

LORNE

Independent

\$2

No 205 December 2018

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LORNE HIT WITH ANOTHER 'RED TIDE'

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new Anzac Park - page 3

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RED DURING DAYLIGHT AND PHOSPHOROUS AT NIGHT

Lorne's Louttit Bay has been hit twice by the oceanic phenomenon known as a 'Red Tide' – early in November and the second time a couple of weeks later. The last time this occurred in the Lorne Bay was about five years ago.

Residents and visitors turned out to view the phenomenon, and there were people on the foreshore after dark when the 'Red Tide' had a phosphorous glow about it, a most spectacular experience as the waves crashed shoreward.

The Lorne Independent first became aware of this November's happening when there were some urgent calls that a 'sewerage' pipe had burst and was draining sludge into Louttit Bay. Clarification came soon after – algae had been swept into Bay by currents and the tide.

A range of sources describe the happening as a 'red tide' ... a commonly used descriptor for a world-wide phenomenon that occurs when a ubiquitous species of ocean algae – 'dinoflagellates' – rapidly multiply into a pink or rust-colored 'bloom' in updrafts of deep-sea nutrients, or near river mouths following rainfall.

Over the next days, the Lorne Independent was swamped by some spectacular photos. Lorne Supermarket executive Jonn Stewart got some magnificent day-time images of the phenomenon spreading out on Louttit Bay when he sent up his radio controlled drone. Jonn who lives in Aireys Inlet often sends the drone over the Surf Coast and his efforts can be seen on two screens at the main entrance of the Supermarket.

Professional photographer, Lorne's own Leon Walker captured the eerie glow at night on the foreshore, and other inputs, with thanks, came from the Aquatic Club Commodore Keith Miller, Gary White and Tony Speer who all watched the 'Red Tide' move into Louttit Bay.



Explanation of algal bloom

The Department of Environment, Land, Water and Planning (DELWP) said it had monitored and tested the type of algae bloom in Louttit Bay. As a precaution, the public is warned not to swim in and to avoid any direct contact with the algae affected water. Direct contact with algae can cause allergic reactions such as skin rashes or itchiness; sore eyes, ears and nose or if swallowed gastroenteritis, nausea or vomiting.

People who come in to contact with the algae affected water should wash immediately in fresh water. Seek medical advice if experiencing illness after contact with affected water.

Marine microalgae (or phytoplankton) occur naturally and are present year-round in all marine waters. Occasionally, under certain conditions, the numbers of algal cells may increase rapidly, creating a coloured algal bloom. Algal blooms may have the appearance of discoloured water, sludgy material or a "slick" floating on the water.

Occasionally, blooms may include one or more potential toxin-producing species. These can cause harm through the consumption of seafood (particularly shellfish) that has been exposed to the bloom.

For any health issues experienced after contact with affected water please seek medical advice immediately.

Pet owners should prevent pets from having direct contact with the algae affected water.

For more information on algal blooms see: www.betterhealth.vic.gov.au/health/healthyliving/Harmful-algal-blooms



REMEMBRANCE DAY SERVICE

On Friday, November 9, Lorne Anzac Memorial Park still looks like a construction site, workmen are still plying shovels and the steel gates still surround the area but by Saturday evening, through the hard work of dedicated RSL members and volunteers, the newly designed and refurbished area is swept and garnished and the lovely hand-made crocheted poppies stand proudly round the original memorial cenotaph.

On Sunday morning, on the slight rise opposite the memorial, Piper Andrew McGregor, in a braw McGregor kilt, summons the clans of Lorne to the Remembrance Day Service.

People drift in pretty quickly and by the time the service starts at 10:30 am around 150 – 200 locals and some visitors have gathered to be welcomed by President of Lorne RSL Sub-Branch Craig Hunt.

Craig sets a quick pace - RSL Scholarship winner Millie Smith recites 'In Flanders Field', Rev Sherryl Smith leads us all in a prayer, wreathes are laid on behalf of the local RSL, the Government of Australia and eight other local organisations, Doug Stirling reads a message from our Prime Minister Scott Morrison, Piper McGregor plays the pibroch lament 'Flowers of the Forest' – tears are shed and Pakitu Henry – our New Zealand local - lifts our spirits by his bold rendition of 'The Ode' – then the Last Post sounds – more tears - and the one minute silence is really silent – just the soft sound of the waves on the shore.

Even the cockies are quiet for once - then the Reveille and we all sing the National Anthem to honour the long dead and their sacrifice. One drifts away and thinks of how our nation still subscribes to 'The old Lie. Dulce et decorum est /Pro Patria Mori. (Wilfred Owen) (The Latin phrase is from the Roman poet Horace – "it is sweet and fitting to die for one's country") - Peggy Taylor



Our last WWII Diggers, Geoff Jarratt and Doug Sterling

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EXPENSIVE BOAT SOMEWHERE OUT THERE

There is an expensive pleasure craft somewhere out beyond the St George River ... as Keith Miller, the Commodore at the Lorne Aquatic Club tells it, it was wrecked about 500metres south of the River recently.

