

LORNE

Independent

No 202 September 2018

Produced as an independent newsletter by Lorne Independent Inc.



ELLIE FIRST TO THE FINISH LINE

Lorne Community Hospital's Ellie Pashley holds aloft the winner's trophy, with male winner Ben St Lawrence in the recent Sydney City2Surf Fun Run. More page 14-15.

In this issue:

Lorne Invasion of bike riders. See page 2

John Agar on pages 11 reminisces the past, The Point, tides and movement of heavenly bodies



Lorne will again be invaded by more than 10,000 cycling enthusiasts and their camp followers over the week-end Saturday and Sunday, September 15 and 16 in the eighth Amy's Gran Fondo.

Riders alone will number over 5,000 and this year, a couple of new events have been added to this ever growing behemoth – something called 'Gravel Fondo' with riders churning up unsealed tracks.

This track winds its way from the vicinity of Teddy's Lookout up through the Otway National Park nearly to the Barwon Downs and returns to Lorne.

The promoters word it this way: Go Gravel - 65km Amy's Gravel Fondo The perfect ride for those who want to take their riding off bitumen and onto the gravel including 1,500 metres of climbing, ideal for those who prefer mountain or cyclocross bikes to road bikes in Lorne.

There are two versions of this event, one for the average recreational bike (and lycra) enthusiast, the other a National Championship to allow for international qualifications.

In terms of the two-day event, the organisers offer this 'snap shot' of happenings, with events and distances to appeal to everyone in the family:

- Go Long - 45km Medio Fondo or 120km Gran Fondo with 2021m vertical climbing.
- Go Short - 14km Family Fondo at both Lorne and Apollo Bay.
- Go Gravel - 65km Amy's Gravel Fondo
- Go CycloCross Taking place on Saturday 16 September Lorne foreshore, this CycloCross takes place on the beach and the foreshore.
- Go Wall Challenge yourself to the vertical climb of Amy's Wall 110 metres with an average gradient of 15%, the ultimate hill sprint.

In addition, there is also the ever-increasing foreshore market which will offers a range of cycling paraphernalia, including essential coffee, and a variety of energy packs.

Roads in and around Lorne will of course be closed at various stages to allow trouble-free and unencumbering passing.

As in previous years, the event really starts on Friday with many participants making a 'week-end' of it, and it's really not until Monday morning that order has been restored. In addition, many riders use the days up to the Gran Fondo to familiarise themselves to road conditions, and in the days following to 'get a bit of a ride in' while they're on the Surf Coast.

So watch out for riders on the roads before and after the event.

From the deck:

DYNAMICS AT THE POINT

There is magic in the solitude and serenity of my winter deck in Lorne. It brings endless pleasure.

Some nights ago, I looked up and saw Scorpio, red Antares as its pulsing heart, riding high in the night sky. Later, I looked down at the steady swell of the sea, beating against the ramparts of the land, and shrinking the sand.

‘Back in the day’, the endless summers of the 50’s and 60’s inevitably found me at the Lorne Point, inexpertly jostling the likes of ‘Claw’, ‘Bear’, Brian, Alan, Gail and Wayne ... not to forget the local ‘boyz’, Moose and Daryl. I was there, hail, rain, and shine. But now, the once wide stretch of sand and rock, the upturned mussel ranks, and the smooth spots where patient girl-friends sat, talked, and waited ... all have now submerged beneath the marching tide. Only the most intrepid local would now choose the sand route to the Aquatic Club of an evening.

Tides are higher in the winter: it has always been so. But while individual tides are drawn and released by the gravitational wax and wane of the Moon, there are titanic earth-driven forces at work, too.

To quote a CSIRO source, the oceans are not like a bathtub, with the level uniformly rising or falling as water enters or leaves the global ocean system. Beyond the monthly effects exerted by the moon, the oceans also rise and fall under the triple earth-bound influence of short, semi-annualised, or seasonal ‘sloshes’, superimposed upon a longer, cyclical ‘swaying’ motion ... all three being intermittently augmented by an occasionally passing ‘endless wave’.

As I wistfully dream of those long gone but halcyon days on ‘The Point’, I ponder the factors that underpin the sloshing, swaying advance of the sea.

First, water expands as it heats and contracts as it cools. As global temperatures are rising, the oceans are correspondingly warming and volume-expanding. In addition, as global temperatures rise, water once trapped and corralled high above sea level as glacial ice is melting into the sea, adding to the water load.

More immediate for us, here, in this great southern land, are a further series of ‘local’ forces. Positioned – as we are – right between the two largest temperate oceans on the planet [the South Pacific, and the Indian Ocean] and straddling – as we do – the largest, contiguous, cold water body in the world [the Southern Ocean], Australia is uniquely subject to three natural oceanic forces: the Pacific Decadal Oscillation, the Indian Ocean Dipole, and the Antarctic Circumpolar Wave. You just have love those catchy names ... but I just think of them as an eastern and western wobble, and a southern swoosh.



The Pacific Decadal Oscillation to our east underpins some of the cyclical weather events we know of as El Nino and La Nina ... though is more complex than just those two weather events. But, in essence, it ‘wobbles’ the body of water to our east.

The Indian Ocean Dipole does exactly the same, but to our west, and it affects the weather and ocean temperatures to the west ... incidentally, the direction most of our Lorne weather comes from.

The Antarctic Circumpolar Wave is a 6-8cm wave that circles the globe in the Southern Ocean once every eight years or so. You can’t see it, but it gently raises the sea level along our southern shores each eight years as it passes us by.

Imagine what may happen to the sea levels around our shores if the respective eastern [Pacific] and western [Indian] wobbles both ‘counter-slosh’ ... the Pacific sloshing west and the Indian sloshing east ... just as the Antarctic Circumpolar Wave wafts past our southern shores.

Now, I begin to get it, as I look down from my deck at the destructive erosion along the foreshore, and as I ponder the contributions of ‘inexorable warming’ versus ‘variable slosh and wave’.

The moon: monthly ... the polar melt and freeze: seasonal ... El Nino and La Nina: a mean five yearly cycle ... ‘the wave’: roughly every eight years. Try building a classroom model for that!

But, there remains a glimmer of hope that my halcyon Lorne Point may yet re-emerge, in winters to come, and for the enjoyment of my grandchildren ... even if only for a little while!

John Agar

EDITORIAL

The grey animal moved confidently out of the safety of the small clump of trees and obviously had no fear of the approaching car. The body was probably over half a metre long, bulky, and for a couple of heart-stopping moments the thought dominated that this was definitely a sighting of the Otway panther.

