

LORNE

Independent

\$2

No 201 August 2018

Produced as an independent newsletter by Lorne Independent Inc.



WHALE WATCHING

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Photo by: Leon Walker

WHALE WATCHING!

Lorne is now firmly linked with a new theme in tourism along the Great Ocean Road – Whale Watching!

At almost any time, rain, or sunshine during the cold winter months between June and October, cars, bikes, buses and vans are pulled up on the side of the road and men, women, and children peer intently into the distance over the waters of Bass Strait.

Some come prepared with appropriate apparel to counter the biting wind, binoculars and long-range lenses to their cameras, others just shield their eyes from the natural ocean's glare, all hoping to at least catch signs of a black shadow in the distance, the massive heads sprouting water as they surface, or the dramatic motion of a giant tail flipping as the animals dive.

Whale Watching has now become such a popular hook for locals and tourists alike that many visitor facilities such as government and other tourist agencies, information centres, even caravan

parks, accommodation providers and restaurants try to make it as easy as possible to point people in the right direction to catch a glimpse of these magnificent giants of the sea.

Each year at Warrnambool, female southern right whales return for weeks to calve and allow the young to feed, to gather strength for their journey back to the sub-Antarctic waters. The males, yearlings and young adults remain further out to sea.

The main focal point of whale watching is without a doubt Portland and further south east along the coast, Warrnambool, with whales then gradually moving northward along the coast past Apollo Bay, Lorne and Torquay.

Blue whales migrate to the waters off Portland to feed on the abundant krill. While blue whales rarely approach close to land, their blows and backs can sometimes be seen at a distance off prominent headlands such as Cape Nelson and Cape Bridgewater.

Whale Sightings Update



Send details of whale sightings to
southern.r.whales@delwp.vic.gov.au



Environment,
Land, Water
and Planning

They generally arrive in November and remain off Portland until May. Their distinguishing features are a slender streamlined shape with a small dorsal fin towards the tail, and a powerful, tall, straight blow (exhalation of breath) that in good conditions can be seen at ten kilometres and heard at four kilometres.

Although Lorne is situated in the middle of this whale activity, its own Visitor Information Centre has reported a dramatic increase in whale watching interest over the last few years. A spokesperson for the Centre said that staff familiarised themselves each day on the latest whale movements to offer the best advice to visitors.

It offers a dedicated website which visitors can access for the most up-to-date information – <https://www.visitgreateoceanroad.org.au/whale-sightings/> The site also offers a map of the region with recent sightings clearly marked. The site can be accessed in many languages.

There are also facilities for the inquirers to record details of their own sightings and other details.

Staff at Lorne’s Visitor Information Centre take whale watching most seriously, and even have a flag which is hoisted when there is whaling activity in Louttit Bay and along the beaches and inlets nearby. Much of the whale activity can be observed from the Great Ocean Road which runs parallel to the coast often high above the sea.

Incidentally, the Lorne Centre also has a flag for any koala sighting which is hoisted in front of the building whenever there are signs of Australia’s unique marsupial. Koala watching is very popular with the increasing number of Asian tourists who pass through Lorne daily.

Tourism is of course the name of the game and increasingly Lorne accommodation providers draw attention to the possibility for whale watching by visitors during a stay at their premises and at least one restaurant on Lorne’s main drag, Mountjoy Parade, advertises a chance for its diners to view these magnificent animals.

www.visitgreateoceanroad.org.au/whale-sightings/



ALLEN RESERVOIR UPGRADE COMPLETED

Lorne’s future water supply has been secured with the completion of the \$4.2 million upgrade of Allen Reservoir.



Over the past nine months, Barwon Water has been undertaking a range of upgrades at the Allenvale Road site to increase flood level capacity and improve the stability of the dam wall to reduce the risk of infrastructure failures.

The 186 million litre reservoir, built in 1958, is Lorne's sole source of drinking water.

Barwon Water General Manager Infrastructure Services Paul Northey said the upgrade was an example of Barwon Water’s commitment in its Strategy 2030 to deliver high quality, affordable and reliable water services in the Barwon region.

“The upgrade works ensure Lorne’s water supply is secure well into the future, with the risk of infrastructure failures significantly reduced. Our investment supports the town’s livability, tourism and jobs and means local residents and traders can be confident in their water supply system for decades to come,” Mr Northey said.

“I would like to thank the Lorne community for their patience during these critical works,” he said.

While the project required storage levels in the reservoir to be lowered during construction they have now returned to normal for this time of year and currently sit at 100 per cent capacity.



Massage & Bowen Therapy

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

NEW LOOK LORNE BUSINESS & TOURISM ASSOCIATION

Lorne has a new Business and Tourism Association with a team that brings with it business experience, energy and ideas. The retiring President, Chris Tutungi, who had served for nearly 10 years, welcomed the new team for providing a fresh and new 'look' for Lorne's business community.

The new Executive Team comprises:

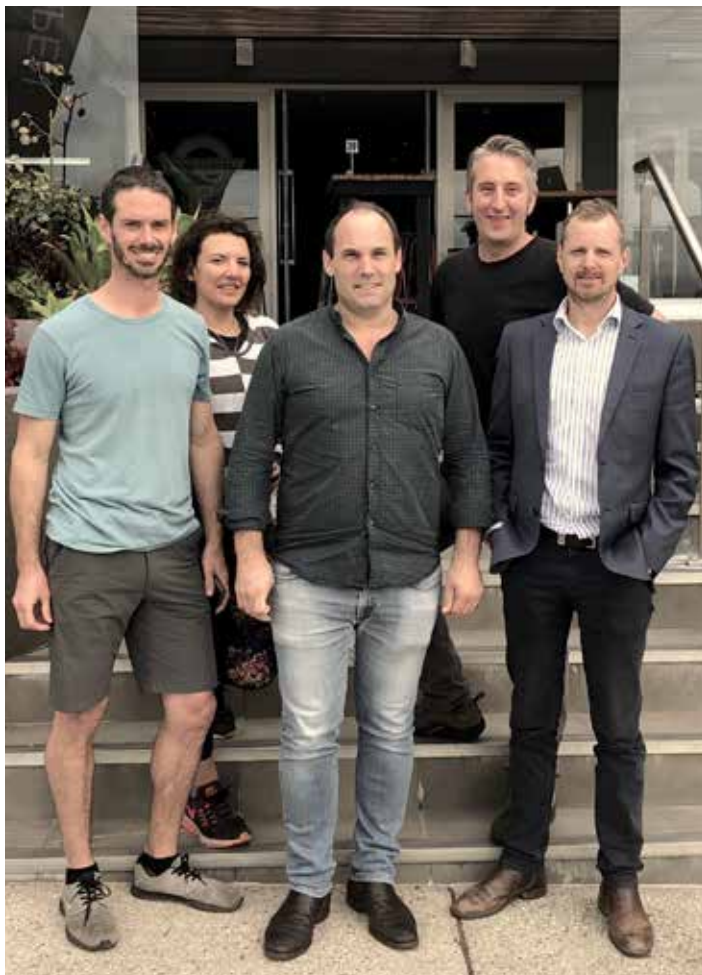
President – Bryce Newcombe (Lorne Central)