“They were anchored far too close to the rocks and a wave picked them up and dumped them onshore - they simply jumped out onto the rocks and raised the alarm. The police contacted me and I took one policeman around in my boat and two other policemen coordinated the attempt to salvage the boat from the shore.

“The boat owner attempted to swim my rope ashore but nearly drowned and dropped the line. The police then aborted the attempt and the boat sank shortly afterwards. It was subsequently washed out to sea and has disappeared.”

Keith said that he has had three recent sea rescues in three days and about nine for the year.

Perhaps with the dramatic increase in tourism, it's time to consider a formal sea rescue unit out of the 'Port of Lorne'.



AQUATIC CLUB

News from the Lorne Angling and Aquatic Club

Saturday the 27th of November was a special night when our local MP for Corangamite, Sarah Henderson made the sensational announcement that she had secured a contribution of \$900,000 for the Lorne Aquatic and Angling Club – a part of the \$8 million federal grant going towards the Point Grey Redevelopment.

It was a surprise announcement and with only half a day's notice, the bush telegraph helped along with a bit of social media, the word got out and the old club house was packed to the rafters to hear Sarah's announcement.

It has been an 11 year journey by the Club's Committee, members and the Lorne community to secure the stand-alone building in the same location within the Point Grey masterplan.

Unfortunately, I was on an A380 flight somewhere over the Indian Ocean and I would have loved to have been there in person, especially to greet, in addition to Sarah, Surf Coast Shire Deputy Mayor Clive Goldsworthy, GORCC Chairman Ken Northwood and GORCC CEO Vanessa Schernickau.

Our Vice Commodore the honourable Doug Williams extended Sarah a vote of appreciation for working so hard for us to secure

this wonderful outcome. “Now that the LAAC has funding it can really secure the future of this 58 year old club for another 58 years’ he said.

On the Monday after the announcement, Sarah Henderson invited me to meet our PM Scott Morrison in Geelong so I could personally thank him for agreeing to Sarah's request to allocate this wonderful contribution to our Club.



The building is expected to cost around \$1.4 million and the LAAC will make a substantial contribution towards the building costs. Vice-Commodore Doug said that Sarah's attendance and announcement gave Lorne residents confidence about the future of the LAAC in providing a financially viable community meeting place, and ensure continuity of fishing as a recreational activity, which is so much a part of Lorne's heritage.

Former Commodore Tony Peddie started the ball rolling almost 11 years ago; during his time as Commodore, Graeme Norton also put a lot of time and effort into the early planning of the building.

Our general committee and our finance and building sub committees have been working hard to shape and fund the new building and with this now guaranteed finance we look forward to achieving a design for our club house that all members and the Lorne community will be proud of.



Councillor Clive Goldsworthy, Sarah Henderson, and former Commodores Tony Peddie and Graeme Norton.

In other news, Summer is almost here with some lovely warm sunny days - the thermometer has been nudging 30 a couple of times already. We are now open seven days a week until Easter 2019.

By now, you will have your membership renewal emailed out to you. This year our membership cards are numbered so we will be having surprise draws and if your number comes out, you will win the kitty which will be increasing weekly. You must be in attendance and in possession of your card to win. Don't forget the dates of all our fishing competitions are on the back of the card.

Congratulations to Barry and Glenice Hayward who have just taken delivery of a brand new fishing boat. Barry has been on our committee for many years and he and Glenice are very keen anglers and hardly ever miss one of our comps. Remember our facilities are available for Weddings, Parties, Anything but you must book well ahead.



Barry and Glenice at their new boats maiden voyage

Recently, in conjunction with the Lorne P-12 College we hosted ten indigenous kids from near Alice Springs along with some of the locals on a fishing expedition out on our iconic Lorne Pier.

Myself, Vice Commodore Doug Williams and Committeeman Ric Addison showed them how to set up their fishing rigs, bait the hooks and the other skills of angling.



Doug Williams, Ric Addison and myself (in the middle) with our indigenous visitors from the 'Centre'

Our world famous Golden Garlic Competition will be judged at 5pm Friday December 21. This year we are having Junior, and Ladies and Gentlemen sections. All the bulbs must have roots and stalks attached which the judges will be removing before measuring and weighing. Generous prizes will be awarded to the winners. We will also be supplying a free sausage sizzle. Come along and join in the fun.



Cody Hutchinson with a nice 5kg snapper.

Fishing report

The snapper have become very scarce with only a few small pinkies being caught.

Gummy Sharks are still on the go and the flathead have returned in good numbers with some good size ones being landed.

Yakkas or Yellow Tail Scad are everywhere and can be a nuisance some days but are sensational bait especially for gummies. I had never caught Yakkas off Lorne until a couple of years ago over the summer months but this year they haven't left and we even kept catching them over the winter when the water was down to 12 degrees.