Then, when the car was almost level with the creature, it turned its head and there in the light of the afternoon glow, was the face of a cat, like a tiny clock-dial in the blown-up football shape.

The incident happened just past the Birregurra turn-off on the back road driving towards Colac, a good reminder of the feral cat population that is such a plague on the Australian wild-life population.

A docile cat, schmoozing up against a leg or sitting in your lap and purring might be very endearing but once out the door, the animal becomes a ferocious and successful killer and a threat to our most critically-endangered native wildlife.

It is officially estimated that cats kill 466 million reptiles and 272 million birds in Australia every year.

Lorne, thank goodness, only has a small cat population but it does have its share of feral animals, usually cats that had just been 'dumped', left after visitors couldn't find them on departure, or bred in the wild.

The late Michael 'Camel' Callanan who knew everything there was to know about Lorne's natural environment, estimated we had a permanent feral cat population of about 50, mainly because of the availability of food scraps from rubbish bins.

Authorities have reduced this number over the years but the fact is that there are quite a number of those feral creatures slinking about Lorne.

One of the biggest threats to wildlife is allowing cats outdoors after dark – in fact, Surf Coast Shire pet regulations clearly state that within the Shire, except in the rural zone, cats must be confined to their owners' premises between 8pm and 6am daily.

Cats must also be registered with fees ranging from \$195 for unsterilized cats (\$97.50 for pensioners) with reductions for having the animals sterilised.

Cats of course make wonderful pets, especially for those who live alone, but one lady used to announce with pride that her Moggy had left another dead bird on her door-step as a present, a sort of 'thank you' gesture.

Enforcing regulations is a problem – perhaps the Shire and/or Parks Victoria can form a sort of 'Cat Squad'. To highlight the seriousness of the whole cat issue, ParksVictoria has now developed a 'Feral Cat Scan' app home screen which allows the user to easily record cat activity in their local area.

GORCC's Environment and Education Manager, Alex MacDonald said the FeralCatScan App will provide valuable data for land managers to help develop effective management strategies.

Cats have no natural enemy – apart from the occasional dog which is more bark than bite and can't catch a cat anyway – and once in the wild is a killing machine without precedent. The feral animal on the Colac road didn't get as fat as it was by just scrounging around in the odd refuse bin.

For more information – www.feralcatscan.org.au

FEDERAL GOVERNMENT COMMITTS \$230,000

for Lorne Stribling Reserve upgrade

The Federal Government will commit \$230,000 to upgrade facilities at Lorne's Stribling Reserve, home to the town's Dolphins football and netball club and the Lorne cricket club.

MP for Corangamite Sarah Henderson said that the funding commitment will provide \$200,000 towards the

redevelopment of clubrooms including new change rooms for netball. A total of \$30,000 will support the installation of a new electronic scoreboard.

"Stribling Reserve is a key community asset for Lorne locals including the Lorne Aireys P-12 College as well as visitors, and a hub for both junior and senior players and supporters.



THE LOUTTIT LOOP

Along the Great Ocean Road, nearly all of us had experiences of near misses and (God forbid!) actual crashes with vehicles driven by oversea tourists, and the anecdotes make for good stories on Friday night at the Aquatic Club. Thankfully, severe incidents have so far been avoided.

Now Richard Riordan, MP has come up with a possible solution to make the GOR a little safer – he is pushing for some sort of legislation that will force overseas visitors to have to pass a driving test before they can hire a car.

Instead of just handing out keys to a car, or more likely a ‘people mover’, they would first have to don ‘reality goggles’ and answer questions while viewing a program on our road use. Only with a satisfactory pass are they then allowed to get into their hire car and attempt the GOR.

Spotted on the way to Melbourne on the Geelong Road – a sign offering ‘Asian’ toilet bowl for \$165. There’s been talk about fitting these onto some of our ‘visitor toilets’. Can you imagine many people in our little town over the age of 50 squatting down on their haunches?

We’d like to welcome to our little town Raj Kakarla who has been appointed Mantra Lorne’s new general manager. Raj as he likes to be called has had more than 30 years’ experience working for some of the world’s biggest hotel groups. Since taking up his new appointment recently, he has been a constant commuter between Lorne and Melbourne as his wife Pranathi works in the big city and daughter Meghna is studying in Year 12. A believer in encouraging youth, Raj hopes to involve Mantra in some projects with our P-12 college and the general community and make available work experience to those interested in a career in hospitality. As part of his plan to work with the Lorne community, he recently joined the town’s Lions Club.

Now don’t laugh, but the girls at the Endota Spa at the Mantra say they have had a good turn-over in male clientele – visitors who might want to be pampered with facial massages and creams, and generally get that relaxed feeling, but increasingly our local lads avail themselves of the various services.

No, then don’t march in through the main Mantra entrance and then make their way down the long corridor, but take the side-entrance. Sneaking in is not the right word to use. More like slipping in, hopefully unnoticed in the half shadows, to get full benefits from their gentle nyctophiliac feelings.

Congratulations to the operators and staff at Lorne’s Great Ocean Road Cottages which has been awarded the 2018 Recognition of Excellent Award, a prestigious approval recognition in the hospitality industry.

Brendon McQueen, Hotels Combined Co-Founder said that the Cottages had been rated at 9.3 by guests, a very high score indicative to the quality of service the business offered.

Just when you think you’ve worked out the dangers of listening to one call-centre operator, up pops another. But let’s not beat about the bush! (Wattle?) There is only one purpose for most of these calls – to somehow part you from your money. The latest is an Asian-voiced young-sounding female who says she’s from Telstra. There is a problem with your computer and she wants to help you out. Telstra first of all does not give a stuff about your computer and if there is a problem with a line, they send a letter. Interestingly, after a while she will hand you over to another ‘consultant’ and finally you end up talking to a male (still an Asian sounding voice) who wants to know your credit card details. It would be improper to write down the obscenities that floated down that telephone line. One way!

Sympathies to Dee Stewart who feels the need to shut her shop Beachouse over September 15 and 16 when they’re running the Gran Fondo. People everywhere (except in her shop) and absolutely no parking. Dee says it costs her more to keep the shop open than she would get from sales, an observation shared by a number of Lorne shopkeepers. And the Gran Fondo is getting bigger by the year ...what’s the saying about offering your hand and they then take the whole arm?