Vice – President – Paul Upham (Lorne Hotel)

Secretary – Lee Gordon (Cumberland Lorne)

Treasurer – Luke Nisbet (Livewire Park)

This team is ably and capably supported by Leon & Katie Walker (HAH Lornebeach), Karen Stribling (Great Ocean Road Real Estate) and Grant Price (Lorne Surf Shop). John Waller (Lorne P-12) is assisting the team with staging FOPA 2018.



One of the first tasks for the new team is Lorne's Festival of Performing Arts. The FOPA ran the Festival from 2012 to 2016 as part of the "Love Lorne" campaign, designed to promote Lorne as a visitor destination in the off-season to attract visitors and support local businesses during the traditional "low season". FOPA became a Signature Event of the Surf Coast Shire and the Shire provided invaluable financial and resource support. Changes to government policy on Arts Funding made it increasingly difficult for a team of volunteers to take on the project and in 2017, the tough decision was made to cancel FOPA.

All business operators had noticed a drop in business in August 2017, the month when FOPA had previously been staged. This year the team has adopted a new innovative approach to staging the event while managing costs through the utilization of existing venues. The program for FOPA is now available and bookings are open. Visit the FOPA website at www.fopa.com.au. Obviously FOPA filled a need because 75% of the tickets for the Gala Opening Night are already sold! Don't miss out, it will be a great weekend.

The staging of FOPA is just one initiative of the LBTA. The organisation exists to represent the business community of Lorne; retail, hospitality, accommodation. The "Love Lorne" campaign is an initiative to promote Lorne as a destination and the Facebook page www.facebook.com/WeLoveLorne/ which was established in 2010, has nearly 10,000 followers. The executive of the LBTA maintains regular contact with Committee for Lorne, Surf Coast Shires, Great Ocean Road Coast Committee and Great Ocean Road Tourism to represent the town's business community's interests.

The LBTA holds regular meetings to discuss issues of interest to our business community. If you would like to subscribe to the email list, whether or not you are a business operator, in order to keep in touch, send your details to info@lovelorne.com.

In the meantime, please welcome the new LBTA executive team and contact them if you have any matters to discuss and last but not least, we'll see you at FOPA!!

AXE TO BREAK THE FROZEN HEART

The Inaugural Christos Poetry Prize by Georgia Gray



The inaugural Christos Poetry Prizes, run by Lorne P-12 College were awarded for single poems written by both primary and secondary students, and judged this year by the local writer Greg Day and a group of teachers.

The prize is inspired by the legacy of our poet and friend Christos Raskatos, who ran Lorne Fisheries in his flamboyant, generous and poetic style for so many years. Each week Chris would compose a new poem and write it in chalk on the blackboards in front of the co-op at the pier. The poems would chronicle daily events and people in Lorne, political events, sporting triumphs, the passing away of loved community members and the birth of new ones. The poems would often celebrate the beauty of Lorne itself and often with a strident dash of exuberant humour.

Christos was of Greek-Macedonian origin and saw our local world through the heroic lens of the Ancient Greek Gods. Everyone's life was important, no battle was too small or insignificant to fight, and he often placed the humblest community members on a footing with the gods. He acknowledged the private depth, difficulty and beauty of our inner lives as well as the often wild comedy of public life, whilst dissolving the gap between the two. He wrote with great freedom and insight, in both tragic and comic modes, to weave a compelling web of metaphor, fable and wisdom which enriched our local lives.

It was a glorious winter morning with sun shining above a glassy Louttit Bay on the grassy field above the old Fish Co-op.

The selected VCE students read out each winning poem with a mixture of passion, reverence and humour. So many in our school and town community expressed a sense of joy and awe in hearing each poem. Greg Day, a good friend of Christos, in his speech describing the power of poetry, adapted a quote from Kafka, "A poem should be the axe that breaks the frozen heart". These poems certainly have that power.

The Secondary Division winners were: 1st -June Hack, 2nd -Milly Smith and 3rd - Mary-Lou Hyland.

The Primary Division winners were: 1st -Murphy Eagle, 2nd - Levi Crosbie and 3rd - Dusty Lane



Lorne Independent Inc.

Published by Lorne Independent Inc.
No. A0041756Y

ABN: 54 724 981 550

Published monthly

Finalist (2006), Best Layout,
Community Newspaper Association of Victoria

Alan J. Holding Award (2008), for
Outstanding Community Service,
Lions Clubs International District 201 V2

Winner (2008), Best Editorial Writing,
Community Newspaper Association of Victoria

Winner (2009), Best Sports Article,
Community Newspaper Association of Victoria

Finalist (2011), Best News Reporting,
Community Newspaper Association of Victoria

Finalist (2011) Best Editorial Comment,
Community Newspaper Association of Victoria

Finalist (2012) Best Feature Article,
Community Newspaper Association of Victoria

Finalist (2013) Best Feature Article,
Community Newspaper Association of Victoria

Accounts and Treasurer:

David Stribling
PO Box 213 Lorne, Vic
Tel: 5289 5355 Mob: 0408 546 424
Email: david.k.stribling@gmail.com

Editor & Inquiries:

Jo Vondra
PO Box 213 Lorne VIC 3232
Tel: 03 5289 1344 Mob: 0401 744 152
Email: jvondra@bigpond.net.au

Circulation Manager:

Harri Muller

Layout and Print:

Mud Group

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



Lorne Country Club Needs Your Help

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.

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.

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 skylight windows at the rear of Clubhouse damaged by the weather.

