a picket fence which managed to hold up. Despite nagging from many Lorne folk, GORCC went its own way ignoring pleas for big rocks to be placed to help erosion. If one ventures down to the Cypress Tree Carpark, it is quite obvious that where there were rocks, about three metres of cliff remains compared to areas of no rocks or lumps of tree cuttings which have washed away with the sand. The erosion is the worst we have seen. What do we have to do to get the message through. Years ago, Rowan McDonald offered truckloads of huge rocks. No thanks said GORCC. HELP! URGENT!!

The Stony Creek bridges are finally completed and sturdy industrial specimens they are too. Once more we can experience this beautiful short walk to the waterfall and lily pond. No use criticising the appearance of the three bridges. They should do the trick and we thank the team who constructed them.

Alain Purnell is having a battle with the powers who agree to naming of things. They insist that the above mentioned charming walk should be called Camel Walk. Lorne Care's Alain and its members are holding out for an apostrophe and an 's'. Yes, mainly because it seems grammatically better, but also more accurate as folk may expect the odd camel to be wandering up there. Those days are gone and our amazing and certainly slightly odd Camel has departed this mortal coil, taking with him a head chocka with everything anyone could wish to know of bush lore. And boy do we miss him!

If anyone deserved a gong for all his astute hard work it's Graeme Wilkie. And so say all of us! Well done. And let us all remember that behind every successful man stands a woman, just as there is usually a man for those super-successful women. Gillian Oliver, Graeme's partner, has been seen working side-by-side with Graeme on their exotic organic garden to one side of the magnificent QDOS art-gallery and restaurant and guess what they do with the produce – no, they don't offer it for sale at a Lorne market but use it in the restaurant.

Graeme quite recently took up bee-keeping as if his other activities were not enough. The result of his labours can be purchased at QDOS – it's proven so popular that often expectant buyers hear the whisper: "Sorry, all sold out!"

But talking of honey, it's been credited throughout history as a substitute sugar and all sorts of cures have been credited

to this yummy product. Yep, the Egyptians even used honey to embalm their Very Important citizens including kings and queens. They also used honey to dress wounds as the golden syrup is bacteria-free.

John Edmonds of Mt Dundee, a recognised expert in all things bees and honey, has been in Lorne several times to spread the good word about the benefits of honey. He's drawn attention to the fact that pure, raw honey especially manuka has many medicinal properties and benefits,

Don't know about all this medicinal stuff but I'll give you a family recipe for Lillian's Have a Good Night's Sleep concoctions – on those nights that you can't seem to dip into Noddyland, get up and head for the kitchen, use half a mug of milk, wack it into the microwave to warm, then stir in a teaspoon of honey, sip slowly, read a little of something completely boring from a newspaper, magazine or whatever, then hop back into bed and see how you go. If insomnia persists, go and see Dr Dave.

Latest to join the health team at the Lorne Community Hospital is acupuncturist Andrew Broomfield. Gosh, the range of services our LCH offers is mind-blowing – apart from medical care, you can access the gym, exercise classes, physiotherapy, psychology, podiatrist, you name it, they've got it. I haven't seen hypnotism on any list????

The Lorne Branch of Which Bank? has always been over the past years most generous to the Lorne community. Its new manager, Andrew Shaw recently presented a cheque for \$10,000 to the Lorne Community Hospital on behalf of the Commonwealth Bank of Australia's South West area. As Andrew is a comparatively new executive appointment, he asked Customer Service Representative Bev Bigmore where the moolah could be best placed, and she without hesitation nominated the Hospital.

Let's face it, those who don't have to chance to escape to warmer climes during Lorne's colder months do get somewhat lonely with few of our pals around and streets populated by a few tourists. It's therefore great to hear on the grape-vine that FOPA, goodness what a name but it stands for Festival of Performing Arts will again make an appearance from the end of August through September. More news as it comes to hand, or another way of saying it: Watch This Space!

Keep warm and remember that the days are already getting longer.

Lillian

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Contact the Lorne Medical Centre on 5289 4333. Private Health rebates apply.

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FROM OUR COUNCILLOR

For the Lorne Ward Cr Clive Goldsworthy - 0400 756 854 lorneward.information@gmail.com



By the time the July edition of the Lorne Independent is published I shall be back from an incredible trip to Sri Lanka for the past two weeks. Sri Lanka is an up & coming tourist destination and well worth considering for travel. As President of the Lorne Country Club, I would like to share the following document to our Community.

The Lorne Country Club has been a vital part of the framework and amenities that go to make Lorne such a special place. The current course has been praised, cursed and even had songs written about it!

There is an active community of golf and tennis players and in summer, for many spending their holidays in Lorne it is an integral part of the holiday activities, bringing permanent and part time residents together. If you're not sports minded, it offers the best view in town for a drink and a meal. It's a wonderful asset for our town and community but now it needs your support.

The Lorne Country Club was established in 1982 following the amalgamation of the Lorne Golf Club and the Lorne Tennis Club however both sections of the Country Club have been in Lorne for a much longer period.

The Tennis section was first established on the foreshore not far from the existing Surf Life Saving Club, then relocated to Erskine House and ultimately to its current site at the Country Club. The Golf Club was originally located at Allenvale in 1954 and began relocation to its present site in 1969 thanks to a dedicated team of volunteers of the Club who began the building of the course and Clubhouse. A number of these volunteers are still members of the club today.

The devastating Ash Wednesday fires in 1983 destroyed the Clubhouse and other property at the Club. Much of the history and records of the Club were destroyed and a part of Lorne's identity has been lost. Once again volunteer club members rose to the challenge and rebuilt the present Clubhouse and tennis facilities. At this time the Lorne Country Club was established creating a private not-for-profit organisation for the benefit of the broader Lorne community. The Club has over 360 members although all facilities are available for public use. The Club has 2 part-time employees and relies heavily on a dedicated team of volunteers to maintain the Clubhouse, golf course and tennis facilities. It is imperative that we maintain our facilities to standards that are compliant with council and building regulations and provide safe and enjoyable facilities for all members and guests.

The Committee has received expert advice from a structural engineer identifying a number of structural issues in regard to the Clubhouse. There is also a need to upgrade two tennis

courts from red porous to synthetic grass courts. The Club does not qualify for any council or government grants, so it is the responsibility of our community to band together to provide financial support for our club

The Club is now seeking member and community financial support for these important improvements. Both projects have been registered with the Australian Sports Foundation, our fundraising partners, which means that all donations are tax deductible.

The details of both projects are as follows:

Project 1:

Lorne Country Club Tennis Court Surface Upgrade.