POSITION VACANT

Honorary Treasurer

Lorne Sculpture Biennale 2020

You may have heard of the exciting new ideas surrounding plans for the 2020 Lorne Sculpture Biennale.

Lorne Sculpture Inc. is seeking a volunteer to join its Committee as Honorary Treasurer, while it develops these plans for 2020.

If you are a qualified accountant and would like to assist LSB in a wide range of activities we would love to hear from you

Please provide brief details of your experience and why you would like to join as a volunteer to manager@lornesculpture or call 0408 331 696.

Closing date: 17 September, 2018.

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The Lorne Independent Inc. is produced on a non-profit voluntary basis and, as a newsletter, seeks to give in its pages open access to the community. It is important to note, however, that opinions expressed by authors of articles are their own. Advertising and publicity for community events is free, and all other contributions are most welcome. Supplied copy and pictures must bear the name and address of the author and/or organisation. The editorial committee of the Lorne Independent reserves the right to cut, alter or otherwise work the articles to make them suitable for publication. The committee also reserves the right to reject articles and/or photos if it deems the material to be unsuitable for publication.

Please note: Absolute deadline for copy is five days before the end of the month.



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FROM OUR COUNCILLOR

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



2018/19 Property Valuations and your Rates

Property values are recalculated every two years however from 2018-19 they will be calculated yearly by an independent valuation firm as required under the Valuation Land Act 1960, and approved by the Valuer General Victoria. Property values are used to apportion rates, they are used by the State Government to calculate land tax.

Property Values within the Surf Coast Shire have grown on average by 19.4% over the past two years :

Capital Improved Value comparison 2016/18

Property Type	%	2016	%	2018
Residential/Life style	78.22%	\$11,420 billion	79.95%	\$13,938 billion
Commercial/Industry	6.21%	\$906 billion	5.43%	\$947 billion
Rural	15.57%	\$ 2,273 billion	14.62%	\$ 2,548 billion
Total	100.00%	\$14,599 billion	100.00%	\$17,433 Billion

Residential Properties experienced the highest growth in Capital Improved Value.

Residential Property Values experienced the highest growth in Torquay, Jan Juc & Anglesea. The average Residential Valuation Increase was 24.24 %

Township	Growth
Torquay	27%
Jan Juc	28%
Aireys Inlet	21%
Anglesea	27%
Fairhaven	10%
Lorne	13%
Deans Marsh	5%
Moriac	11%
Bellbrae	13%
Winchelsea	12%

Capital Improved Values are used as a basis for apportioning rates. If one property value goes up in comparison to other properties, the rates apportioned to that one property will increase and the rates attributed to the others will subsequently decrease.

Initial rate notices were dispatched to all ratepayers in the second week of July 2018. Even though the rate cap is set at 2.25% in 2018-19, this cap applies to the Shires total rate revenue only. Individual ratepayers may experience rates with higher or lower increases than average depending on how much their property values have moved. Waste charges and Fire Services Property Levy also appear on a rates notice and are not capped. The Fire Services Property Levy is collected on behalf of the State Government.

If you would like further details or any clarification on your rates please contact the Surf Coast Shire info@surfcoast.vic.gov.au.

Lorne Community Connect

The monthly Lorne Community Connect celebrity lunches have become a great success with over 40 people attending last Wednesday. The next lunch will be held on Wednesday 19th September. We are currently finalising the next Celebrity chef from a renowned establishment in Lorne. To register your interest please email lornecommunityconnect@gmail.com

Surf Coast Shire Event Grants Program

The Shire's Event Grant Program will open 1st September and close on 30th September. There are 3 types of Event Grant Programs

- Community events that take place year round can seek funding for up to \$5,000.
- Major Events that are held in the off-peak season (post Easter to 15th December) can apply for funding up to \$10,000.
- Signature Events that are held off-peak can apply for funding over \$10,000 and are eligible for consideration of multiple year funding.

For further information contact kpatterson@surfcoast.vic.gov.au

NEED
LANDSCAPING

RMP
LANDSCAPES
0412 525 012

Lorne Community House

communityhouse.lorne@swarh.vic.gov.au
5289 2972

Games Group Thursdays 1.00 to 3.30pm
All welcome

Gardening Get together Tuesdays from 11am
Playgroup Thursdays 9.30am
Computer Access Monday to Thursday - 9.30am - 2.30pm

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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 be working with the Friends of Queens Park.

We will meet in the car park near Teddy's Lookout at:

10.00am on Sunday 16 September

As usual, our working bee will be followed by a barbeque at about 12.30pm. Visitors and new starters will be made especially welcome.

**Sponsored by
Great Ocean Road Cottages**

*For more information about LorneCare contact:
Alain Purnell Tel: 5289 2906 Mobile: 0417 031 905
Email: alainpurnell@bigpond.com*

Lorne - a place of natural beauty and special significance

LETTERS TO THE EDITOR

Dear Editor

Plovers – You’ve got to love those cute little babies.

I’ve been observing a breeding pair of plovers feeding and nesting near our work yard. Plovers nest mostly on the ground and the young hatchlings are susceptible to predators such as foxes, dogs and cats. The adult birds were quite well known in the past for the distinctive yellow spikes they have on their wings which they can use to swoop down on people and cause minor injuries. This is a defensive mechanism to protect their young. These days most plovers have become quite tame and are a pleasure to have living nearby.

Unfortunately, the plovers have vanished and we observed a Russian Blue Cat stalking the area.

I am disappointed! A pet gone feral has most likely killed these birds and other native animals in the area.

What can I do?

Indeed, what can we do? This killing is going on right now in our yards! Fairy wrens, parrots, honeyeaters, kookaburras are all prey for cats. The possums, geckos and blue tongue lizards are also under attack.

I respect the right for people to own a pet cat and if it stays in the house at all times and isn’t slaughtering Lorne’s wildlife; I think a cat can be a great companion. What can we do? If you own a cat please don’t ever let it out of the house. If you know the owner of a roaming cat, talk to them about their responsibilities as a cat owner and express the fact that you are disappointed that it has most likely been killing native wildlife on or around your property.

Responsible cat ownership? This means cats must remain indoors during the night.

Stephen Bayley
Lorne

Dear Editor

Beachouse Gifts - Closing Gran Fondo Weekend.

Dear loyal and regular and lovely customers of Beachouse Gifts Lorne.

I will be closing at 2pm Saturday 15th September and reopening on Monday 17th September –there being no parking in Mountjoy Parade and Smith Street from 12pm Saturday.