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

Lorne Community Connect

Lorne Community Connect (formerly the Senior Citizens Group) held their first Celebratory Lunch on Wednesday 18th July, over 30 members & new members attended, thank you to Stephen Hishon for his fantastic culinary skills. Celebratory Lunches are held on the 3rd Wednesday of each month. Become a member or register for lunch by contacting lornecommunityconnect@gmail.com

New Years Eve Dinner

Matt & Bridget are returning to the Country Club in mid December with a brand new menu. The Club is holding a "Peak NYE Party" on December 31st, a 3-Course meal and live music will be provided. A shuttle bus will run from the Visitor Information Centre to the Club.

Booking are essential as numbers are limited. Contact 5289 1267.

Surf Coast Arts Trail

The seventh Surf Coast Arts Trail will be held on 11 & 12 August, a record 65 studios and public venues will feature diverse work from more than 200 artists. The Surf Coast Arts Trail map is available at all Visitor Information Centre and on Council's website.

Surf Coast Shire Hinterland Strategy

The draft Hinterland Strategy has been released and already there has been significant feedback on providing clear strategic directions for the rural areas of the Shire. The draft Hinterland Strategy can be found on the Council's website and provides an opportunity to provide your feedback electronically or by mailing your feedback to Surf Coast Shire PO Box 350 Torquay. Submissions close on 24 August.

Plastic Free

Congratulations to the Lorne Football & Netball Club who are encouraging all members and visitors to be more aware of being plastic free. The Club will no longer sell water in plastic bottles but will instead supply recyclable drinking cups for everyone to obtain their water from water stations. The club has not supplied plastic straws for the past two years.

NEED
LANDSCAPING

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Lorne Community House

communityhouse.lorne@swarh.vic.gov.au
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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 will again be working in the beautiful Stony Creek Nature Reserve starting at:

10.00am on Sunday 19 August

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
Email: alainpurnell@bigpond.com*

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LETTERS TO THE EDITOR

Dear Editor

Lush Lorne to become a mini Gold Coast!

The Surf Coast Shire is declaring a prominent sight behind Cora Lynn suitable for dense tourist development. Opposite the school and Stribling Reserve, site of Lorne Football and Netball Clubs, and prominently visible from the Great Ocean Road ("GOR") and the beach, the Shire has approved three three storey townhouses in Grove Rd next to, and of the same height as, the Lorne Chalet (Mirvac Development). This unattractive structure will increase the mass effect of the Lorne Chalet from the GOR by 30% for locals and visitors as they approach Lorne from Big Hill, blocking the view to the forest above Otway Street.

In fact, with its Tourist Accommodation Precinct overlay to this Residential Zone behind the shops, Shire officers are hoping more development will be built on this hill. We appreciate the need for tourist development but not so much concrete in a prominent location! Mantra and the

Cumberland are prominent but not on top of hills and at least, attract year-round conference business.

Two houses away from this development is another proposed development with five townhouses, taking the total to 8x3 storey 3-4 bedroom "townhouses" over 8m tall. These have replaced two old homes in Grove Rd and all present a wall to the street. There are two more vacant blocks in the street with developments yet to be proposed!

Car parking at the school and Stribling Reserve is already challenged especially on home game days.

The Shire says it is reviewing its guidelines for the area over the next year but these developments will not be subject to it and Lorne residents will lose out again! We need the Shire to intervene immediately before it is too late! Don't let Lorne become another Gold Coast!

**Sue Boston
Lorne**

MEN'S SHED YACHT SQUADRON TAKING SHAPE

It is not for the members of The Lorne Men's Shed to sit around to play cards, chess, or talk about the good ol' days over coffee and cake ...everyone is busy-busy as ever.

In addition to constructing a soccer goal frame for Lorne's growing team from plastic piping, members also fitted nets to the posts and spent hours on knitting them in place, as well as keeping up the demand for small community jobs such as making a shoe-cleaning box for the Nursing Home.

A major project is assembling a 'squadron' of model yachts. The Shed's fleet of T37 model yachts now stands at six with a couple already fully assembled, others not.

It is hoped that the fleet will ultimately number more than the present six yachts.

Master Boat Builder Tony Wolfenden has taken on the overall responsibility of allocating various delicate and painstaking tasks of assembling the kits and gradually, one by one, the yachts are taking shape.

The T37 is considered to be the elite of model RC (racing) Sailboats and one of the world's most popular in that it has the traditional beauty of a wooden racing yacht and you don't have to be a multi-millionaire to own one.



Racing a T37 is said to be good for the nerves and general "wellness" (ugh, what a word!) but it's also a lot of fun.

Not only is the wood more special than plastic, it is also lighter in weight and quite a bit stronger and more durable than many of the plastic composites that are being used for racing sailboats.

The Shedders are preparing to demonstrate the beauty of these boats (probably in the warmer months) which are operated by electronic control from shore.

- JV



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EDITORIAL

It seems that tourists, especially those from the Middle Kingdom, are somewhat averse to hot climates, crunching their feet (shod or bare) into golden sand and certainly not dipping toes into the warm waters of our North.

From witnessing the daily surge of buses, vans and cars going through Lorne, it's probably no surprise to be told that tourists from Asia, specifically Chinese, are now the Surf Coast's number one tourists, the numbers far exceeding those that used to flock to the Gold Coast and beyond.

The ABC's Jon Faine, the doyen of Melbourne's radio talk-back fraternity, recently used tourism on the Surf Coast as his lead item and had on a tourism spokes-person at the microphone to tumble out the numbers. Most impressive, that we beat the Gold Coast, and those magical locations further north!

Jon Faine who is no stranger to Lorne and knows the area well (he has been observed nipping into the Aquatic Club on occasions) quickly pointed out that this mass of tourists travelling the Great Ocean Road and the Twelve Apostles – how do you tell the Chinese that the actual number is nine and in a fast decline? – does not necessarily translate into prosperity for the region.

We see the traffic zooming through Lorne and it rarely stops, and it doesn't even warrant a telephone call to that old know-all Blind Freddy to work out that Melbourne is the great winner. After their often rushed day trip to the Apostles, the tourists are back in the up-market Melbourne hotels and no doubt trying out their Mandarin in the city's fantastic China-town precinct.

The blunt fact of the matter is that with all the hype about the wonders of the Great Ocean Road and its final destinations, what is truly lacking are genuine and imaginative tourist infrastructures at regular intervals and especially at the Apostles.

Sure, the Asian tourists love the wide open spaces, the ruggedness of the coast, the possibility of taking a Selfie with a koala in a tree, even a spectacular sight of a whale doing its thing in the green-grey ocean, but once they get to the Apostles, they are met with nothing more than a below-par car-park.