I was told many years ago to keep a diary of my fishing results by recording moon phases, tides, water temperature, barometer readings etc and I would work out a pattern. Well I did this for a long time and I've decided that the pattern is that there is no pattern. Very big King George Whiting are about but not in large numbers yet. The pier has been a bit quiet with the odd snapper and salmon being caught.

Keith Miller - Commodore

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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.



LORNE COMMUNITY CONNECT INC.

The future of the Lorne Senior Citizens Club, through no fault of the committee or the leadership, was looking bleak. At the annual general meeting held recently, the members took several bold and visionary steps.

They voted to change the name of the organisation to Lorne Community Connect Inc., to update the constitution to incorporate the current model rules and to expand the capacity of people in the community to become financial members by relaxing the eligibility age.

The hall is now used as a de facto town hall and or meeting place and hosts public gatherings, the Lions Easter Art Show and other events and there are regular exercise classes and a quilting group. Individual rooms and the entire facility are available for hire.

Thanks to the offer of support from Lesley and Clive Goldsworthy, Maxine Spizzica and Wendy Hutchison, the committee continued to operate. It became obvious to them that if the facility is to have a future for community use, there has to be a rethink of its purpose, while continuing its traditional use by the seniors group and existing users.

lornecommunityconnect@gmail.com

Gary Allen, President, Lorne Community Connect



Another Men's Shed project finished, John Bliss

FROM OUR COUNCILLOR

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



Telehealth

I recently attended a presentation on Telehealth delivered by Barwon Health, and thought it is worth sharing with our wider communities.

What is Telehealth?

Barwon Health is committed to providing the best care to its patients as close to home as possible. Telehealth is the use of technology (usually video) to provide healthcare over a distance.

Telehealth aims to make it easier for people who live in rural and remote areas, or who have difficulty accessing healthcare providers, to have a consultation without having to travel long distances.

There are several ways you can have a telehealth appointment with your Barwon Health clinician:

1. At home
2. At Lorne Medical Centre
3. At your local health service

How do I access Telehealth?

If you are interested in a telehealth video consultation, ask your doctor, nurse or healthcare professional during your appointment.

If it is appropriate, they will assist booking a telehealth video consultation for you.

Consider asking if your local GP could or should be involved. If so we will arrange a time that suits them as well.

You can access your telehealth appointment via the Barwon Health Telehealth website.

How Telehealth can help you

- Care received close to home
- Less or no travel time
- Less disruption to your usual routine
- Your local healthcare professional (e.g. GP, practice nurse, or other) can be involved
- Greater flexibility for appointments.

What will it cost me?

- There is no additional cost to you for telehealth access.
- You may be asked to give consent to bill Medicare.
- If your local doctor takes part, you will need to ask them if there are any costs to you.
- You may use up to 600MB internet data for a 20 minute consultation.

Security and privacy

Video consultations are secure and your privacy is protected. You have a private video room that only authorised clinicians can enter.

To find out more

- Talk to your doctor, nurse or healthcare team.
- Visit the website: www.barwonhealth.org.au/telehealth
- Click on the following link to view a YouTube video about Barwon Health Telehealth
<https://www.youtube.com/watch?v=dUvoUNY27aA>

Health Services offering telehealth including Austin Hospital, Peter MacCullum Cancer Centre, St Vincents Hospital and Alfred Health can be viewed via the following link
<http://www.telehealthvictoria.org.au/health-services/>

The Peak at Lorne Country Club.

Matthew White and Bridgette Barry-Murphy are returning to the Lorne Country, trading under The Peak at Lorne Country Club. The Peak will be open daily for lunch and dinner and begins operation on 20th December. The team will be serving up simple club style bistro meals, showcasing the best local produce available.

Fire Ready ?

It's time to review your bushfire plan. Check out <http://www.cfa.vic.gov.au> The Fire Ready Kit will help you understand fire and plan for survival. It begins with the basics of preparation, through to planning what to do if fire is in your area and you cannot leave.

Season's Greetings

As 2018 draws to a close Lesley & I would like to wish everyone a safe & joyous festive season. Enjoy the opportunity to relax and enjoy the company of family and friends, we look forward to an exciting and rewarding 2019.

Seasons Greetings

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Games Group Thursdays 1.00 to 3.30pm

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Gardening Get together Tuesdays from 11am

Playgroup Thursdays 9.30am

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Lornecare News

- caring for our environment

Joining in a LorneCare working bee is a practical way of learning about Lorne's magical environment and showing your love for it.

This month we will be working on the Bert Alsop Track on the North Lorne foreshore.

We will meet in the Lions Car Park at:

10.00am on Sunday 9 December

The working bee will be followed by a special Christmas barbeque at about 12.30pm. LorneCarers not able to come to the working bee and our supporters are invited to join us for the barbeque.