The Club is seeking to raise \$50,000 to upgrade Courts 1 and 2 to synthetic grass courts. Upgrading the court surface will increase participation for players of all ages and abilities, increase court usage and Club membership.

Project 2:

Lorne Country Club Clubhouse Structural Repairs

Seeking to raise \$100,000 to remediate and replace structural supports damaged by termites and replace the windows at the rear of Clubhouse damaged by the weather. This is necessary to extend the life of our Clubhouse.

All donations will be recognised by the club and can be made by clicking on the following links or by contacting the club.

<https://tinyurl.com/LCC-Tennis>

<https://tinyurl.com/LCC-Clubhouse>

Should you have any questions, or would like to further discuss the above, kindly contact - Greg Matthews, Dale Ridgeway, Clive Goldsworthy or the club on lorncountryclub@gmail.com

YOUR COMMUNITY, YOUR VOICE!

The Lorne Independent is the voice of the Lorne community. It is aimed at local residents, weekender homeowners and holidaymakers, and visitors to Lorne.

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

Mandy Calder, Secretary - rmcalder8@gmail.com
Or ring Jo Vondra on 0401 744 152

NEED
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Lorne Community House

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Playgroup Thursdays 9.30am
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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 at the Stoney Creek Nature Reserve starting at:

10.00am on Sunday 15 July

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

Redistribution of electoral boundaries in Corangamite

The Australian Electoral Commission has announced that the name of the Corangamite electorate will be retained and the draft boundaries proposed some months ago will largely be adopted.

I am extremely pleased that the indigenous name of our federation seat will be maintained, reflecting the importance of our history and indigenous heritage.

I look forward to representing the new parts of the Corangamite electorate, including Leopold and the northern parts of the Bellarine Peninsula, with unstinting dedication and commitment.

My first mission is to develop a comprehensive plan for the entire Bellarine Peninsula to tackle the unacceptable level of growth, coupled with inadequate infrastructure, which has compromised some parts of the Bellarine.

I am incredibly disappointed to have lost large parts of the electorate including Colac and district, parts of the Golden Plains and a large slice of Geelong including Belmont, Highton, Wandana Heights and parts of Grovedale.

It has been an honour to represent these communities. I am very proud of what we have delivered – a duplicated Princes Highway to Colac, more than \$250 million for rail upgrades, a City Deal and millions of dollars of investment in job creation and community infrastructure.

Sarah Henderson MP - Federal Member for Corangamite

Dear Editor

I respond to Penny Hawe's letter in the June 2018 issue: Titled "Can I forgive the mega-rich people of Lorne?"

Sorry Penny, it may be too late to change the character and ambience of Lorne!

Mountjoy Parade, with its ugly signs and shop fronts, similar to Surfers Paradise, could never be replaced with a look that would typify Lorne as it was years ago...it is now too late and the street designers and councils should have thought about this at the time.

Would have been nice to have retained an 'olde world' look for Lorne as you suggest, with Victorian and Edwardian style architecture, street lights, canopies, small paned windows and the like, and to showcase our past fishing industry, timber industry, Great Ocean Road, beach/seaside/living in a relaxing, friendly atmosphere. Tourists might have even stopped in Lorne.

There are only a few large buildings of historic significance left in Lorne...the Lorne picture theatre, St Cuthbert's Church and the Grand Pacific Hotel....a real pity.

Many other towns and suburbs throughout Australia have retained, preserved and developed their unique style including towns around the Dandenong Ranges, Portsea, NSW towns including Bowral, and many inland towns in Queensland who are proud of their heritage. These towns have strict heritage guidelines for anyone wishing to build a commercial building in their town.

If such guidelines were in existence in Lorne, the people wishing to build a new home would have been enticed to meet heritage guidelines as well...the home builders would have been delighted to follow these guidelines and build a home that would be unique to Lorne, but still

have the modern facilities of a modern structure. So it is not the mega rich as you suggested who are building 'undesirable' homes...there is open slather in Lorne to build what you like and most new home designers would have no desire to comply and have no interest in Lorne's heritage.

There are still several homes of historic significance left in Lorne, but for how long? Like Melbourne, will these be gradually demolished to make way for McMansions and multi-story apartment blocks?

So, is it too late and costly to change Lorne?

Colac have at least retained some of their town's heritage and recent footpath and street modifications in the main street are in keeping and many historic shop fronts are still there.

Would be interested to know what other readers think of this subject.

Is it too late for Lorne?

Nelson Knight - Lorne

Dear Editor

Increasing the Resilience of the Lorne Community to Major Emergencies

Following the Lorne community's experience with the Wye River/Jamieson Track bushfire in late-2015 and early-2016, the Committee for Lorne placed a high priority on helping the community to become more resilient when faced with an emergency, such as a bushfire. That is, being prepared, coping with the emergency, and recovering from it.

To that end, the Committee embraced a community-driven program launched by the State Government in several towns across the State – Community Based Bushfire Management (CBBM).

A Working Group of the Committee has been established to implement this program which has a three to five-year timeline. It consists of five community members, assisted by one representative of the Surf Coast Shire's Emergency Management team and a facilitator from DELWP's Forest Fire Management group.

The community members are: Chair Alain Purnell (Summerhills Community Fireguard Group), Kate Gillan/Janet Smartt (Lorne Community Hospital), Deidre Stewart (Business owner and Lorne CFA), Carly Enticott (Business owner and young mother), and Tony Hill (George/Wallace Community Fireguard Group).

This Working Group has already met several times and a number of issues from the Wye River fire have already been identified and actions prioritised. In such programs, some actions can be implemented quickly; others, involving behavioural changes, will take longer.

The Working Group is keen to be able to measure the Lorne community's progress towards becoming more resilient. So, to provide a baseline against which to measure this progress, the Committee for Lorne has recently distributed an initial survey as widely as possible to members of the Lorne community. This survey will also help identify gaps in our resilience, on which the Working Group will also focus its attention.

The information needs of visitors and day-trippers will also be addressed.

The Lorne community will start to see initial action under this program before next Summer.

Alain Purnell, LorneCare



CAFE and BAR

Closed for Winter and will
reopen early September

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EDITORIAL

There's been a lot of discussion of late about the 'character' of Lorne and to be honest, it's a bit puzzling on exactly how this is envisaged – make town look like a Swiss mountain village with carved balconies and geraniums in pots on the sundeck, plant palms on Mountjoy Parade or position statues of bronze surfers at each of our front gates?