That's probably why the tourist don't spend a lot of time there. As soon as the Selfies are taken, they are bundled back into the buses and back to Melbourne they go. There is not even a place to buy a meal, use the toilets or just take a casual amble about.

Both Jon Faine and the tourist spokesman emphasised this, and it was quickly aired that the Government, presumably both the federal and state, have woken up to this shift in tourism destination and plan to spend a good deal of our dollars to create 'tourist facilities'.

The ABC program took one caller, a rather surly sounding man who lived 'on the land' on the cusp of the Great Ocean Road who pointed out just how 'boring' the highway was (true!), one town almost the same as the next (true!), with really not great offerings to attract the Asian dollar (true!).

The caller had a most negative attitude and said, basically, the increase in tourism had absolutely no value to him personally (true!).

LORNE P-12 COLLEGE PRESENTS

MOVIES & TV COMEDY QUIZ NIGHT

SATURDAY AUGUST 11

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Lorne does try, you have to give us that! We've spent a lot of money on a Visitor Information Centre which features a spectacular display on the building of the Great Ocean Road, there is a room full of souvenirs and the volunteers are well-versed to help out the passing tourists with advice on what to see, what to do.

But there is no real bus parking and limited toilet facilities, and should a couple of buses arrive simultaneously, spilling out eager tourists, the staff at the Centre would probably suffer a collective nervous break-down.

The Centre is designed to help out a small number of road travellers, the Grey Nomads, the families on holidays and looking for a place to stay, the discreet tourist. It certainly could not handle a mass invasion.

Which brings us back to the problem of Point Grey and what is happening to this pristine part of Lorne?

The Great Ocean Road Coast Committee is now negotiating with all the main players on a solution to come up with a plan for a development acceptable to all. But it is important to remember that GORCC was conceived primarily as an administrative agency to look after the coastal land from Torquay to Lorne.

Under the legislation, it is not a developer and whatever plans it comes up with for the Point Grey Precinct, there is no guarantee, or indeed certainty a developer is going to accept someone else's plans to spend his/her own money on.

- JV

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CAPE OTWAY LIGHTSTATION CELEBRATES ITS 170TH BIRTHDAY!

The Cape Otway Lightstation in Southern Victoria will this August celebrate its 170th year, marking the occasion with a range of free festivities and events open to the general public, affectionately titled “You Light Up My Life”.

Kicking off at 6pm sharp on 18 August, 2018, You Light Up My Life is planned to coincide with International Lighthouse Weekend. The celebrations will begin with the rare opportunity to witness the original Fresnel lens be relit for the first time in twenty years after it was replaced by a satellite beacon in 1994. A limited number of ticket-holders will be given access to climb the tower to allow this once-in-a-lifetime viewing from the lighthouse.

Taking place simultaneously around the site will be a range of family-friendly activities including a bonfire, live music, ghost tours, historic story-telling and a variety of delicious and locally-sourced food and wine available.

“Special permission had to be sought from the Australian Maritime Safety Authority to turn on the light, which is able to shine beams in excess of 40km out to sea” said Trish Goodlet, Manager of the Cape Otway Lightstation. “We wanted to celebrate this incredible milestone with something really special, and being granted permission to turn on the light after all these years is really a dream come true” she continued.

Entry is free however, tickets must be reserved in advance online by visiting www.lightstation.com/you-light-up-my-life. Limited tickets are available to climb the tower which will be issued in order of request in fifteen-minute intervals to allow viewing from the lighthouse. General viewing will also be possible from the whale viewing platform for those who miss out on lighthouse tickets.

The Cape Otway Lightstation is widely considered to be Australia's most significant Lighthouse, and is known fondly as the ‘Beacon of Hope’. Built in 1848, it was a significant Australian landmark for many early immigrants to Australia who had been at sea for up to three months before sighting the Lightstation shining brightly at Cape Otway.

Visitors are asked to bring warm clothing, a blanket to sit on and a torch.



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Launch: 15th April **Commencement Date:** 27th April
Dates: 11th, 25th May/ 8th, 22nd June/
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Cost: \$20 cash on door

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The tender period will close on Friday 24th August 2018.



SPORTSBRIEFS

John Ford

Dolphins Look Forward to Finals

Sporting teams try hard to not get ahead of themselves and so we often hear the saying 'we're just taking one match at a time'. This is true with the Dolphins football team who sit in second place on the CDFL Ladder with just four matches remaining. The top six teams are currently: Birregurra 12 wins, Lorne 11 wins, South Colac 11 wins, Alvie 9 wins, Simpson 8 wins and Apollo Bay 7 wins. With the top five teams competing in the finals, Lorne is assured of a finals berth even though they play three other finals contenders in the remaining four matches.

The Dolphins' recent form has been excellent including defeating Irrewarra-Beeac 25.19:169 to 5.5:35 on 14th July at home. In this match Lorne had an outstanding first half before running out clear winners with Lewis Hollmer and Sam Parsons dominating the forward line. This huge win provided Lorne with a healthy boost in percentage to go ahead of South Colac on the ladder.

On July 21st the Dolphins played away to Otway Districts where the first half of the match was a very even affair – with both teams having kicked 6 goals at half time. Lorne asserted themselves in the second half and kicked six goals to one after the major break. The final score of Lorne 12.10:82 to 7.7:49 was a win that was more impressive than the final score suggested, as Lorne had to overcome considerable pressure from their opponents who played well.

Lorne has been very well served with so many players in great form including Sean Smartt, Rick White, Tom Steven, Simon Umbers, Sam Parsons and Stephen Oliver. Mark McCormack is having a great season in the ruck and Lewis Hollmer's form on the forward line has been outstanding. Lewis has now kicked 64 goals for the season! Lorne's defence and midfielders also deserve great credit as they are providing a great springboard for the team and setting up quality forward entries.

The Dolphins' next matches are: 28th July home against Apollo Bay, 4th August away to Western Eagles, 11th August home to Colac Imperials and then away to Alvie for the final match of the season. These matches will provide Lorne with some good tests before the finals which begin on August 25th. GO DOLPHINS!

Tennis

The wet, windy weather has been far from ideal for playing tennis, but an enthusiastic group has played on most Wednesdays and Saturdays. Social tennis normally takes place from 10.00am on Saturdays and from 4.00pm on Wednesdays depending on weather and player availability. The porous courts do absorb light rain quite well and so play is possible during and after light showers.