The impact of the Gran Fondo Weekend Event is crippling to my business and when they closed Mountjoy Parade on the Saturday afternoon for the Criterium three years ago and then reversed the event finishing in Lorne and closing Mountjoy Parade on the Sunday all day last year – I have seen a loss now of over 75% for the two days.

Last year was the most disappointing and frustrating weekend of running my small business over the last 20 years and I am not going to put myself through it again.

Surf Coast Shire has ignored the small retailers in Lorne and has chosen to support this event without considering the impact on our small businesses, which pay substantial rates. Something that is very relevant at the moment, I pay four times more in shire rates per day than my shops power bill per day.

I have tried for change to this event through the local traders and many meetings but I have got nowhere. It saddens me that it’s the little guys against the big guys. The event founder just threatens to take the event away without considerations or alteration to assist our small businesses – sadly he is just a bully who tries to intimidate.

As I write this letter it’s 12.30pm on August 25 and I have already taken as much as I did for the two days of the Gran Fondo weekend last year (I am sure you now understand my frustration).

Dee Stewart
Beachouse Gifts - Lorne

LITTER IS A BURNING ISSUE

Environment Protection Authority Victoria (EPA) issued 12,000 litter fines in 2017-18 and the litter that annoyed Victorians most was the lit cigarette.

Cigarettes are the most common litter and the type most commonly reported by the public.

More than three quarters of litter reports to EPA involve cigarette butts tossed from vehicles, and more than half involved a cigarette that was still burning.

Other litter fines were for food packaging, drink containers and other small items. Litter contaminates the soil, chokes waterways and endangers wildlife, and a lit cigarette is a serious fire hazard.

EPA’s litter reporting service gives the public a clear mechanism for reporting people who throw litter from a vehicle, by using the car’s registration number to track down the alleged offender.

You can report littering at www.epa.vic.gov.au or by calling 1300 EPA VIC (1300 372 842). It’s important to be willing to give evidence in court if the alleged offender challenges the fine, but if you get the details right, most of them just pay the fine.

Your report should identify the car, describe the person, describe the litter and how it was disposed of, and the time and place where it happened.



CAFÉ and BAR

Opening from 6th September

Women's Health Week Dinner
then every

Friday Saturday Sunday

Monday Night Music as advertised

Dinner from 6pm

Bar: Thursday to Monday from 4pm or by arrangement with Jeff.

Barefoot Bowling: call Jeff

Restaurant bookings: 5289 1462

Catering Enquiries: Luke 0467 249 780

Bowling & Functions: Jeff 0419 188 884

Club Functions for September

PRESIDENTS COMMUNITY CUP

(All welcome to participate)

Round One Wed 12th Sept: **Round two** Wed 19th Sept: **Round three** Wed 26th Sept:

ENTRIES CLOSE 10TH SEPTEMBER 2018

Email: gary.allen@lornebowlsclub.com.au **Phone :** Gary 0421 077 267

for entry form

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OP SHOP BUZZ

For a great bargain to be won in an op shop the amazing donation and the right buyer need to land at about the same time. Often customers come into the shop asking after a particular item, only to be told that we had one last week or last month but it's gone by now. Well, a few weeks ago the planets must have been aligned, because a donation of old toy soldiers was made to the Lorne Op Shop just as a keen collector of them was in town.

The provenance of the collection of little soldiers isn't known but they could have been at least a hundred years old. The very earliest tin soldiers were made in Germany in the late 18th century. Many of the early toy soldiers were hollow cast from lead alloy and would no longer be allowed to be supplied to children as toys because lead is now recognised as a toxic substance. During the 20th century toy soldiers were made from plastic and are still being made and collected today.

These little soldiers came in a special display box which the collector didn't want, so a deal was struck. He paid a little less for the soldiers, and the display box and two larger figurines, which this collector didn't want, were sold separately. The Op Shop made a couple of great sales and this particular collector was over the moon about his purchase.

Sometimes similar strokes of luck occur with gorgeous designer clothing or special pieces of china - the goods happen to arrive in the shop just as someone comes looking for them, and everyone is happy. As always, we say thanks to our wonderful donors who bring such astonishing and precious goods to our shop to enable them to be recycled and to generate funds to support our community.

Mandy Calder
Lorne Op-Shop

Acupuncture Therapy

at

Lorne Community Hospital

Andrew Broomfield is available at
the Lorne Medical Centre on Tuesdays.
For appointments phone 0438 816 170
www.colacotwaychinesemedicine.com

SUE GRANT TAKES A BREAK

Her prose was like a magnificent fire-works display, a thousand flashes across the sky and the crackle and popping still audible long after the visual had died down.

Sue wrote as she spoke – with an enthusiastic gush that took no prisoners.

When she first started on her award-winning column, Lillian, people sure didn't know what to make of her writings. Her prose incorporated gossip, news, the hatch-match-and-dispatches of Lorne, who was who and what was what, all delivered in a style that left the reader gasping for breath.

But over a few short months, 'Lillian' was the story you turned to first when you got your latest copy of the Lorne Independent, then, after absorbing it, laughing and nodding your head wisely at Lillian's honesty and fact-checking integrity; the people of Lorne were hooked.

Sue Grant, in line of a truly professional journalist, always made sure she checked and cross-checked her facts. Her professionalism and the quality of her writing was recognised by the Community Newspaper Association of Victoria some years back with a 'Finalist' award in the 'Features' section of CNAV's annual community newspaper awards.

Sue also published many different articles in the Lorne Independent and it didn't require a peep at her by-line to identify her prose.

A successful businesswoman in the clothing trade, Sue and husband Rick came to Lorne early this century and with their enthusiastic participation in community activities (Sue also worked at the Op-shop and Rick was a keen golfer), they were true 'North Lorne Royalty'.

They helped out in the community wherever there was a need. In the company of their beloved black-and-white dog Rocco, they were a familiar threesome frolicking on the North Lorne beach.

Tragically, Rick passed away two years ago. After Sue lost her driving licence because of accruing de-merit points following speed fines, she decided to ease off Lorne for a while, and seek solace in spending time with her family and travelling.

Although the team (and Lorne) will miss Sue terribly, we are still hopeful she will make the occasional contribution.

JV for the team.

SPRING FIREWOOD COLLECTION SEASON NOW OPEN

The Spring Firewood Collection Season for 2018 starts across Victoria on Saturday 1 September and closes on Friday 30 November.