Years ago, Lorne had a simple two style definition of architecture, the basic fibro fishermen's cottage usually painted a dull green or beige, or the large, stately homes on the western side of the bay where the Western District graziers had built monuments to their success of shooing the indigenous population off the land and raising sheep and cattle.

As money from 'the sheep's' back' gradually declined, these houses in the so-called 'Toorak end' of Lorne changed hands, and with new ownership, renovation slowly but surely altered the nature of their appearance.

When the fishing industry finished, many of these fibro houses were purchased by moneyed invaders from Melbourne, and Lorne was changed, quite suddenly, into what is often referred to as 'coastal' architecture, a hotch-potch of style that is supposed to reflect an easy life-style of sun, beach and surf.

Not quite sure what this 'coastal' architecture actually means, but a decade or so ago, when the toilet block in front of the Surf Life Saving Club was built, a certain Surf Coast Shire councillor insisted that the roof curved downwards, in vague resemblance of a wave. Perhaps she envisaged Lorne houses with curved roofs ...

Please note that no such lip-service was paid when the 'Sea Bath' complex was built over the swimming pool. In fact the Pavilion has much in common with a military block house, massive, dark, strong walls constructed to safe-guard what was behind it - a defensive structure rather than one of style, imagination or indeed architectural flair.

We can only hope that the Great Ocean Road Coast Committee (GORCC) has taken a few lessons on board and that ultimately whatever happens on Point Grey is a cause for jubilation, not a collective bruxing of teeth.

But those people concerned about a particular 'character' for Lorne, it is, as Nelson Knight points out in his Letter (see page 9) much too late.

Lorne should have articulated on what the town should represent years and years ago; the bird have flown the nest (except for those sulphur crested cockatoos).

One of the big reasons for Lorne's lack of cohesive and individual 'image' is that the town is in the hands of some six authorities, non-elected bureaucracies staffed by people with little or no interest in what Lorne is all about. It's a job for them and sooner or later they will move on.

Interestingly, at a recent talk-fest on what to do about the Anglesea demolished power station one senior bureaucrat said something like Anglesea should not become dysfunctional like Lorne. The remark was rather insensitive but what can you expect from a bureaucrat; it generated anger but in some ways it was spot on.

Lorne is situated at the most western point of the Surf Coast Shire, it has its own dynamics and until recently it was totally at the mercy of agencies with little affinity with the town, a distant outpost from the action at Torquay.

The town is now much better organised – think Committee for Lorne – by interests which are not just going to lie down and have their stomach scratched like meek puppies.

Had GORCC tried its Pavilion-Sea Bath shenanigans in today's clime, the outcome would have certainly been different.

Lorne is certainly not dysfunctional. The puppies are growing up, and rapidly so, and adult canines do bite when agitated.

The Young Turks of Lorne are certain to develop, encourage and support which-ever way Lorne will move in the future. All strength to their arms! - JV



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SPORTSBRIEFS

John Ford

Winning Streak Thwarted

Lorne's Dolphins senior football team had their winning run abruptly stopped by league leaders Birregurra on 16th June. Lorne's winning run had extended to seven matches propelling them to second place on the CDFL ladder. During this time they had some impressive and comfortable wins over South Colac, Irrewarra-Beeac, Otway Districts, Apollo Bay, Western Eagles, Colac Imperials and Alvie. The great run of form included matches where Lorne doubled the score of their opponents, had winners right across the ground, and as had Lewis Hollmer dominating the forward line including 9 goal hauls.

Lorne then travelled to Birregurra on a cold, wet 16th June to face the ladder leaders who had already defeated Lorne in the opening round of the season. Lorne played quite well but in patches, and Birregurra's form was consistent across the four quarters enabling them to win 13.12:90 to Lorne's 7.11:53. The concern for the coaching staff is that Birregurra has had Lorne's measure in both meetings this year, and while both teams will likely meet in the finals, how can the Dolphins close the gap on their rivals?

As good teams do, Lorne rebounded well with a solid win over Simpson at Stribling Reserve on 23rd June. This was a clash between third and fourth on the ladder, with Simpson having won their encounter earlier in the season. From the first bounce it was evident that the Dolphins were really switched on to play well. Lorne led Simpson by 14 points at quarter time and by 29 points at half time. The third quarter was decisive as Lorne kicked four goals two, to just two points! Lorne ran out the match to be comfortable winners 18.12:120 to 7.10:52. Lewis Hollmer was again in sensational for with another 9 goal contribution - his third for the season. With dominant big men Mark McCormack and playing coach Sam Stavenuiter, Hollmer is a third tall for the opposition to counter and his mobility and outright talent proved too much for Simpson. The downside was a potentially serious knee injury to Chris Tipping that saw him stretchered from the field in the last quarter.

Lorne is now third on the CDFL ladder behind Birregurra and South Colac. Those who arrive early at the matches will have noticed the great form of the Reserves team who are currently on top of their ladder. Lorne's under-age teams are also playing very well and this shows that the club has great depth and can prepare for a solid September finals campaign.

The Dolphins' next matches are: 30th June away to South Colac, 14th July home against Irrewarra-Beeac, 21st July away to Otway Districts, 28th July home against Apollo Bay then 4th August away to Western Eagles. Wins against these opponents would see Lorne make the finals, but as most people involved in sport say "just take one week at a time". Your support by being at the matches is vital to their success - GO DOLPHINS!

Tennis

On Sunday 10th June, the Queens Birthday weekend, Lorne Country Club held an afternoon of mixed social tennis. Members, guests and visitors enjoyed spirited sets of mixed tennis in fine, sunny conditions. The standard of play was good with many excellent rallies and memorable shots. Players were rewarded with a delicious afternoon tea which was provided by Foodworks Lorne – totally free of charge. The tennis club gratefully acknowledges this generous support by our local supermarket management!

During afternoon tea the players were able to discuss various initiatives to help the club improve playing conditions – hopefully with ways to fund the upgrading of two of the courts to a synthetic surface. If you would like to help the club there is an exciting initiative that has been set up partnering with the Australian Sports Foundation. For more information on how fully tax deductible donations can be made please contact: lorncountryclub@gmail.com.

Remember that during Winter, social tennis normally takes place from 10.00am on Saturdays and from 3.30pm on Wednesdays depending on weather and player availability. Visitors are welcome at these times for a visitor's fee of just \$10, or you may hire a court at other times for \$20.

Ladies Golf

Winter is finally upon us, wreaking havoc with our regular Tuesday Golf days. We have had to revert to a coffee together on several Tuesdays, yet last Tuesday was a windless perfect day after the recent storms. Relative newcomer, Helen Lawrie was grinning when she won the day! Helen has been known as "the one armed bandit" as she continued to play with one hand after breaking her wrist. Now both arms are in action Watch Out....