However the consistent heavy rain makes the surfaces slippery and dangerous and so the Lorne Country Club is striving to have the surfaces of at least two courts upgraded in the future. Meanwhile there are many occasions during Winter where conditions are very good playing. – visitors welcome for a \$10 visitors fee.

Ladies Golf

Unfortunately the weather has not been too kind to our lady golfers recently, but I guess it is winter!

I read a golf quote the other day which I found amusing; "golf, an easy game that's just hard to play". How true is the quote when there is very little run on the ball at the moment. On the up side the dam is filling fast and the Kangaroos are enjoying the lush grass. Whatever the weather Lorne golf course is still quite spectacular with amazing views. If you would like to join this friendly group of ladies, we meet every Tuesday at 8.30 am, play commences at 9 am. Visitors to Lorne are very welcome.



Many of our regular players are currently away enjoying warmer climates, but Caz Bartholomew, Chris Angus and Wendy Hutchison recently won the Clifton Springs bowl.

Happy hitting

Lesley Goldsworthy -Lady President

For further information regarding the Ladies Golf, please contact 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



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Split level and overlooking this space are three double bedrooms, one fully en suited and a main bathroom. All bedrooms are well appointed and offer plenty of space to spread out. A timber staircase descends the main living room to the lower level. A second living room, three further bedrooms, main bathroom and powder room reveal themselves in true tardis fashion.

While vehicle access is off Polwarth road, foot traffic has a direct line into town via steps that run beside Kiara.

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LEO COLLINS

A love for the mechanical

Leo Collins is one of the stalwarts of the Lorne Men's Shed – he is usually one of the first in the workshop, cleaning and sharpening tools and is one of the last to leave the premises.

He seems to be able to turn his hand to almost anything mechanical. When there is a problem with a machine, it's Leo who usually just might have the answer on the correct operational procedure.

When he first came to the Shed, someone pushed a box full of rusted and stained tools his way and several days later, surprise, surprise, the tools appeared all gleaming and shiny as new.

Leo is now the 'go to' person if a batch of old and rusty tools is found in some back-yard shed and presented to the Shed with the understanding that 'they might be of some use to you guys', an euphemism for just shucking them out to the rubbish because they can't be bothered.

Leo, who is now 90, was born in Melbourne and grew up in the outer regions of Melbourne that now form the huge housing estates at the foot of the Dandenongs.



As a boy, he collected and sold fire-wood with a horse and cart.

A period as an apprentice fitter and turner, then a spell with the Victorian Railways, and a trucking concern in Ballarat convinced him that working for himself was the way to go. He married his first wife Eileen in 1953 and soon he was operating a service station.

Four years later, he opened a tyre business in Bacchus Marsh, then another in Melton, a sparsely populated outer Melbourne suburb. But with people's increased reliability on the motor-car, concentrating on tyres proved to be a most successful business.

Tragically, Eileen died in 1990 and five-and-a-half years later, Leo married Jenifer who had a caravan which was to become the couple's first home in Lorne when they first decided to retire to the Surf Coast.

There is even a cabinet at the Men's Shed with glass doors to display an incredible display of tools, from old hammers to garden shears; they make a brilliant collection, a fitting example of Leo's care, patience and love in rejuvenating old mechanical paraphernalia Leo has loved since childhood.

NEW ONLINE COMMUNITY EVENTS CALENDAR FOR LORNE

lornecommunityhouse.org.au/community-calendar/

The Lorne Community House provides many opportunities to learn, socialise and connect with the community. In order for people to easily access these possibilities, the House has recently launched a new online calendar to showcase all of the wonderful courses and groups available. With a handy function to narrow the search to your interest areas, you can find the right activity to suit your needs and your schedule. Whether it be yoga, playgroup, drumming or an RSA accreditation, this calendar now provides a one-stop-shop to discover activities, groups and courses to spark your interest.

As well as displaying events taking place at the Community House, this calendar is also available for the promotion of community events being organised by other groups in the area.

For the township of Lorne with a small permanent population, the number of events, workshops and opportunities for our community to come together is immense. However, the disappointment of hearing of a fabulous community get together after the event can be disheartening, as can be planning an occasion only to find that it clashes with another at the same time.

This was the motivation for providing community groups with the opportunity to submit event information for inclusion in the online calendar. The importance of connectedness cannot be overlooked for the overall wellbeing of a community, and this new calendar goes a long way to addressing this issue.

The calendar is available for promoting events taking place within the Lorne Community Hospital catchment area, which includes Lorne, Aireys Inlet, Wye River, Deans Marsh and all the other small communities in between. To be eligible for inclusion in the calendar, the event needs to be open to the general public and be of broad appeal to the community. Full guidelines for event inclusion can be viewed on the Lorne Community House website.

It's an exciting step forward that there's now one easy place to get an overview of everything happening within the community. We're in the early days of getting this information out to all the groups around Lorne and surrounding townships, so please help us to spread the word. Go to the following link, have a look at the Calendar and pass this information on to anyone you know who has an event to promote.

We look forward to hearing from community members and groups with details of their upcoming events!

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WHEN SHOULD I EXERCISE?



Campbell Craig, Exercise Physiologist, Lorne Community Hospital

The past couple of years have seen a rising interest in exercise physiology and the benefits of exercise. Programs such as Insight, Catalyst, and Michael Mosley's latest self-experiment are helping to shed more light on the seemingly limitless benefits of exercise. Print and digital news media have been highlighting the benefits of strength training to delay or even avoid surgery for arthroscopies and joint replacements! Amazing stuff. I enjoy running 5 different exercise groups each week and after putting people through their paces for 45 minutes we typically spend the final 15 minutes stretching and chatting about my favourite topic, exercise myths. One question that came up this week was "when should I exercise?"

Myth number 1. Do not exercise for 30 minutes after eating

Previously it was believed that you shouldn't swim for 30 minutes after you ate. Why 30 minutes? Why not 20 or 45 minutes? Why only swimming? I am currently training for a long run which will require me to eat and drink every 20-30 minutes if I am going to have a hope of finishing. To prepare for this, I am not only running until my head torch runs out of batteries (3 times last month), but purposely eating and drinking an uncomfortable amount before heading out the door as this is a way to improve the ability of my stomach to digest and process food and water. I would not encourage this type of behavior to become part of your regular routine, I just want to highlight that there are no hard and fast rules around eating and exercise.