Regional Manager Forest and Fire Planning, David Rourke said: "We want to remind people that it will once again be legal to collect firewood from designated areas on public land across Victoria from the 1st of September until the 30th November 2018.

"More information and updates, including interactive maps showing designated collection areas, will be available on www.ffm.vic.gov.au/firewood from the 1st September, or you can call 136 186 to find out more." Mr Rourke said.

People are allowed to take a maximum of two cubic metres per person per day and a maximum of 16 cubic metres per household per financial year. This is to prevent households stockpiling large volumes of firewood from public land and denying others a supply.

All firewood must be cut on the ground— the felling of any trees for firewood by members of the public is strictly prohibited."

Go to www.ffm.vic.gov.au/plannedburn, download the VicEmergency app or call 1800 226 226.

YOUR COMMUNITY, YOUR VOICE!

The Lorne Independent is the voice of the Lorne community. It is aimed at local residents, weekenders 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



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THE SURF COAST ARTS TRAIL 2018

There is, oh so much more to this event than meets the eye. All the publicity and most of the preliminary work is undertaken and superbly carried out by Surf Coast Arts officer and all round encourager, Julie Dyer.

The weekend came with some "rough" weather, but it did not deter the people from coming to view the art of over 200 artists displayed in over 65 studios dotted along the coast and into the hinterland of our wonderful shire. More than 105 people attended my wife's studio alone, despite the weather, with good sales being made.

In many of the studios not only was the art exhibited, hung on walls, scattered over tables and benches, but there were also practical demonstrations by botanical artists, printmakers, painting, woodwork, pottery, jewellery-making, weaving, sculpture and other mediums.

The studios range from back rooms/garages to full-fledged purpose built workrooms. Many towns rely on the Community houses to host year-round classes and this weekend's exhibitions.

It is a unique opportunity for those interested in art to see first-hand the depth of talent hidden away in our hometowns and country halls. The range of skill is vast from amateur to professional. But in the words of Henry Van Dyke "Use what talent you possess: the woods would be very silent if no birds sang except those that sang best".

It was a celebration of life and art on the Surf Coast.

Hadyn Rickey
Anglesea



SPRING ART INTENSIVES AT QDOS

Graeme Altmann September 25, 26, 27.

Oil painting on Paper

Discover and explore many of the skills and techniques used today and apply them to create your own oil paintings. Explore how to 'see' the landscape and assist you in developing your own style and creative expression through the medium of oil paint on paper.

Phil Doggett-Williams October 9,10,11.

QDOS Drawing Intensive: Technique, Process and Invention

A workshop presenting a series of scaffolded drawing lessons teaching foundation skills and advanced.

Jock Clutterbuck October 20, 21.

Drawing with the Mind's Eye

Art is created from a sacred, special place in one's mind, drawing on the mind's eye is a way to access that space Learning how to see differently and powerfully is fundamental to what we do as Artists.

David Long October 13.

Dry Stone walling as sculpture or plinth

Lectures, demonstrations, a hands-on understanding of straight and curved walling.

Dianne Longley October 27, 28.

Encaustic Workshop

Using photographs or drawings on wooden panels

Rimona Kedem October 30, 31, November 1.

Conservations with Self

This workshop provides us with strategies for tapping into the unconscious pictorial vocabulary by overcoming the blocks that keep one from expressing ourselves freely.

Shona Wilson November 13, 14, 15

Collaborations with Nature

The intersects between nature, science, spirit, and art are potent environments to research and play within creatively. Art making can become Ceremony.

For all Workshop details please call Qdos Arts or visit www.qdosarts.com

On site accommodation at student rates.

SPORTSBRIEFS

John Ford

Lorne Hospital Champions!

With a population of only about a thousand people we can now boast two running champions working in our hospital – for our health and fitness benefit! How privileged we are living here in Lorne.

Lorne Hospital physiotherapist Ellie Pashley was the female winner of the Sydney City to Surf fun run on Sunday 12th August. This is a truly outstanding achievement given the fact that about 80,000 runners took part in what is probably Australia's best known running event! Ellie finished in 21st place overall behind male winner Ben St Lawrence. Campbell Craig who is the exercise physiologist at the hospital won a 100 kilometre run in the You Yangs on 23rd July, meaning that we have two amazing champions working at the hospital!



Ellie is such a modest champion and when I spoke with her she was much happier talking about how she really enjoys working at the Lorne Hospital. However she did describe how she started the race fast and ran very hard on the hill – known as heartbreak hill – to 'break up' the field. Despite this fast start she kept powering on to Bondi to record an exceptional time of 46 minutes and 13 seconds for the 14 kilometre event! This is an average time of just over 3 minutes per kilometre which is truly power running. Ellie was keen to acknowledge the ongoing support of her family and friends, her coach Julian Spence from Anglesea, and her husband Joe. Her next goal is the Cape Town marathon in South Africa in September and we wish her the best of luck!

Campbell Craig (right) took part in a weekend of running in the You Yangs where there were events over a range of distances. Campbell ran in the 100 kilometre event and had a great win, covering the course in just over 10 hours! Most of us who have run a marathon – just over 42 kilometres – could not imagine running that huge extra distance.



The run consisted of a 20 kilometre course where runners had to complete five laps, including five ascents of Flinders Peak at the top of the You Yangs. This really is endurance running and Campbell's effort in winning was truly brilliant.

Regular readers of the Lorne Independent will recall that Ellie also won the Mountain to Surf event in Lorne last January, and that Campbell wrote very helpful notes on fitness and training in the August edition. Both perform their roles at the hospital with a very caring, motivating approach.

They assist so many of us with fitness and balance issues, injury rehabilitation, and in having a positive outlook on life. You do not need to be an athlete or champion to benefit from their training and very pleasant manner – and Lorne gains so much by having them here at the hospital. Well done Ellie and Campbell.

Dolphins' Finals Campaign

Lorne's four football teams – Seniors, Reserves, Under 17.5's and Under 14.5's – have all made it to the finals which started on the weekend of 25th & 26th August. The football club is to be congratulated on this great effort. The Seniors and Reserves both finished second on the ladder at the end of the home-and-away season, the Under 17.5's third, earning the three teams a place in their respective Qualifying Finals.