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

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Church dates for Christmas 2018 and January 2019

23-30 Nov
Red Frogs
St Cuthbert's

15 Dec
6.30 pm
Carols on the lawn
St Cuthbert's

24 Dec
7.00 pm
Carol service +
Childrens story
St Cuthbert's

9.00 pm
Christmas Eve Mass
Our Lady's

11.30 pm
Midnight Mass
All Saints

25 Dec
9.00 am
Christmas service +
communion
St Cuthbert's

9.00 am
Christmas Day Mass
Our Lady's

28 Dec – 4 Jan
Theo's Coffee Shop
St Cuthbert's

1-31 Jan
10.00 am
Mass
Our Lady's

10.00 am
Sunday worship
St Cuthbert's

4-13 Jan
Scripture Union Family Mission
St Cuthbert's

Check the noticeboards at each church for more information.

Fr Wally Tudor
M: 0417 764 088
T: 5237 6782
E: apollobay@ballarat.catholic.org.au

Rev Sherryl Smith
M: 0408 464 400
T: 5289 5220
E: minister@lauc.com.au

All Saint Anglican Church
Christmas Eve
11.30 pm Holy Communion

During December and January

Sundays
5.00pm Holy Communion

Church will be open at times for prayer and reflection.

Denise Tunstall (Rev)

DECEMBER COMMUNITY NOTICES

1st Lorne Aquatic & Angling Club AGM, Held at the Club at 5.30pm

10th Stribling Reserve AGM, Stribling Reserve Leisure Centre at 5.15pm

13th Committee for Lorne AGM, Held at the Lorne Leisure Centre, Stribling Reserve at 5.30pm

15th Carols on the Lorne, St Cuthbert's Church Lorne, sausage sizzle from 6:30pm and carols from 7:30pm

16th Carols in the Marsh, Christmas fun for Community, family & friends.



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Surf Coast Animal Rescue Service

Kangaroos, koalas, wombats, echidnas, all creatures great and small, are often injured in our region for a variety of reasons and anyone with concerns is urged to call Jason Cichoeki with the Surf Coast Animal Rescue Service (SCARS) on 0422 048 557 email brightspark3@hotmail.com

If the call to Jason is unsuccessful then call the state wide organisation "Wildlife Victoria" on ph 03 8400 7300

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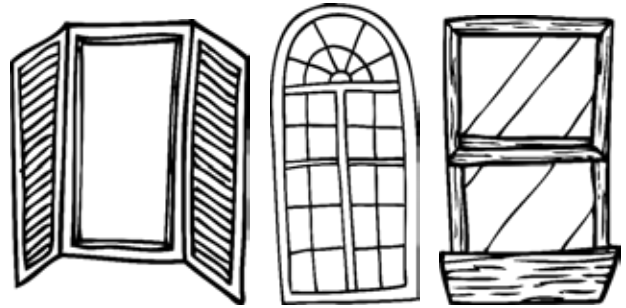
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VANILLA MURDERS

Doug Williams

Snippets about Charles Darwin have appeared in this column recently and to add to this trivia is that, a little like the test cricketer and commentator Bill Lawry, CD was a pigeon fancier. Other pigeon fanciers have been the actors Paul Newman and Joanne Woodward, Marlon Brando and Yul Brynner. The boxers Mike Tyson and Jeff Fenech were too as was Gypsy Rose Lee, the stripper, Elvis and the painters Monet and Picasso, who named his daughter Paloma, Spanish for 'dove'. My son and I kept pigeons for a while.

There is a long list of celebrities, royalty and heads of state who kept pigeons during the Victorian era but only CD turned his recreation into a theory, *The Variation of Animals and Plants under Domestication*. Darwin did most of his theorising – evolution and all that had been published a couple of years earlier - in London and it was in London that I once sold ice cream from a street cart so there is a seven degrees of separation kind of thing going on with this because it was strawberries and vanilla ice cream that we were selling and this leads directly to the vanilla bean – *Vanilla planifolia*. Of course most ice cream flavours are plant derived (although it is possible to get hold of crab, oyster and squid ice cream and even bacon flavoured. If that's what you want.) but vanilla is definitely the default flavour.

“The story of the vanilla trade in Madagascar is a dark one of dangers and rewards” wrote Finbar O’Reilly in The New York Times (04/09/2018). Ice cream was available in 200BC in China but not in our favourite flavour because vanilla originates from Mexico where it was first cultivated by the Aztecs.

In the 1520s the Spanish conquistador Cortes learnt of it and shipped this, as well as chocolate, to Europe. Then in the early part of the nineteenth century French entrepreneurs exported it to their island territories off east Africa. An industry was established in the Seychelles and Madagascar after hand pollination was chanced upon.



Previously the hermaphrodite flowers could only be pollinated by a specialised bee. (Even though they were hermaphrodite and therefore potentially capable of self-pollination, their male and female bits cannot conjoin without the help of the melipone bee.) Vanilla vine produces both beans and orchids and for a long time the only medical uses of the plant were aphrodisiac. One Spanish name used for the plant is vaina which is also the word for vagina. Since the specialised bee does not exist in Madagascar where most of the world's production takes place it is the most expensive spice in the world after saffron because it is so labour intensive.