While we are awake, about 25% of the energy we consume goes upstairs to the brain (a very hungry organ). While we sleep, the brains' energy requirements are only slightly less than during the day and as we are not eating, we rely on the glucose (sugar) stored in our liver to maintain brain function. What this means is that when we wake our brain has depleted our liver and blood sugar supplies; add vigorous exercise on top of this and it is easy to explain feeling light-headed with exertion. Eating prior to exercise helps to avoid light-headed spells by increasing blood sugar levels. There is an art to eating before exercise to maintain your energy levels, however this is really only necessary before long duration or strenuous exercise before breakfast.

Myth number 2. Never exercise before bed

This one might have a little merit. Maybe, possibly, perhaps, IF you find exercise has a stimulating effect and keeps you awake when you are trying to go to sleep. High-intensity exercise (exercise that you cannot sustain indefinitely, but need to break up into shorter bursts) is a simple and effective way to release adrenalin into your system. As we are all unique, the time that it takes for your adrenalin levels to return to normal will vary. Some people may need to avoid high intensity exercise for 2 hours before bed, others may benefit from a rebound-relaxation state where you sleep better following hard exercise. Others might find that they sleep best when they reserve their intense exercise

bouts for the morning. What we know for certain is that mild and moderate intensity exercise such as walking, jogging and other continuous forms of exercise do not cause a release of adrenalin and can only benefit a healthy sleep. My final point on this one is that consistent exercise routines contribute to healthier sleeping patterns, while phones, tablets, TV, other stimulating devices, coffee, caffeine, alcohol, stress, working late, smoking, pain, stressful family matters, and depression are all much more likely to contribute to poor sleep patterns.

Myth number 3. You can "spot reduce" fat with exercise

This is probably one of the most common requests that I receive. How can I lose my belly fat? Sit ups? I am going to keep this one simple. Your stomach muscles or 'abs' are only a few little muscles, so focusing on them will achieve little results. For big results I recommend taking advantage of big muscle groups such your legs and hips. Let's look at the numbers. A common recommended goal for weight loss is to increase your exercise by 300 calories each day while reducing your food intake by 300 calories for a 600-calorie deficit, with a net loss of 500g to 1kg per week. In regards to sit ups, if you wanted to burn 300 calories, you would need to perform sit ups for about an hour. Yuck! This doesn't sound very sustainable. Running and swimming will burn about 300 calories in 30 minutes, while cycling takes about 40 minutes. Walking will also achieve approximately a 300 calorie burn in 60 minutes, but it can be performed in the great outdoors, is associated with a bucket load of other health benefits (significantly reduces back pain and depression to name two), is enjoyable in wintery weather when you are dressed appropriately, and is much more likely to achieve long-term success and therefore help you achieve results. It is also possible to break it up into chunks of 10-15 minutes at a time and build up to 60 minutes or accumulate your 60 minutes throughout the day. Simple.

Fast fact number 1: Exercise aids memory and reduces Alzheimer's risk

One of the many wonderful effects of exercise is the ability to stimulate your brain, improve your memory, aid concentration, and reduce or delay Alzheimer's. We used to believe that this was due to improved circulation to the brain with movement, but now attribute improved brain activity to be occurring on a more subconscious level. By simply going for a walk or a run, people are better able to generate ideas, work through problems, or achieve clear thought because the act of regular exercise such as walking is so natural for us that our brain can relax from the task at hand and commit more focused energy to thinking and creativity.

Fast fact number 2: Exercise makes you feel good!

The best time for you to exercise is the time that best suits your schedule and lifestyle and can become part of your routine. Once you have established the habit, then that simply becomes what you do, no more thought and anxiety about how or when to fit it in. Life is busy. The more you can make exercise a daily ritual (yes, daily), the less decision fatigue you will have and the more energy you can pour into the rest of your life. Finally, exercise makes you feel good. Exercise stimulates the release of a happy hormone called dopamine, which is also stimulated by taking anti-depressant medications. Exercise is quite literally a happy drug that improves mood and reduces stress levels. Apply liberally for best results.



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CHILLI : SOME LIKE IT HOT

Doug Williams

Many people will know Tim Duncan who works at the Lorne Hospital. I paid a visit to Tim a little while back to pick up some tips about growing chillies.

Tim is the Lorne doyen of growing chillies. There are some beautiful ones producing fruit in an assortment of colours : scarlet, green, yellow, purple and black. The black fruit looks startling against the green foliage of the plant. "I like the way the individual chillies look on the plant," said Tim. They look pretty cool." Well, I see the contradiction in saying this as I'm sure you do too now that it's been pointed out. My son would call it an oxymoron, giving him the opportunity to use one of the more interesting and bizarre words in the English language. Of course I can see what Tim meant by describing them in this manner : I like the way they dangle in an ornamental manner, their store of energy contained, dormant within a thin cloak of skin and ready to release a fiery passion. They may slouch on the bush in a nonchalant pose but inside they are a seething hotbed of fiery seeds.

Chillies are a type of capsicum so general advice around the growing of these applies to them. There are sweet, mild and hot varieties, hot being the one we know as the chilli pepper. When Tim was a youngster he would find info on growing chillies hard to come by. He may have referred to what was then the gardener's bible – Bruning's Australian Gardener. The 1973 edition mentions Long Red Cayenne having a five inch fruit (125mm) and other references claim Serrana Chilli to be the hottest. But that was then; this is now. Today there is a lot more choice. In Tim's collection there are about a dozen varieties growing in his garden. While not a particularly fussy plant to grow, chillies like a sunny spot. If there is too much shade they will produce fewer flowers and consequently less fruit. One thing that is the same as when Heck was a pup is the culture of the plants so that what Tim or I read when we were considerably younger is essentially the same today. Like all capsicums they like warm weather to produce best results. So in southern Victoria they are strictly for a summer vegetable garden. Plenty of sunshine and adequate water are the keys. They can be fed with a seaweed fertiliser for example or, since they are related to tomatoes and therefore have similar nutritional requirements, you can also use a tomato fertiliser. This contains the potash that helps flowering and fruiting, so apply it when the plant arrives at the flowering stage. Eggplant and potatoes are in the same family too. If growing them in pots as Tim does they should be given a feed once a week, particularly once flowering commences. If you don't want to sow seeds plant them out as seedlings when the weather starts to warm up. A small greenhouse or tunnel can be an advantage here. In the garden bed they are companion plants to tomatoes, leeks, garlic and onions and carrots too.