The Dolphins senior team defeated South Colac by 30 points on Saturday 25th at Colac's Central Reserve in perfect sunny conditions. The final scores were Lorne 15.6:96 to South Colac's 10.6:66. This was a great start to the finals campaign and Lorne was made to work very hard for the victory. The first and second quarters were quite even, with South Colac's pace and clean ball movement causing problems for the Dolphins who led by just 7 points at half time. Lorne broke away in the third quarter and early in the final quarter led by 42 points, easing off to win by a convincing 30 points. Lorne had a very good spread of winners right across the field, including having ten goalkickers. The team now goes on to meet ladder leaders Birregurra in the Second Semi Final at Colac's Central Reserve on Saturday 1st September.

Lorne's Reserves were defeated by Alvie 7.8:50 to 6.4:40. The result was disappointing for the Dolphins who led for most of the match, but could not score in the final quarter. Lorne had many contributors but failed to create enough good scoring opportunities and were slowly overtaken. Lorne's Under 17.5's were no match for Alvie and were defeated 12.8:80 to 7.6:48. Both the Reserves and Under 17.5's have a second chance in their First Semi Finals on Sunday 2nd September. I believe that both these Dolphins teams can regroup and perform better in the next Final. It is really heartening to see such a large contingent of Lorne locals at Central Reserve in Colac supporting OUR teams. GO DOLPHINS!

Ladies Golf

Spring is just around the corner, so now is the time to dust the cobwebs off your golf clubs and think of golf lessons. A ladies golf clinic will be commencing at the Lorne Country Club on Monday 3 September from 11 am until 12 n. Jason Kraan, one of the golf professionals from Anglesea Golf Club, will be available prior to and after the group clinic if you are wanting private lessons. Jason's group clinics are fun and a great introduction to golf or for someone wanting to "sharpen" their skills. If anyone is interested in lessons please contact Jason direct on 0422049030 or Lesley on 0437028169. This is an excellent opportunity to get quality coaching so don't miss out.

School Holiday Junior Golf Clinic

Monday 24 September 12 noon. Cost only \$10. Book now place are limited. Contact Lesley 0437028169, golf clubs can be provided.

Team Lorne have done it again..... Congratulations to Jane Purdie and Lynda Stewart who recently won at East Geelong, net winning pair. This past months Lorne have also been represented at Inverleigh, Ocean Grove, Pt Lonsdale, Portarlington and Anglesea.

Regardless of the weather our friendly group of ladies meet every Tuesday. Newcomers are always welcome. Play commences at 9 am sharp and it's your choice whether you want to play 9 or 18 holes, or just join us for a cup of tea after golf. For further information please contact Lesley Goldsworthy on 0437028169 or Caroline Bartholomew on 0419317011.

Happy hitting
Lesley Goldsworthy
Lady President

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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OUT 'N ABOUT



*Lorne Lions wishing well gets a facelift!
 Putting up a new sign on the wishing well are Lions Club of Lorne members, Harri Muller, Bruce Grinter and John Bliss
 The wishing well on the foreshore was built 15 years ago and has raised around \$14,000 which is returned to help in the community
 Coins are tossed into the wishing well, including some overseas currency, and then a wish is made. If you have any spare coins come down and you never know, your wishes could come true too.*



*The Lions Club of Lorne is pleased to announce that Raj Kakarla, new general manager of Mantra Lorne, has joined the Lions Club of Lorne. Photographed are Lion Bernadette Bliss, Raj Kakarla, Lions Clubs Zone Chairman Ivan McCallum and president of the Lorne Lions Club John Bliss
 In welcoming Raj as a new member, Ivan said that Raj was joining the world's largest service organisation with 1.4 million members world-wide.*



Leo Collins is 90 and the boys' at the Mens Shed decided to help him celebrate. Happy birthday.

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In 2017 the Australian Government committed to expanding My Health Record by changing the participation model, from an opt-in to an opt-out model. This means every Australian will have a My Health Record created for them by the end of 2018, unless they choose not to. Individuals will be given the opportunity to opt out of their records until 15 November 2018.

How is it different to what I have now?

My Health Record won't replace the existing records at your current Healthcare Provider, but will allow for more information to be added and accessed, for example, for medical consultations, for blood tests and x-ray reports, and as prescriptions are filled. Your doctors will still store notes in their local systems.

How to register or access My Health Record?

To register or get access to your record, you need to create a myGov account or log in to an existing myGov account – www.my.gov.au This website is easy to use and provides valuable information on how the system works.

Why should I get a My Health Record?

Better access - Your important healthcare information will be available in one place online that is easily accessible by your authorised doctors, specialists, or hospitals. Even if you move or travel interstate, the information can be viewed securely online, anywhere, any time. **Improved safety** - In a medical emergency, healthcare providers connected to the My Health Record system can see your health information to provide you the best possible care quickly. **More convenient** - You won't need to worry about having to remember and repeat your health history like medicines, details of chronic conditions, and dates of recent tests with different or new healthcare providers.

Strong security - If you choose to you can control who sees what information in your My Health Record. There are strict rules and regulations on who can see or use your My Health Record to protect your health information from misuse or loss. There are penalties for anyone who breaks these.

Who has access to My Health Records?

Only you and the healthcare organisations providing your care can access and add to your record. In addition to your selected doctors, nurses and other healthcare professionals involved in your care, you can share your health information with family members, carers, or other trusted people if you wish. Your eHealth record has strong security and privacy safeguards. Unlike traditional paper-based records, you can also see who's accessed or updated your My Health record.

In an emergency or life-threatening situation, where giving consent is not possible, a doctor may gain emergency access, for 5 days, to your My Health record.

There will be a FREE INFORMATION SESSION (presentation and questions/answers) about My Health Record at the Lorne Community House in September. Keep an eye out for further details.



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WHAT'S THAT SMELL?

Doug Williams

It amuses me to know that people are drawn to plants and flowers that are unattractive, odious or repellent. The *Rafflesia* of Western Sumatra gets many visitors to view the world's largest flower; size not being all that important as we all know. It is a parasitic plant whose massive bloom attracts thousands of insects attracted by the smell of rotting flesh that provides its common names of corpse flower or meat flower. Curious that it is the floral emblem of Indonesia but this choice may be due to its size with flowers measuring up to one metre in diameter and a weight of ten kilograms.