Many of us have been travelling to various courses around the Surfcoast with some very successful results. The comment has been made that our little club "is punching above its weight". So to have a small brag....one of our teams, Chris Angus and Sue Neill were runners up on a countback for the winners at the Ladys Open Day at Apollo Bay, with 40 points....just a little unlucky! Danni Le Bon, with her partner, Martin Gilbert, were third on a countback in the Mixed Competition at Apollo Bay Open Week.

Caz Bartholomew, Chris Angus and Wendy Hutchison won the Bowl at Clifton Springs, with Wendy also being runner up in B Grade.

Chris won B grade, best off the stick, at Beac Open Day. We have great fun on these days and get to play at other courses, none of which are as hilly as ours!

So if any golfers want to join us on a Tuesday, we get up to the Golf Club at 8.30 to hit off at 9.00. Our friendly bunch always welcomes new comers.

Any further information contact our Lady President, Lesley Goldsworthy on 0437028169 or Wendy Hutchison on 0419878089.

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

BOOK REVIEW

A view of life from a sand dune

Greg Day, a familiar figure variously on the Surf Coast, is an award-winning novelist and short-story writer, poet and musician and his new book, *A Sand Archive* would, judging by the author's past endeavours, would not be an airport-novel.

In many ways, Day faces his subject with a somewhat reticent, dare I say old-fashioned approach: working in a Geelong book shop, the narrator makes the acquaintance of an elderly engineer who had grappled with the many problems associated with the building of the Great Ocean Road.

The story unfolds as the narrator interacts with the engineer and his work – a technique used to great effect by many past writers.

The book-seller is a realist; he's has no illusions about the GOR. "Accounts had nearly all been garbled by the often-disingenuous impulse of tourism." As he continued his research on how returned soldiers has built the road under extraordinary hardship, he had an "unsettling feeling" the story was being used to only "get travellers to spend more money at the cafes."

A copy of "The Great Ocean Road: Dune Stabilisation and Other Engineering Difficulties" gave a different and perhaps more honest view of the building of this great highway, and as its author, the engineer F.B. Herschell outlines his many problems, the narrative soon has the book-seller intrigued.

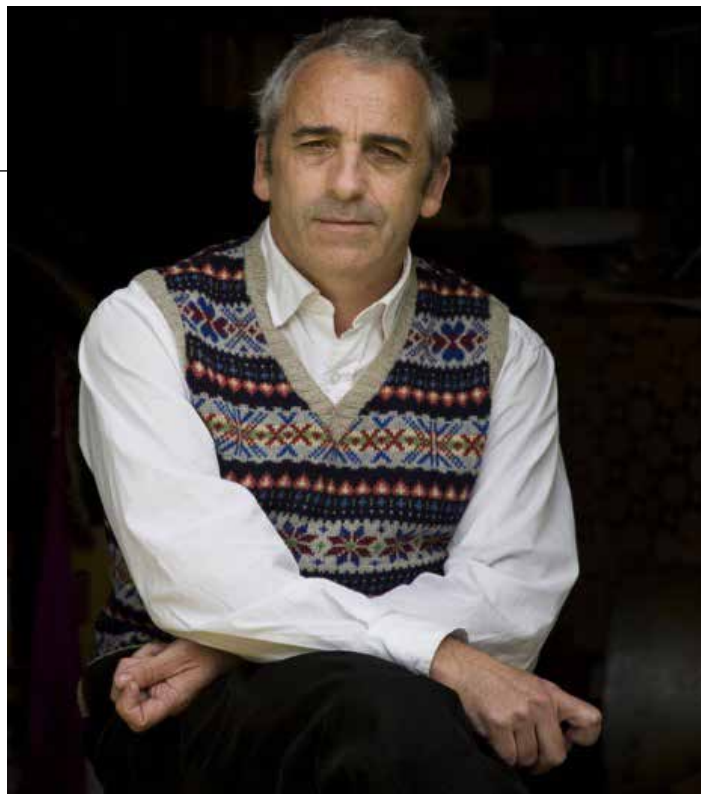
The story becomes even more interesting when the book-seller meets the flesh and blood engineer, a somewhat age-and-world wearied F.B. Hershell.

Slowly, gentle, with great subtlety we are led towards F.B.'s problems, both technically and those he encounters in life, and it gradually becomes clear the symbolism of the beauty, grandeur, most of all the instability of sand and the dunes it forms, are all dominant.

Not quite sure why from one theme to the next, the reader is in the middle of France, circa 1968, and this section teems with Francophilia, well-known artists, prominent politicians, technocrats, you name them, they're all there. There is much explanation about the Renault works on the Ile Seguin to how the Dutch painter and intellectual Piet Mondrian came to painting his lines and boxes.

It's almost essential to have handy access to a google-like device to look up what's what and who's who.

There is even a love-interest, a girl named Mathilde who acts as a sort of guide to all this Francophilia (interestingly, F.B. becomes Francis in his French period, Frank on a south-western Victorian golf course) but even in the midst of his journey the reader is always drawn back to the point that the book is about life's vicissitudes and how sand stands as a symbol for the journey ...chapter headings such as Chapter 24 are titled 'Dunes in Themselves' are stark reminders.



Gradually, time passes and so does life. In a more modern world, and F.B.'s ideas come under scrutiny. Where once marram grass was considered suitable to protect the 'fire-affected littoral' of the Great Ocean Road there are now new direction of thought, including increased awareness that perhaps the indigenous people had much to contribute on how to manage the land.

If you're into a slow, leisurely read crammed with French history, the Great Ocean Road, familiar place-names and love off-beat characters (and have an iPhone handy to explain some facts and figures) this is the book for you. Allow Greg Day to gently take you by the hand and guide you in a leisurely way to point out land-marks, to tell you stories, to purely enchant you with the vision of a landscape and life as he sees it.

With patience, you won't be disappointed.

A Sand Archive, Gregory Day, published by Picador, \$29.99
(Reviewed by Hugo Wiede)

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On the main level is the formal entrance to the house, open plan living, dining, kitchen, and french doors to the entertaining deck. Also on this level are two large bedrooms - one with king bed and the second with bunk beds - and central bathroom with freestanding bath tub.

The lounge room has two comfortable and generously sized sofas, entertainment unit and wood fire place.

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FISHY TALES

“The early thirties, during the great depression, saw the beginnings of the fishing industry in Lorne. Cecil Penny, Jack Romaro and Bill Hollingworth fished using nets off the front of the beach – one walking along the beach, another walking through the waves and occasionally with the use of a dinghy, they would catch salmon, garfish, mullet and silver bream. Bill Hollingsworth would sell the fish around the township.”