As I say there are many varieties, hundreds of them - from the mild Anaheim and Fiesta through to Habanero and Tabasco. They can be harvested and hung to dry in your kitchen. Simply snip off the required quantity to suit your palate conscious as you do so that chillies are known to lower blood pressure.



This is surprising when you are aware of the intense heat they can deliver – they can increase circulation and cause perspiration, the bodily reaction to cool you down - but then again you may be a person who likes them as hot as you can stand. In this case you might like to know that it is the compound capsaicin which delivers the hit, hitting receptors in your mouth and throat. Chilli peppers, which originated in Mexico, are quite genuinely addictive because they release endorphins that keep you coming back for more. People who are competitive will probably have heard of the scale that is used to measure the heat of chillies. It is known as the Scoville Scale¹. To put you in the picture : the humble jalapeno chilli registers between 2,500 and 5,000 Scoville Heat Units whereas the current world champion is a little number called Pepper X which comes in at an astonishing 3.18 million SHUs²! That's very, very, very, very hot. If this was growing in Lorne I reckon my eyes would be watering if I was looking at it from Wye River. No great surprise, then, to learn that chilli is used in marine paint to prevent barnacles growing on the hulls of boats.

1. In 1912 Wilbur Scoville, an American chemist, developed the Scoville Organoleptic Test.
2. It's a highly competitive area, hotly contested I'm tempted to say. Recent claimants to the title have been the comparatively warm entry from Australia in 2012 called Trinidad Scorpion Butch T at 1.464M SHUs and then in 2013 Carolina Reaper at 2.2M SHUs and more recently Dragon's Breath unveiled at The 2017 Chelsea Flower Show with 2.48M SHUs.

SPECIAL TREATS FOR OUR HONoured CITIZENS.

In early 2012 Op Shop members (known then as "ladies of the Auxiliary") were discussing ways to make a donation to residents of the nursing home to help pay for some "frills" to "embellish" the day-to-day routine of residents.

Members were aware that some of their friends and relatives were or would be residents of the home and many recognised that they too might be residents one day. Members felt that they should "contribute directly to enable these precious old darlings to feel our love, support and respect for them".

It was agreed that a monthly payment of \$100 would be paid into a special treats fund at the Lorne Hospital. This amount has increased over time to \$800 a month. (All quotes above are from then-treasurer Sue Grant).

A glance at the special treats spending in recent months gives an insight into the nursing homers' interests and activities. Pride of place is Cleo the resident feline. Cleo gets all his food and litter provided and he has an annual visit to the vet to ensure his good health. In return Cleo provides companionship and is available to sleep on residents' beds!

Nursing homers also like to travel. Locally of course. They regularly take tea in the hinterland - Forrest, Aireys, Birregurra, etc. There is also great enthusiasm for fish and chips with regular offerings from the Salty Dog. Entertainment is not neglected with visiting musicians coming by and in one instance Spanish dancers.

And to look the part, facials and manicures are available. Major festivals are celebrated appropriately. The Melbourne Cup celebration was spiced up with four prizes totalling \$60 on offer. Christmas presents were presented to 19 residents and Easter eggs were given to the Kinder Kids.

It is a source of great satisfaction to the active members of the Op Shop to know that the special treats that they have funded for the residents have enriched their lives in some way as indeed they have enriched ours. It also shows the nursing homers that they are not forgotten and are indeed honoured in the community.

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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 - rmcalders@gmail.com
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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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THE LOUTTIT LOOP

One of Lorne's most exciting and proactive 'changes' deserves some praise, publicity and support. At the AGM of the Senior Cits. it was decided that a few bold changes could be overdue! And so the new Lorne Community Connect group emerged, with the usual strong support from Clive and Lesley, Maxine Spizzica, Wendy Hutchison, Gary Allen, Pam Fulton and a few others. Fortnightly lunches (1st and 3rd Wednesdays) created by Lorne restaurants and confident local cooks have already started with Luke Morgan spoiling the oldies and not so oldies!! Stephen Hishon volunteered to cook his famous corned beef with trims, followed by a self-saucing chocolate pudd. All good! But the power of the word CONNECT is what delights me! Old, oldish or getting old folk should consider joining up for an annual fee of \$10 and let's all really connect Lorne. Membership forms are available at the Visitors' Centre. Suggestions or comments to lornecommunityconnect@gmail.com.au

As a Lorne resident who took the opportunity to fly north for some of this winter, I must say Lorne is always a very beautiful spot to come home to. Spectacular seas producing great swells and sadly removing sand from the beaches. Erosion on beaches seems more serious – especially where no protective big rocks have been placed. Gotta love the vivid rainbow which seems to completely cover Lorne almost every day! Lots of hugs and “welcome backs” at the post office box area and especially with the friendly team at Foodworks. Best of all the clear skies at night with millions of stars, so bright it is gob smacking!

Condolences to Alison and Graeme (Bluey) Armistead on the death of their dear daughter Fiona. She will be missed by so many of us as she had heaps of good friends in our town, but also by her four sisters and most of all by her gorgeous darling kids – Riley, Lily and Angus. Rest in Peace Fiona xx

Also, Margaret Cone died at the great age of 92. Margaret and Dr John (dec.) built two very interesting houses right at the end of Hall Street and there are many who have great memories of fun times with this charming and interesting couple.

Have you ever been peacefully bushwalking 'out the back' in our National Park when the terrifying roar of trail bikes disturbs the peace? Impossible to tell how close they are, and whether they are just round the next corner about to barrel into you. Not fun, and not legal either. A blitz by ParksVic, Police, and DELWP officers pinged 21 riders (out of 200 interviewed) in one recent month for a total of \$8,000. Offences included riding on management-only roads, riding in water catchment areas, and riding off-road in a National Park. Some were unlicensed and unregistered, and even carrying a firearm in a National Park! Thanks to our excellent free local weekly newspapers for this report!

Sad to hear our school principal Karen Biggelaar has decided to return to Ballarat as Principal of a large multi-campus school for special needs students. Karen will be missed as she really was a terrific asset to the school and to our town. Good luck Karen and thanks.

The dogs of Lorne will thank the LorneCare group very soon for organizing a permanent drinking bowl (with one for their owners and others above it) at the Lions Barbeque beach! Slurp, woof, woof, slurp. Gordon Bannister kindly kept replacing and refilling the previous vessel - an ice cream container.