It requires six hundred blossoms to make one kilogram of dried vanilla beans. From a market price of \$70/kg in 2006 the price has escalated to well over \$500/kg in June this year. It's almost the same price as silver. To protect their valuable crops which grow at high altitude in the hot, humid, tropical conditions (thus unsuitable for the climate of the Otways) subsistence farmers sleep overnight in their fields at harvest time armed with machetes.

Violence and corruption destabilise the market and dozens of 'vanilla murders' are attributed to a bean which is an essential ingredient in foods, beverages, cosmetics, confectionery, baked goods and medicines.

But it's no good thinking too much about what happens in a jungle far, far away while enjoying your next vanilla ice cream in one of the ice-creameries on Mountjoy Parade.

SPORTSBRIEFS

John Ford

Ladies Golf

Each year the Ladies Golf section of the Lorne Country Club has a themed end of season break-up. Over the years there have been many outstanding days where players dress up to a theme, have lunch with drinks, and actually play a round of golf! This year players had to dress to something starting with the letter 'G'. Wendy Hutchison's report and photographs show a great day – and other recent golfing successes.



The Peak restaurant opened especially for the occasion of our end of season lunch in late October, an early start to the celebration period. A fun atmosphere was encouraged by dressing in a 'G' outfit...harder than you think... There was a true mob of gypsies, as well as a more inventive.... go go girl, geisha, gondolier, Goldilocks, Greek mama, greenie, green fairy, green, golden girls and an Old Grey Mare!

We did play nine holes of golf, but only with three clubs each. Needless to say there were plenty of laughs and frivolity and a delicious lunch provided by our caterers. (The Peak will cater for any pre-booked function).

It was also the time for the changing of the guard...Lesley Goldsworthy is taking more of a back seat, after an inspiring four years as Lady President. Lesley has worked tirelessly to grow the ladies section. Her warm personality has helped to make Lorne Lady Golfers a very inclusive group and she is always welcoming any new players. Similarly Caz Bartholomew, who has been an inspiring motivator as Golf Captain. Caz has encouraged the women to play in many regional competitions, as well as Otway Pennant, (in which we have come runners up for the last 2 years). Caz has initiated a team in 7th Division for next year.

The new Ladies leadership team intend to carry on this great spirit and an able support group will assist us.

Over November we have had representatives playing at Open tournaments in Clifton Springs, Barwon Valley and Birregurra, Torquay Sands SWGA B & C grade championships, as well as sending two teams to the Beeac Bowl, end of November.

Lynda Stewart won a "nearest to the pin" at Clifton Springs. Jenni Miller "cleaned up" at Barwon Valley with 39 points, winning B Division, as well as having TWO "nearest to the pin" in the open field. Jenni is definitely on a roll as she won the first day net competition of the Club Championships on a searing hot day, still leading after the second round. Rose Wyles continues to lead the gross score field, but is being chased by Caz and Lesley, as well

as a number of others. By the time of publication Ladies will have finalised who is the Club Champion and the Open Week at Lorne will be finishing on Dec 2.

Lorne had two teams play in the "Women for Women in Africa" Charity Day at the RACV Torquay. One of the big attractions of this 13 year old charity is that 96% of the funds raised go to the education and wellbeing of young children in the town of Kibera, Kenya, the largest slum in Africa, as the administration is all done by volunteers. (www.womenforwomeninAfrica.org.au). We had a fun day as seen by the photo taken at lunch.



As we lead up to the summer season there will be lots of golf during the Summer Cup, which Marion and Barry Church are organising this year. Contact Wendy Hutchison, Sue Neill or email the club.

Visitors are always welcome to the Club, but after Christmas bookings will be taken by ringing the Club. Visiting women might also want to join us for a social round on a Tuesday morning over summer.

When the Golf season starts again in Feb we will continue to welcome new players. There will be a GIVE GOLF A GO DAY, so please tell anyone who may be interested to get in contact with any of the following office bearers for 2018/19: President – Wendy Hutchison, 0419 878 089, Vice President – Sue Neill 0418 674 062 Captain – Chris Angus 0439 008 167, Vice Captain – Lesley Goldsworthy 0437 028 169

Happy hitting and give us a call for further enquiries.
Email: info@lornecountryclub.com.au

Wendy Hutchison, Lady President

Summer Sport

Eventually the weather will warm up and we will be much more inclined to consider swimming, running, tennis, golf, fishing or bowls. Social Tennis takes place on Saturday mornings from 9.30am and Wednesday afternoons from 4.00pm and visitors are welcome for a fee of \$10. Lorne Surf Lifesaving Club hosts the annual Pier to Pub swim – this season on 12th January – and the Mountain to Surf run on 11th January. The surf club also has a range of opportunities to learn to swim and use water craft. There are opportunities to play golf, including hiring clubs, and to try your arm at bowls including 'barefoot' bowls. The important thing is to get out there and train – and more importantly keep safe! Each of Lorne's sporting clubs will make you feel very welcome, either as a visitor or as a new member. Enquire now and please support our Clubs!