(On the other side of the travel guide though there are enthusiasts who travel long distances to hear the song of a particular bird which can only be heard at a certain place at specific times of the year and for only an hour or two at certain times of the day. Such a person is Laurence Rose,¹ a keen bird watcher and naturalist who places the birds he sees in plantscapes from the Spanish Mediterranean to the tundra of far north Finland where he spots the Arctic yellow violet (!), a flower that survives because of reindeer and ants. The few ants up there harvest the seeds and drag them underground and some of those that survive the freeze of winter are propagated due to this assistance. Reindeer of course are plentiful in these climes. The seeds of the Arctic yellow violet can survive the difficult journey through the reindeer's digestive tract after which they need three summers of continuous daylight in order to flower again².)

Coprosma repens grows in coastal areas because it is salt resistant due to its thick shiny leaves. It will grow pretty much anywhere, in sand or clay and is pretty much drought resistant but you have to ask yourself do you want to have it in your garden because this New Zealand native, sometimes called mirror bush or looking glass bush (much the same really), gets its Latin name due to the smell it gives off. The botanical name reveals that *coprosma* comes from the Greek word *kopros* meaning dung and although a thread on google claims that the seeds of some varieties can be used to produce coffee to which it is distantly related, I think I'll pass if offered the opportunity to sample it. So you wouldn't go out of your way to view it.

Then it becomes a bit tricky when looking at thistles because when I see the common thistle, also known as spear thistle, I have long assumed it to be the Scotch thistle. But technically it's not. There are a couple of thistles that look pretty much the same to you and me but definitely should not be confused.

Although similar in appearance they are different species, both invasive weeds from Europe and north Africa but simply by recognising the binomial ID of Linnaeus we find that the plant called Scotch or cotton thistle is *Onopordum acanthium* and this is not the floral emblem of Scotland while the other one is *Cirsium vulgare* (known as common or spear thistle) and is.



Don't mix them up or there could be an international incident because the botanical name of Scotch thistle (the one that's not the national emblem) means 'donkey fart thorny plant' : from the Greek *onos* meaning donkey, *perdo* meaning fart and *acanthos* meaning thorny.

A bit tricky, as I say. You wouldn't even cross the road to take a look at this one; although you might cross the road to get away from it.

1. Laurence Rose, *The Long Spring*. Bloomsbury Publishing
2. For more on the dispersal of seed by animal means, see the April 2015 column.

An advertisement for Massage & Bowen Therapy. On the left, there is a stack of smooth, grey stones on a light-colored surface. To the right of the stones is a circular logo with a blue background and white text that reads "Massage & Bowen Therapy". To the right of the logo, there is text in blue and black: "Contact the Lorne Medical Centre on 5289 4333. Private Health rebates apply."

COMMODORE'S NOTES

The days are starting to get longer and the temperature is slowly rising as we get closer to saying goodbye to Winter. It's cosy in our old weather beaten club house with our trusty little gas heater keeping everyone warm.

There's no better place in the world to sit and watch the waves crashing into the pier, gannets diving into schools of fish, anglers on the pier winding in fish and the best views of the world famous Great Ocean Road while enjoying one of Hutch's famous cold beers. This winter we have had lots of whales swimming around Louttit Bay and the pier. They are mainly Southern Right Whales but we are getting more Humpbacks every year and they can be clearly seen from our club house sometimes tail slapping and breaching.

We are running the courtesy bus every Friday and Saturday nights picking up and delivering home safely members and visitors. The bus phone number is 0498 03 1234.

The TV is permanently on FOX SPORTS with the volume down.

We have "Toss The Boss" every Friday night and a raffle every Saturday night with 3 prizes. We are still closed on Tuesday's over the off season and open every other day at 4pm and midday on Sunday. **ALL VISITORS ARE MORE THAN WELCOME.**

Remember our club house and facilities are available to any member for Weddings, Parties, Anything but it's essential that you book ahead with Hutch.

Lorne the home of the world's best sun rises.

Upcoming Events

We are keen to hold one or two events next winter. If they are successful we could make them an annual thing so I'm looking for ideas from anyone out there.

If you have a good one, please email me;
keith.miller@live.com.au.

On Sunday the 2nd of September we are holding our final Bendigo Bank Winter Cup Fishing Competition. The weigh in will be between midday and 12.30 followed by presentations and a free barbecued mixed grill for all competitors and members. We still need more junior anglers to have a crack at our competitions so anyone out there with kids, grandkids, nieces, nephews or friend's kids please get involved and give it a go. It's a great day out enjoying Mother Nature and we also have generous prizes. All our competition dates are on the back of your membership cards.

Garlic Bulb Competition

Every year in December we have a garlic bulb competition and this year we are going to make it Bigger and Better than ever with a Ladies and Junior section being added. Date yet to be confirmed.

Fishing Report

June and early July was as good as it gets with the amazing run of good size snapper and gummy sharks. There were also a few Tuna and school sharks caught. Unfortunately, the last few weeks the weather hasn't been cooperating so there hasn't been a lot to report recently.

Anglers brave enough to face the elements and fish off the pier have been catching some nice salmon.

Tilo DeBon with his club record Southern Bluefin Tuna.



Unusual Fish Caught off Lorne

This is a Blue Morwong caught by Wayne Griffiths (he's unusual too)!

Blue Morwong aren't commonly caught in our area but every now and then we can have a run of them. Over the Autumn months about three years ago I caught 7 but have hardly seen one since. They are also known as Queen Snapper and can grow up to one meter in length and weigh up to 12kg. They are found around the south eastern coast of Australia and the north east of New Zealand.

Most of the ones I've caught over the years have been in 40 metres of water or more. They are normally a by catch when fishing for snapper and are pretty good eating, but I do prefer snapper. They are a beautiful bright blue colour with distinctive yellow lines through their head. They have a distinctive fight when hooked and after you've caught a few you can tell when you've got one on the line before you see it.

Continued page 27...

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Bendigo Bank Winter Cup Fishing Competition Report

We've had two comps since my last report.

Winter Cup Competition number 2 generously sponsored by GARY KEANE SCAFFOLDING & BRICK LAYING was held on the 1st of July.

The conditions weren't real good to say the least so only a handful of boats went out.

The results are as follows:

Junior Winner - Jack Addison with a Grass Whiting. 2176 points; Senior Winner - Graeme Norton with a snapper. 4045 points; Senior Runner Up - Steve Bacvar also with a snapper. 3755 points; Senior 3rd - Ian Middleton with a salmon. 3740 points.

Winter Cup Competition number 3 generously sponsored by STEPHEN HILL of HILLEC ELECTRICAL was held on the 5th of August. The conditions were terrible and not safe for any boats to enter the water. We still had quite a few of our keen regular anglers brave the elements and fish off the pier, river and sheltered rocks with some success.