If you would like to join our very welcoming and friendly land care group, the LorneCare team is delighted to be working once again in the divine valley of Stony Creek at 10.00 am on Sunday 19th August. This area is soon to be officially known as Camel's Lily Pond Walk! Last working bee 16 members planted 70 plants supplied by the Shire near the first bridge and also applied preservative to the wooden railings of that bridge. Keep an eye out for the two huge resident kangaroos who call the valley 'home'.

Bit hard to know where to exercise one's best friend lately with such high tides – and nowhere to run. Relocating to our footy ground was a great idea for a couple of days last week, especially as the beautiful surface was totally covered with pink/grey galahs busy digging it up! It didn't take much encouragement for the border collie to move them on – great fun in fact, but they kept landed just out of reach. Down he galloped and after fifteen minutes of “exercise” and me stomping down the diggings, we felt it was safe to depart. As we drove down William Street we were horrified to see that half a dozen had returned and the others were hovering. Gawd! Guess they are the original owners eh?

Big changes in the Bottom Bar at the Lorne Hotel. Massive. Rumour is that the Movida Restaurant will be the new occupant! How exciting.

Many road rules and laws seem weird and unfair, and being frequent users of the Great Ocean Road and the M1 one is quite vulnerable to falling foul of them! Lillian is sad to report that since I no longer share the driving with dearly departed hubby Rick, I have racked up 12 points in five incidents in two sad years! Fines Victoria have offered the weirdest punishment deal imaginable! Cops refer to this (and tradies also) as “double or nothing”! I have the choice of an extension of the Demerit points time of 12 months – BUT if I incur even one more demerit point in that year I'll lose my licence for six months. OR I can choose to lose my licence for three months and start again after that with a clean slate. Now, I'm sure I am not the first person in Lorne to be hit with this decision – but it sure is odd. As the thought of turning into a nervous, dithery, really slow road user for twelve months makes me feel terrified, I've decided to go for 3 months punishmentRoadrunner

Lil!



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greatoceanproperties

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KIDNEYS NEED MORE WATER

Health authorities continue to emphasise the kidney's need for water. The urinary tract is our body's plumbing, filtration and liquid waste disposal system; and it's critical to health and well being. There is a need to keep our insides well hydrated to ensure we have a healthy urinary tract, free from infection.

Better hydration (drinking sufficient fluid) will also help prevent the formation of kidney stones - definitely a condition to be avoided. These hard rock-like crystals can vary in size from as small as a grain of sand to as big as a golf ball.

Not surprisingly, pain is often the first sign of a kidney stone - gripping pain in the back just below the ribs, sometimes spreading to the front of the body and towards the groin. Other symptoms can include blood in the urine, nausea and vomiting, and sweating and fever.

Kidney stones are one of the commonest conditions affecting the urinary tract with the lifetime risk of developing kidney stones about 1 in 10 for men and 1 in 35 for women. The cause is sometimes difficult to determine. Often there are high levels

in the urine of certain chemicals such as calcium, oxalate, cystine and uric acid; but stones can also form when levels of these substances are normal.

Even more common than kidney stones are urinary tract infections, generally called simply UTIs. And with these kidney problems, more women than men are affected.

UTIs can involve just about any part of the urinary tract. The kidneys and the bladder can be affected, as can the ureter and the urethra - the "pipes" which carry urine to and from the bladder.

The Pharmaceutical Society (PSA) has produced information which has some self help hints on how to reduce the risk of urinary tract infections. And it starts with drinking enough water.

Check out the Kidney Health website at www.kidney.org.au, or call into your local Self Care Pharmacy. For the nearest location phone PSA on 1300 369 772 or click on Self Care then Find a Self Care Pharmacy at www.psa.org.au.



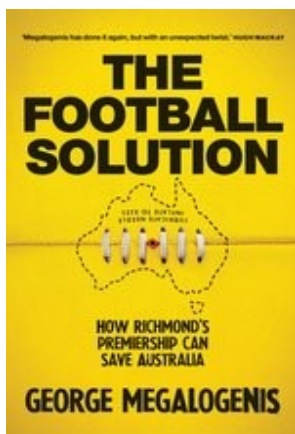
Your monthly health newsletter brought to you by the team at the Lorne Pharmacy & Beauty Retreat

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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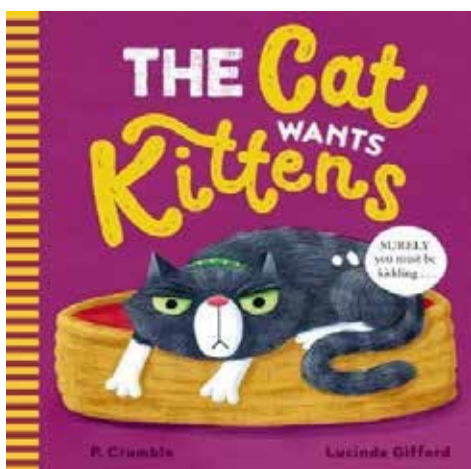
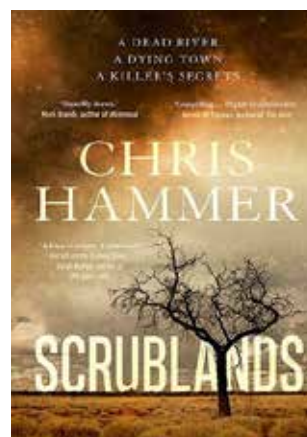
In a characteristically sweeping and entertaining story, George Megalogenis, Richmond tragic, reveals how football has been shaped by the nation that invented it and how the game we love, in turn, might help resolve Australia's political impasse. 'Richmond are not yet ahead in the premierships wars, but through inspired leadership, they're streets ahead in the culture wars.' BARRIE CASSIDY

***The Football Solution*,
George Megalogenis, \$32.99**

For readers of Jane Harper's *The Dry* and *Force of Nature*.

In an isolated country town brought to its knees by endless drought, a charismatic and dedicated young priest calmly opens fire on his congregation, killing five parishioners before being shot dead himself. On the anniversary of the shooting a journalist arrives in town and uncovers the real reason for the shooting.

***Scrublands*, Chris Hammer, \$32.99**



Kevin has some new playmates. They are cute and cuddly and they're here to stay... but not if Kevin has anything to do with it! See what happens when two adorable kittens barge into Kevin's life and make themselves at home. How will this fussy feline cope?

***The Cat Wants Kittens*,
P. Crumble and
Lucinda Gifford, \$17.99**

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