The above quotation describes the beginnings of the fishing industry in Lorne, part of “Fishy Tales”, an exhibition opened recently at the Lorne Historical Society. The exhibition contains photos, videos and narrative about the

industry. Also featured is the sculpture designed by Tony Wolfenden and built by the members of the Men’s Shed.

The Society has a video camera to record fishing stories told by fishermen or their family members, which in turn will add to the record of the industry held by the Society.

The exhibition will be open until October and can be seen each Friday and Sunday mornings from 10.00 am until noon at the Historical Society’s room. Morning tea is also served on the last Sunday of the month. Please join us and contribute to the “Fishy Tales”.

I wish to thank the Lorne Aquatic and Angling Club for their generous sponsorship of the exhibition.

Gary Allen

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HOW TO TAKE CARE OF YOURSELF IN A NOISY DIGITAL WORLD



Facebook status, Twitter feed, Instagram, Snapchat, emails, selfies...welcome to life in the digital age.

Social media updates on friends are constant, detailing enviable holidays, incredible food, pedicured feet in exotic locations and enthusiastic use of adjectives. This constant barrage of information has nurtured a phenomenon known as FOMO (fear of missing out), an acronym emblematic of our times.

In the not-too-distant past, train commuters stared out of windows, read hard covered books, or chatted with friends. The modern commute now reveals a singular phenomenon – people head down, swiping, scrolling and zooming luminescent screens. Smartphones have made the internet accessible to anyone, anywhere, introducing a thoroughly contemporary problem – when do we ‘switch off’?

Digital technology brings an endless flow of information into our lives, which can be challenging and stressful. Meanwhile, social media pressures us to disclose personal information and experiences.

Recent scientific research has found a link between digital technology and psychological stress. The addictive nature of life online can make cutting back difficult, but it’s worth taking some steps to reduce the amount of time you spend staring at that screen. However, if a total digital detox seems too hard to achieve, consider introducing small changes to help yourself relax and re-energise.

Bedtime is sleep time

When crawling into bed it can be difficult to resist a little online shopping, or checking Facebook one last time. But did you know the blue light emitted from our devices interrupts our natural circadian rhythm, or sleep/wake cycle? This light disrupts the production of melatonin, the hormone that signals that it is time to sleep. If a technology-free bedroom is too daunting, try disconnecting 30 minutes before you sleep for a more restful night.

Meditate on the small moments

For many of us, finding time to relax may seem an impossible task. Scheduling down time may seem counter intuitive, but even ten minutes a day can put a significant dent in our stress levels.

Peace can be found in small moments – practising mindfulness daily yoga, going for a walk in nature, or taking time out in a local park. Listening to or playing music can be a calming experience as it focuses the mind, removing distractions. Whatever your method, take some time each day to engage in activities that bring you inner calm.

Friendship – a wildly underrated medication

Facebook users commonly have hundreds of friends, but do these online friendships offer the same health benefits as ‘real’ friendships? Studies have suggested that some forms of online connections bring health benefits but others do not. Face-to-face friendships in the real world are known to be associated with lower mortality.

Friendship is not just about fun and camaraderie; strong friendships lower our levels of chronic stress and may even extend our lives. Adults with strong social support have a lower risk of significant health problems, including infection and depression.

Beware the busy life

‘I’m bored!’ may be the most reviled refrain a parent can hear, but allowing boredom into a child’s life is good parenting. Research has shown that boredom provides an inner quiet that helps children develop self-awareness. It is through finding a solution to boredom that children can learn important life skills such as creativity, drive and passion.

Allowing boredom into our lives helps adults to still their minds, too. Our unoccupied minds get creative to provide missing stimulation through imaginative fantasies and exploration. Quieting our minds also allows for self-reflection, time to review our lives and reassess.

Pets reduce stress

It is hard to be stressed when a purring cat crawls into your lap, or the wet nose of a dog nudges your hand. Studies have demonstrated a lower level of cortisol (the stress hormone associated with anxiety and depression) in pet owners and an increase in dopamine (a chemical associated with positive feelings) after just five minutes with a pet.

Be kind to yourself and take some time out from the frenetic pace of modern life. Though scheduling time for your-self can be difficult, making a little digital-free ‘me’ time is great for your long-term health and happiness.

Emily Lens
Marketing and Communications Officer
Lorne Community Hospital

Source: Better Health Channel



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BEAR BELLS IN JAPAN

Doug Williams

It's OK for the Lorne walking group who are regular hikers or for someone like Eddie Babington who, while only having a couple of years on me, is extremely fit.

It's OK for them to stride off strongly along a walking trail like the one I have just done between Magome and Tsugamo in Japan and disappear into the distance while I plod along because in truth I much prefer to amble than to exert myself. Yours truly is not a dedicated walker. After strolling through Magome at the start of the trail taking in the gardens that contain azaleas in bloom, camellias and rhododendrons, begonias and mosses and the last of the flowering cherries I fall in love with the Japanese method of shaping trees known as Niwaki, the traditional pruning method most commonly employing Japanese black pine (*Pinus thunbergii*) and Japanese cedar (*Cryptomeria japonica*). After the serious walkers move ahead I like to pause to take in a vista or to stop and watch a farmer in gumboots, white gloves and wide brimmed hat as he turns over sods in a drained rice field slowly following behind his rotary hoe with Dutch irises in the foreground. Or focus on a skink. Or, stopping under a large weeping cherry tree for a bento box lunch at a wayside stop, to marvel at the sward of tiny violets that surround the bench we are sitting on.