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

From the Deck ... SHELLS THAT WAVES CAST ASHORE

By John Agar

We have two much-loved Border terriers: Rosie and Yogi ... breed-twins and age-similar to the Pete and Jan Springs' Border pair, Rory and Maggie.

From the deck, Yogi – in particular – spends his days gazing, and waiting, an occasional involuntary whimper of anticipation escaping, as he watches 'his beach' in hope for a late afternoon cavort to Stony Creek and back along 'his' North Lorne rocks. Rosie, more outwardly sanguine, bottles in her equal excitement – but is no less expectant. Then, at the appointed hour, their enthusiasm exploding, their walk is 'on'.

The first stretch is for bathing and flea drowning: rock pools abound and the swimmer of the two – Rosie – is in heaven. She even knows which pool is 'just the right depth'. Yogi, on the other hand, is a whooz! Full of bravado, he touches a paw to the water, then rebounds to the safety of a kelp stalk farther up the beach. Each day, the pattern recurs, each joy remaining unbounded.

My personal pleasure lies in the occasional 'find' among the shells, cast up on the shore.

Shelly Beach – collectively the series of small inlets of sand that spilt the rocks from Vera Lynn to the George River mouth – is the more productive stretch by far, and is an occasional dog-walking haunt. But, a rare find can still tantalize in the sparser stretch to Stony and beyond – to 'fishermen's rock', my name for the rock platform that marks the old sewerage outlet just past a large, rounded ball of rock – a sentinel on the platform.

While Shelly Beach to the south of the pier is 'Cowrie' (of the genus *cypraeidae*) country ... oh, and there are 'Painted Ladies' (*phasianella australis*), too ... North Lorne has a resident shell I have rarely seen elsewhere ... and never once seen whole. It is an as yet unfulfilled life goal to find one, complete.

On Shelly Beach, while a good, well-colored Painted Lady is 'a find', a half-hour stroll and a good eye, will garner a dozen decent specimens – or more. But Cowries – once used by the Chinese as their money, their currency – are sufficiently rare to still trigger a small thrill and elicit a gasp of joy, at a sighting.

That said, there is a small platoon of Cowrie-conscious connoisseurs in Lorne, so the early walker on a lowering tide will always win the 'Catch the Cowrie' contest.

Along the North Lorne beach, except for the last small sandy bay before Fisherman's Rock where the natural wash of the tide often congregates a small number of interesting specimens, the shells are broadly disappointing ... small, white, clam bi-folds; limpets; and green and white shells being the stock in trade.

But, my North Lorne titillation arises from occasional fragments of a shell I have not seen elsewhere ... the



Cowries ... Genus *cypraeidae*

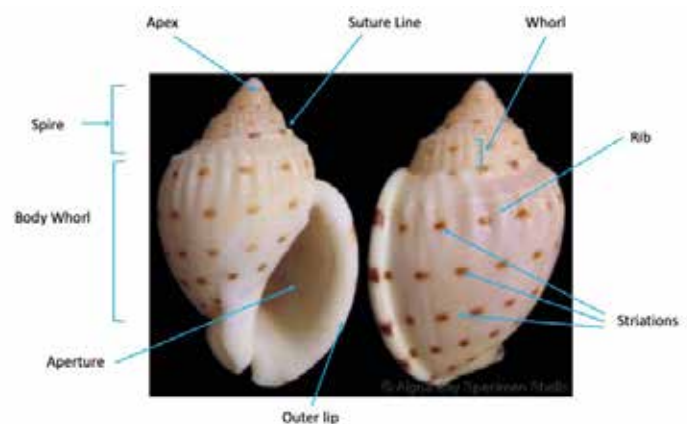


Painted ladies ... *phasianella australis*

'Semicassis Antiphalium Adcocki' – otherwise known as the Adcock's Bonnet shell ... a photo stolen from the Internet: courtesy of Donna Bouma) can be seen at: <https://www.pinterest.com.au/pin/456904324666730221/>

Adcock's Bonnet is a shell I have never found unbroken. While finding a characteristic and delicate piece of its rim has become a daily pleasure, finding a complete specimen is now almost an obsession! It appears quite a large shell, and from the delicate 'fine china' feel of it, it is not surprising that complete specimens fail to remain intact as they are washed against the rock barriers along that stretch of beach.

Offshore reefs must be home to individual varieties of shellfish. Cowries seem almost 'specific' to the section from the Pier to the George ... and one other private and secret spot along the coast I choose not to divulge! ... while there must be a reef of bonnets far out from North Lorne. Were I younger, I might even be tempted to scuba in search.