The results are as follows:

Senior Winner - Ian Middleton with a salmon. 2360 points; Senior Runner Up - Steve Arundell with a salmon. 1990 points; Senior 3rd - Paul Staley also with a salmon. 1930 points.



From top, left to right: Our esteemed Leader presenting awards to Jack Addison, Graeme Norton, Steve Arundell and Ian Middleton

Why we need a bigger Building

‘Our clubhouse has served our members, visitors and the Lorne Community with distinction for the past 60 years but has now outgrown itself and can no longer cater for today’s needs of the community and a club membership of over 700 in a safe and healthy environment’

This was part of the recent LAAC submission sent to DELWP accompanied by supporting letters from a large number of Lorne clubs and community groups.

In the latest plan for Point Grey commissioned by GORCC there will be a new clubhouse of 235 square metres to incorporate the facilities that a modern complying amenity should have in order to accommodate everybody who may use it.

The LAAC is a community space which is used for:

ARTS—Lorne Sculpture Biennale, Festival of Performing Arts.

EDUCATION—Lorne P12 College fishing programs, Snorkelling/Rock Pool Rambles, Boat Rescue Victorian Fisheries Marine Radio Base.

SPORTING— Pier to Pub, Mountain to Surf, Regular Fishing Competitions, Visiting Sporting Groups- Cyclists, Swimmers, Tennis Clubs, Footy Clubs etc.

SOCIAL— Family Reunions, Birthdays, Funeral Wakes, Work Break Ups, Pre/post Wedding activities etc.

It’s an important hub for the local community to get together and keep in touch and visitors are always made more than welcome.

To make the proposed new building compliant with the Building Code of Australia (BCA) the architects have reconciled the 235 square metre floor plan by addressing such needs as having enough toilets, complying with the Liquor Control Board, having a Kitchenette and a Cool Room to meet modern standards.

DELWP have asked GORCC to justify the increase in size.

If we aren’t granted permission for the bigger building after incorporating the upgrading needs, we would end up with a much smaller lounge area than we have now which would make it impossible to function properly.


It’s too small now and as visitor numbers increase each year its essential that we get the approval for a bigger building.

We are simply seeking broader community support for our increased size as recognised by GORCC — if they are behind us on this we are hoping everybody else will be too.

ALSO PLEASE NOTE - the overall new footprint we are seeking to lease is actually smaller than we have now.

Keith Miller
Commodore LAAC

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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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YOUR EAR IS A DELICATE INSTRUMENT

The ear is a complex piece of equipment consisting of many parts – not just the visible exterior section – and is responsible not only for hearing but for maintaining balance as well. The outer ear captures sound waves which are converted into mechanical energy by the ear drum and the tiny muscles and bones in the middle ear. The inner ear changes this mechanical energy into nerve impulses which are then transmitted to the brain. These nerve impulses are the messages we decipher as sound.

Semi-circular tubes or canals within the inner ear act like spirit levels and provide us with our sense of balance.

It's not surprising that with such a complicated system things can go wrong. In fact, ear problems are very common and they can be due to many causes. The Hearing Awareness website (www.hearingawarenessweek.org.au) has identified a whole host of possible factors which are likely to cause damage to the ears. Visit the website to find out 'how loud is too loud' with respect to your favourite electrical device or music event.

In fact, consistent exposure to loud music is the most common cause of hearing loss. 'Apart from noise there are some other possible aggravating factors for tinnitus. Some medicines, notably anti-

inflammatory and anti-depressant medicines, have been identified as potential causes. Caffeine (found in tea, coffee, soft drink or chocolate) and alcohol may worsen tinnitus in some people. Smoking (which narrows the blood vessels that supply vital oxygen to the ears), can also make tinnitus worse.

Tinnitus can often be managed or controlled reasonably well; even so, a cure doesn't really seem close at hand. However, treatment for some other common ear problems is often much easier, provided the cause can be identified early on. The Ear Problems Self Care Fact Card available from pharmacies throughout Australia providing the Pharmaceutical Society of Australia's Self Care health information can help with hints on how to reduce the risk of ear problems and treat those problems effectively when they do occur.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au/selfcare, then click 'Find a Self Care pharmacy near you'.

If you have any problems accessing the Health Column, please contact the online education team on 03 9389 4000 or email education@psa.org.au.



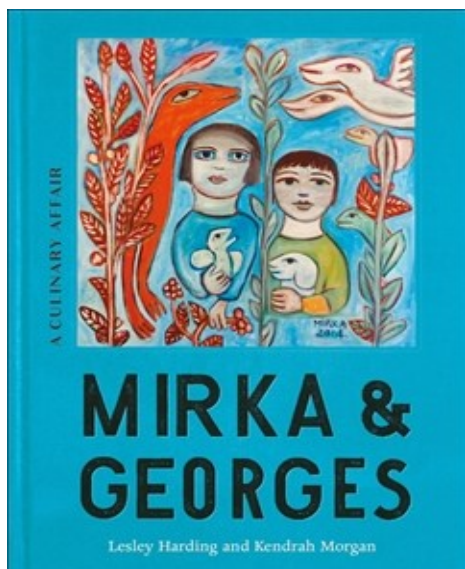
Your monthly health newsletter brought to you by the team at the Lorne Pharmacy & Beauty Retreat

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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Lorne Beach Books

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The impact of Mirka and Georges Mora on Australian art and food has been remarkable.

Arriving in Melbourne in 1951 from Paris, they energised local society and transformed the culinary and artistic landscapes. Their apartment became a hub for the bohemian set, and their cafes and restaurants brimmed with sophisticated food, sexual intrigue and creative endeavours. Mirka's distinctive art, now collected by major galleries, was a vital part of this heady mix.

Their eateries were magnets to the rich and famous, a who's who of the art world and those looking for a seriously good time. Mick Jagger was a customer. As were Bob Dylan, Barry Humphries, Jean Shrimpton, Ava Gardner, Gregory Peck, Marlene Dietrich, Fred Astaire, Maurice Chevalier and Graham Kennedy.

Launched in the year of Mirka's 90th birthday, and unfortunately Mirka's death, **Mirka & Georges** gloriously illustrates the Moras' extraordinary story, with the couple's classic French recipes, photographs from family albums and images from Mirka's studio by internationally renowned photographer Robyn Lea.

Mirka & Georges:
A Culinary Affair,
Lesley Harding,
Kendrah Morgan, \$55.00



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