The first time we came to a bell hanging from a post I was not convinced that it was more than a stunt. As far as I was concerned bears were cuddly critters who like honey. Or picnics. At this point I'm thinking of them in similar terms to the Otway Panther and how I could suggest DEWLP install similar warning devices along our bush tracks to pique the curiosity of visitors, give them a little frisson of fear, increase visitation to the Lorne hinterland. But after the next half dozen or so located at intervals along the trail I was forced to take the message seriously: "Ring Loudly To Deter Bears" read the sign and there was even one of those yellow and black warning signs one sees. A black bear on a yellow background. I know bears can be a consideration in North America where they break into rubbish bins/trash cans, have invaded the suburbs and occasionally take a camper from a tent but I hadn't suspected their existence here in The Land of The Rising Sun. I began to tread warily. I started to peer intently through the maple trees, the cedars and pine forests and into the



steeping stands of bamboo. When we made it to the next bell I felt relieved and sent out a resounding clang before continuing along the trail which crossed fast flowing streams over nicely built bridges of mossy timber. We passed small shrines with etched Japanese characters on the stone headstones, hydrangeas ready to bloom nearby and the occasional small village where running water was always to be seen and there might be little water gardens near the houses containing carp. There were water wheels and everywhere flowering plants in pots. In-ground planting included clematis and Japanese Iris and *Nandina domestica*, commonly called Japanese Sacred Bamboo. I'd been hoping to find this plant on my visit; it's a great favourite of mine and one I have used regularly in garden design. In the autumn there would be chrysanthemums, the unofficial national flower of Japan. And still there were the bells which by now I was eagerly sounding and all the time hoping they weren't tolling for me. Because I later learned that there are both black bears and brown ones, so double the trouble. It was unlikely that past this garden of tulips or in that shrubbery of lily of the valley trees¹ (*Clethra arborea*) behind a little ornamental pond there might be a hungry bear but it was entirely, if remotely, possible. I could have been among the one or two people who are killed by them every year in Japan but then I say to myself that it's far more dangerous to take a swim off the beach at Lorne, Lorne which has a climate suitable for growing all of the plants mentioned in this article. It's a 7.8 kilometre walk between the two towns which are both heritage listed; both were on the pedestrian postal route that was superseded by the invention of automobiles and trains and contain traditional wooden houses along winding cobbled streets. The trail is meticulously maintained – there must be millions of paving stones – and does not require more than average levels of fitness to cover it.

Footnote : further to last week's column and *Agave attenuata* – have a look at the three of these flowering in the front garden of the house with the white fence opposite where the Ocean Lodge Motel used to be. Spectacular!

¹ These are native to Madeira off the Moroccan coast. How they arrived in Japan is anybody's guess.

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AQUATIC CLUB

Committee notes

Keith Miller - Commodore

Well winter is upon us, and Hutch is still serving up the coldest and best beer in the world so drop in, say G'day and sample one.

We are still running our courtesies Bus on Friday and Saturday nights (phone number is 0498 03 1234) with "Toss the Boss" on Friday nights and a raffle with three prizes every Saturday night. The telly is permanently on FOX SPORTS but with the volume down so if you're not into footy you don't have to listen to it.

We are still closed on Tuesday's for the winter months but open every other day at 4pm and midday on Sundays.

Don't forget our facilities are available to members for Weddings, Parties, (contact Hutch) and Jason our coffee man is taking a well-earned break enjoying the warmth up North so no coffee until he gets back.

Upcoming Events

On Sunday July 1, we held our second Bendigo Bank Winter Cup Fishing Competition. We still need more junior anglers to have a crack at our competitions so anyone out there with kids or grandkids who are interested in fishing please have a go. It's a great day out enjoying the outdoors and we also have very generous prizes. All our competition dates are on the back of your membership card.

BAIT. There are a few unpaid entries in the bait book. Please pay Hutch ASAP Don't make us change the lock.

Great Ocean Road Real Estate major fishing competition results.

We held our 4th competition for the year on Sunday the 10th of June which was kindly sponsored by Tom Dawson Concreting.

We had perfect conditions with a glassy sea and a sunny sky.

A total of 13 boats all hit the water around sunrise with 21 anglers competing and there were plenty of fish caught with very close scores.

Following the presentation everyone enjoyed a beautiful feast of roast beef, veggies, gravy and salads thanks to Hutch and Leon's cooking skills.

Junior winners: Jack Addison with a snapper 2405 points.
Junior Runner Up. Zane Lodge also with a snapper 2395 points.
Senior Winner: Andrew Clarke with a snapper 4005 points.
Senior Runner Up. Graeme Norton with a sergeant baker 3198 points.
Senior 3rd. Tony Peddie with a snapper 2835 points.

Fishing Report

The weather has been reasonably good for getting the boat out and the snapper fishing has still been excellent with bag limits common although it did slow down over the long weekend. King George Whiting are patchy but for those anglers' patient enough you can still get a feed.

Flathead are still about with a few big Yanks in amongst them. Big gummy and school sharks are being caught regularly if you target them by anchoring and dropping a burley pot.

Southern Bluefin Tuna are popping up out wide but not in huge numbers. There's been a couple caught but no real big ones yet.

Unusual fish caught off Lorne

This is a Red Mullet or Goatfish. They are found worldwide in tropical, sub-tropical and temperate waters. They are called goatfish because of the two whiskers under their chin which they use to probe the sand in search of food. They feed on worms, crustaceans, molluscs and other small invertebrates.

They have the ability to rapidly change colour to blend in with the background to become less visible to predators. In some parts of the world particularly the Mediterranean they are considered a delicacy but are not commercially targeted in Australia. They are seen regularly by divers when they are feeding on sand patches and can be approached easily. They are normally brown when underwater and change to red when caught.

Point Grey Report

On the 1st of June our building subcommittee met with GORCC and their architects to discuss their proposed plans for our new club rooms. At the meeting we met for the first time their newly appointed Project Manager Mr Cameron Ross. After introductions we got down to business and we told them that our comments regarding the design of our building were taking into account the feedback from our committee, club members, the community and the general public from letters, emails, texts and verbal communication.

We explained that there were considerable external functional issues and that the internal planning didn't conform to our brief that was provided to GORCC and the architects. All of these non-conforming issues were pointed out to the group as to where and why they didn't comply.

Following that discussion, a revised internal layout drawn up by our committee man and in-house architect Ric Addison was tabled which displayed a workable layout that would comply to our brief. This layout was of the same building outline and area minus the amphitheatre stepped seating to the south.

Other external concerns we had with regards to the boat wash location, lack of car and boat trailer parking as well as the area taken up near the boat launching channel by the boardwalk steps and lookout area therefore reducing the number of parks available on the beach.

Continued page 27.

From page 27.

We also requested information regarding the northern entry road as to its realignment etc. Without this information it's not possible to finitely position our building.

These concerns were noted by the Architects and it was proposed that they would prepare a return brief for us which we are now waiting for.

As soon as we receive it and detailed discussions have taken place we will advise everyone of the situation.

There was an earlier meeting on the same day with our Finance Sub Committee and GORCC to discuss the proposed 'heads of agreement'. This includes lease matters, tenure, rental, maintenance etc.

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Seniors Festival

Victorian Seniors Festival

October 2018

Seniors on the Surf Coast will be at the centre of a week of celebrations as part of the Victorian Seniors Festival 7 to 14 October 2018.



This year Council will be supporting community groups and organisations to host events across the shire with small grants.