For now, my efforts are towards training Rosie and Yogi to seek and spot bonnets! They seem disinterested, though, to my utter disappointment. Meantime, as they swim (Rosie), and develop kelp-breath (Yogi), I will maintain my lone and unrequited vigil for a complete and perfect specimen of a *Semicassis Antephalium Adcocki* ... and may woe befall any who spot one first!

NEW SCS MAYOR VISITS LORNE MEN'S SHED

Lorne's Men Shedders hosted the Surf Coast Shire's mayor, Councillor Rose Hodge to morning coffee and cake recently on her first official visit since she was elected to the position.

"Rose's visit was a great opportunity to discuss issues in a relaxed and casual situation," said Shedder President Allan Walls.

Cr Hodge toured the Shed and was impressed by the array of machinery and tools and took a special interest in the number of model T37 yachts that are now nearing completion.

This is the fourth time Councillor Hodge has been elected mayor – she previously served as mayor in 2006-07, 2012-13 and 2015-16.

Our own Lorne Ward councillor Clive Goldsworthy was re-elected deputy mayor.

Councillor Hodge has links with Lorne going back to the 1980s when she served as a police member and was part of the Geelong police presence during the turbulent New Year's celebrations that used to take place then on the foreshore.

First elected to council in 2004, she has had a 40-year association with Torquay and Jan Juc and has contributed as a board, committee member and active supporter of Gateways Support



Services, Torquay Community Enterprise, Spring Creek Community House, Jan Juc Kindergarten, Torquay Theatre Troupe, Torquay Cricket Club, and is a life member of Torquay Netball Club.

"The next two years are extremely important in the way that we finish the Council Plan, with all of its strategic objectives", she said. "As councillors we work hard for our community. We are not always thanked but we live here, we love it here and we want to do the very best for our community".

Cr Goldsworthy was elected to Council in 2012 and is now serving a third term as deputy mayor.

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6.30pm Lions Club Sausage Sizzle **7.30pm Carols**

Artists Include: Lorne Kinder and P-12 College students, Lorne Vocal Group

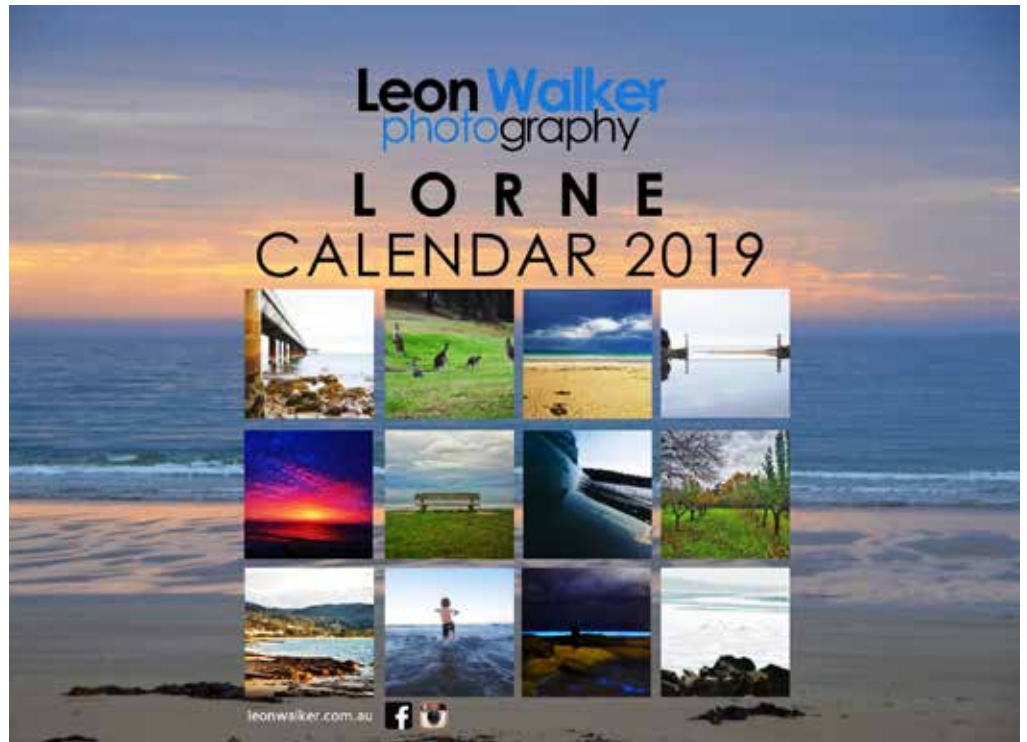
And The COTL band Guest Artist: Alastair Vick

Poster by Jasmine Phieler, Age 8. 1st Prize COTL Poster Competition

LEON WALKER'S MAGNIFICENT LORNE CALENDAR

The annual Lorne Calendar is back from local photographer Leon Walker, with 12 months of stunning exclusive photos reflecting Lorne's beautiful seasons, month by month. A great Christmas present, with limited amounts available from HAH Lorne beach for \$16. So grab a calendar or two and take a little bit of Lorne art home with you to hang on your wall, your fridge or anywhere else.