Community groups could host any event that gives people aged 55 and over the chance to get out, socialise and try new things.

Council will also create an event calendar to help promote events in the Surf Coast during 2018 Seniors Festival. Let us know about your event so we can include it in the Surf Coast calendar.

To register your event or apply for a grant go to www.surfcoast.vic.gov.au/SeniorsFestival.

Seniors Festival grant applications will open 2 July and close 29 July. Register your event for promotion from 2 July until 12 August 2018.

To find out more, please contact the Community Health and Development Team on 5261 0600.

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FOPA IS BACK

Lorne's Festival of Performing Arts (FOPA) has announced an exciting first release of acts for its return Thursday 30 August through to Sunday 2 September 2018.

Headlined by award-winning comedian Sammy J, the festival will feature comedy, cabaret, magic and roving entertainment.

Chair of the Festival Committee, Peter Spring, said a revitalised local steering committee was remounting the festival after a year's hiatus. "Locals and visitors will see Lorne at its best, with affordable entertainment for all ages, from shows for kids (that grown-ups will love) to shows for adults and a late-night piano bar," he said.

First release tickets are on sale from 10am Thursday 28 June. FOPA Friends receive early access to most of the shows – see <http://www.fopa.com.au/> for details. Highlights:

Opening Gala

Cumberland Hotel, Loutitt Bay Room, Fri 31 Aug, 7.30pm
Experience highlights of shows from across the festival in one extravaganza of music, magic, cabaret and comedy, hosted by the incomparable Sammy J. Featuring Nancy Sinatra: You Only Live Twice, Random, The Vegetable Plot, Trevor Jones and more.

The Sammy J Songbook

Cumberland Hotel, Auditorium, Sat 1 Sep, 7.30pm

Comedian, author and songbird Sammy J is heading to Lorne with a bag full of songs and a heart full of love. He's toured the world, won awards, and can currently be seen every Thursday night on ABC TV. Don't miss this chance to spend an intimate evening with one of Australia's favourite skinny men (second only to Mr Squiggle).

Nancy Sinatra – You Only Live Twice

Cumberland Hotel, Horizons Room, Sat 1 Sep, 6.00pm

Danielle O'Malley and band presents a sexy, sassy tribute to an icon of 60s pop – Miss Nancy Sinatra! With swinging hits like Something Stupid, Bang Bang (My Baby Shot Me Down), Summer Wine, Lightning's Girl and These Boots are Made for Walkin', plus a little gossip about dating Elvis and taking Ol' Blue Eyes to parent/teacher night – this is guaranteed to be a perfect night out for 60s music fans and footwear-fetishists alike.

Random, Lorne Hotel

View Room, Sat 1 Sep, 8.45pm

Ditching the top hat and bunny for Tinder and beer, this is the hilariously modern magic show you didn't know you needed. With his slew of sold out festival runs and over 20 million hits on social media, it's easy to see why Dom Chambers has become the revolutionary new king of Australian magic.

The Vegetable Plot – Songs of Love and Peas

Cumberland Hotel, Horizons Room, Sat 1 Sep, 2.30pm & Sun 2 Sep, 11.30am

Ever wondered what it would sound like if a bunch of vegetables was whooshed up out of the soil by aliens, transformed into musical superbeings, and sent back to earth on a mission of love and peas? Well then, it's about thyme you found out! Let Aspara Gus, Ru Barb and Sir Paul McCarrotney teach you how to shake your stems, do the jumping bean and twist and sprout in this fresh, funky, award-winning live music show for kids, families, and foodies. Ideal for kids aged 3 to 6, but parents will love it too!

Acts of Absurdity – a circus, magic and comedy spectacular

Lorne Hotel, View Room, Sat 1 Sep, 11.30am

Performed by Varietyville, two must see artists of outrageously funny proportions combining their talents into one incredible show! Bite sized morsels of masterful magic, chaotic clowning, preposterous physical feats, musical mayhem, hilarious hi-jinks and much more. Starring award-winning, five-star internationally renowned physical comedian Daniel Oldaker aka "Dandyman" and the inimitable magic & comedy impresario Rani Huszar "Foxy Moron". Suited to ages 6 and up, but enjoyed by grown-ups too.

Piano Bar

Lorne Central, Thu 30 Aug (8pm till late), Fri 31 Aug (9pm till late) and Sat 1 Sep (9.30pm till late)

Enjoy exciting piano bar entertainment by Australia's most entertaining piano bar hosts. Thu and Fri features Trevor Jones who has thrilled audiences around the world with his encyclopedic repertoire of songs. On Sat, relish in the Oz tunes you love as Matthew Hadcraft delves into his vast catalogue of distinctly Australian songs.

FOPA Open Mic

Lorne Hotel, Beer Garden Sound Stage, Sun 2 Sep, from 1.00pm

The FOPA festival winds up with an open mic afternoon where you can strut your talents or sit back with lunch and a drink to enjoy the talent or terror of the brave souls stepping up to the microphone.

Tickets from \$10. All tickets are available for sale at www.fopa.com.au

Further information / interviews: contact David Read, Hot Ticket PR, hotticketpr@gmail.com / 0402 099 222.



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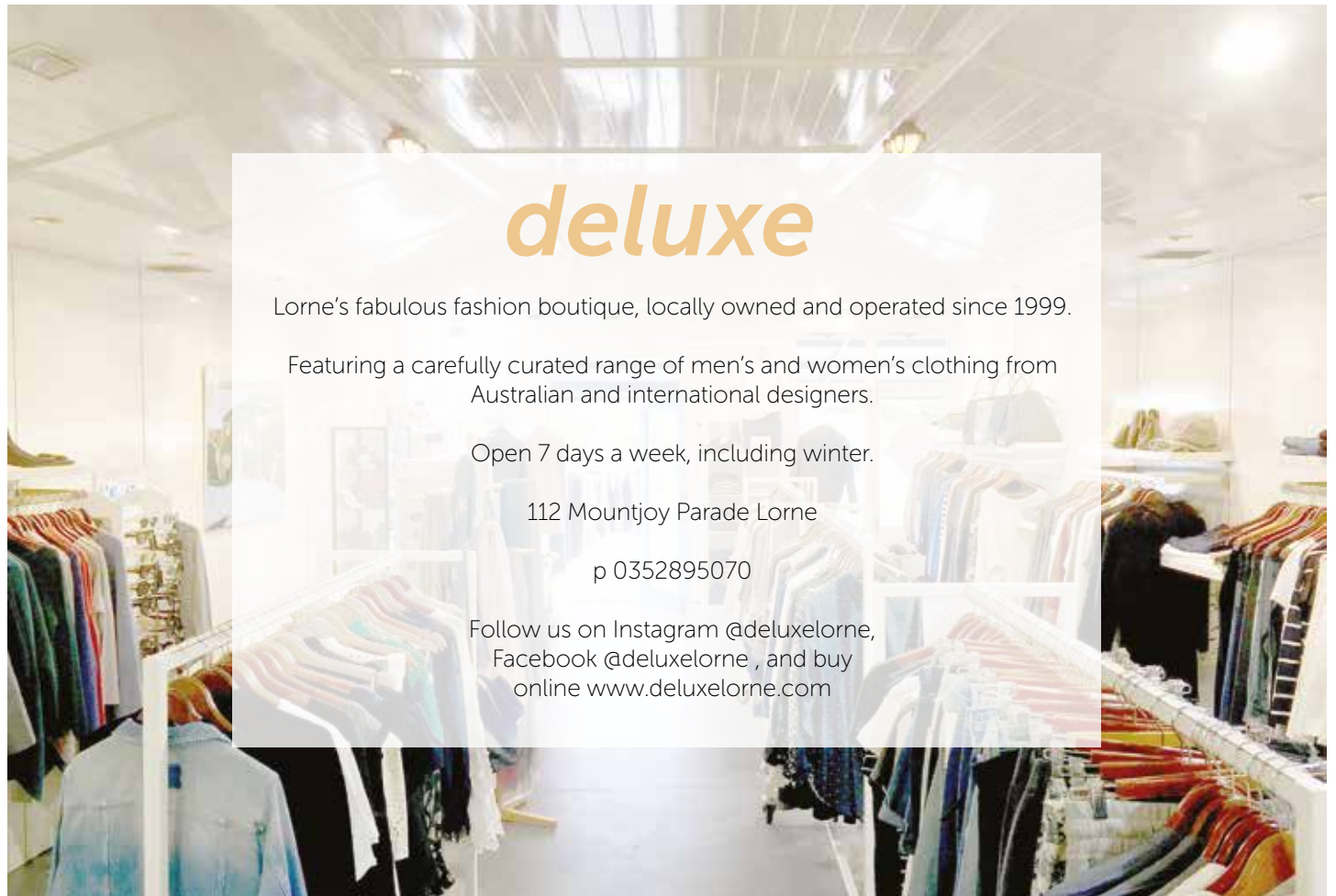


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GETTING TO THE BOTTOM OF PAIN RELIEF

A common if rather coarse expression is 'a pain in the butt' (polite!) and indeed the pain of haemorrhoids is, for those who suffer, really no joke at all.

Apart from the obvious discomfort of pain, the affliction can cause all sorts of physical and emotional problems, especially irritation and perhaps making wrong judgements. It can affect your work, your relationships with friends and family, all sorts of complicated and unwanted consequences,

Haemorrhoids are just like varicose (swollen) veins inside or around the anus. They are very common, with 80% of people estimated to have suffered with haemorrhoids at some time in their lives.

Rectal and anal discomfort can also be caused by conditions other than haemorrhoids. Therefore, if we are unsure whether haemorrhoids are actually the cause of the discomfort, we should see our doctor in the first instance.

Non-prescription topical preparations containing combinations of local anaesthetics, corticosteroids, astringents, and healing agents are soothing and give at least temporary relief of symptoms. However, long term relief may need some diet and lifestyle modification.

With this in mind, paracetamol is the first choice 'over the counter' oral analgesic to relieve the pain of haemorrhoids. So-called compound pain relievers containing codeine should be avoided as they can also cause or aggravate constipation.

If you want to participate in the equestrian events, perhaps cycle, or even sit down for dinner without too much discomfort, check out the Haemorrhoids fact Card.

The Card is available from pharmacies around Australia providing the Pharmaceutical Society's Self Care health information – go to www.psa.org.au and click on Self Care Pharmacy Finder.

There are other relevant cards: Fibre and Bowel Health, Constipation and Pelvic Floor Exercises.



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

Renea Forsyth is our regular Wednesday pharmacist, specialising in women's health issues, mother and baby care, skin problems and fashion ... Come in for a chat any Wednesday

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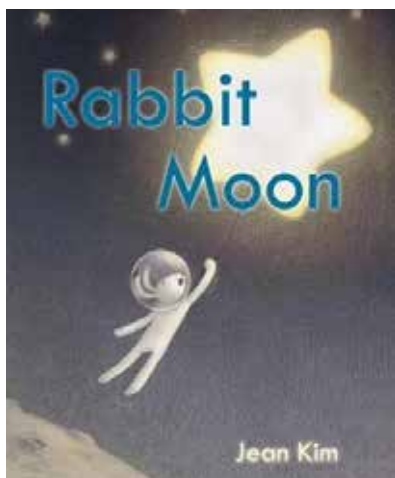
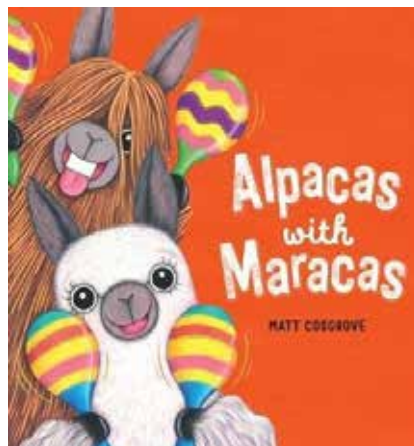


There is an allure about surfers - they look like clean, bronzed athletes who love nature and tread lightly on the earth. But there has always been a darker side to surf culture. Chas Smith, ex-war correspondent and surf enthusiast, tells the no-holds-barred love affair of cocaine and surfing, and it makes for one hell of a story.

Cocaine and Surfing:
An outrageous expose,
Chas Smith, \$32.99

Macca and pal Al are the best of friends and LOVE spending time together. When there is an opportunity to enter a talent contest, they just can't resist. But what will their act be? Will they shimmy and shake? Dance and prance? Whatever they choose it will surely be a performance to remember!

Alpacas with Maracas,
Matt Cosgrove, \$17.99



Bedtime prayers take flight on paper airplanes, travelling all the way to the moon. There Rabbit gathers the night's haul, grinds the wishes into stardust, and fills the sky with their starlight. It is a beautiful sight to behold, but lonely work. So one night, Rabbit takes a wish and makes it float down to earth; when it comes true he makes new friends and the star work takes a back seat to some well-earned fun.

Rabbit Moon, Jean Kim, \$24.99

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