The Calendar makes a great gift for our overseas friends. Talk to Leon – postage can be arranged anywhere in Australia and overseas.



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THE VIEW 2

Welcome to The View 2 - Blessed with a location smack bang in the beating heart of town, The View 2, is yet another recreation of a former commercial space. Split level and featuring two spacious bedrooms and two bathrooms, the apartment is as much fun as it is functional.

Not giving much away at street level due to the tasteful frosted windows and preservation of the original frontage, walking inside seems to hit you like a set wave of coolness. It's like that wow you get when you first see an old warehouse converted into something new and exciting. Sand blasted brick walls, polished concrete floors, warm rugs, modern fixtures and furnishings all sitting amongst colourful artworks.

Open plan on entry certainly sets a standard, and this is continued throughout this beautiful apartment. Bedrooms are warm, impeccably well styled and amongst other great features, both proud of their comfy beds. The master bedroom on the lower level is super spacious with soaring ceilings. Accessible via the landing in the main living space is a reading/tv room flanked by the kids room and second bathroom.

Whilst space on the exterior is relatively limited, what is there has been utilised perfectly. Outdoor shower, gas BBQ and synthetic turf area fully equipped with stools and general cool items for simply chilling back laneway style.

So pack your bags and be sure to bring an open mind to the possibilities of a beach holiday with a new twist. The View 2 can be rented in conjunction with The View 1 on request.

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I am very proud to be standing up and delivering for Lorne.

Most recently, the Morrison Liberal Government announced a \$154 million **City Deal** which includes \$8 million for the **Point Grey** upgrade and \$900,000 for a new **Lorne Aquatic and Angling Club**.

This is a wonderful commitment for a project which we will ensure is fully backed by the Lorne community.

Please let me know what's important to you so that, together, we can build a **stronger Corangamite**.

SARAH HENDERSON MP
Federal Member for **CORANGAMITE**



Celebrating the installation of new lights at Lorne Bowls Club

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Authorised by S. Henderson, Liberal Party of Australia, Waurn Ponds.





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LORNE MEDICAL CENTRE SUMMER SERVICES



The Lorne Medical Centre has one clear goal – to provide the best possible healthcare to our local communities.

The Lorne Medical Centre aims to provide patients with primary, comprehensive and confidential medical care, in all aspects of family medicine. We make every effort to provide services that reduce the need for travel, and we also welcome holiday makers to utilise our services whilst in Lorne.

Family Medicine

The focus of Lorne Medical Centre is patient care and we provide ongoing health care to all members of your family. Our highly qualified and dedicated medical staff provide a comprehensive range of services to suit your every need.

After Hours Care

The Lorne Community Hospital urgent care service commences with nurse triage (the process of determining the priority of patients' treatments based on the severity of their condition), comprehensive assessment and advanced life support. The Lorne Medical Centre provides 24 hour on call medical care to support the service.

Optometrist

Lorne Community Hospital in conjunction with Deakin University has commenced providing an optometry service to anyone who wishes to have their eyes checked. This FREE service will run approximately every four weeks throughout the year on a Thursday and Friday. Optometrist consultations can involve eye testing (glaucoma, cataracts), advice regarding medical conditions (diabetes, hypertension), the recommendation of eye exercises and the prescription of glasses or contact lenses (if required).

Psychologist/Counsellor

Our Psychologist and Counsellor attend the Hospital every week and are available to in-patients and community clients. Psychology/Counselling services are important in addressing a wide variety of mental health issues and when appropriate, can liaise directly with your treating general practitioner regarding diagnosis and treatment options.

Dietitian/Diabetes Educator

Our Dietician and Diabetes educator assists patients, families or individuals with the management of diet and nutrition, which is so critical to overall health and well-being (especially if you suffer from diabetes or weight management). Dietary advice also forms an integral part of the treatment of most medical conditions.

Physiotherapist

Our highly skilled and qualified physiotherapists aim to develop, restore and maintain the movement and functional ability of the body. Not only do they examine, diagnose and treat the

immediate problem; they then teach you how to take care of yourself by showing you how to do exercises and how to use your body properly to gain mobility and strength to prevent recurring injury.

Women's Health

The doctors and nurses at Lorne Medical Centre offer Women's health checks, and are dedicated to managing health issues thoroughly in a comfortable confidential setting. Consultations may cover family planning, contraceptive advice, pregnancy care, fertility advice, health screening including pap smears, breast examinations & sexual health screening.

Podiatry

Our podiatrist specialises in the management of feet and related medical disorders. Podiatrists can diagnose and treat a wide variety of conditions of the feet such as bunions, corns, calluses and ingrown toenails. Podiatrists also advise you regarding correct footwear and orthotics.

Exercise Physiologist

The Lorne Medical Centre Exercise Physiologist specialises in the benefits of exercise to help patients get fitter for all around good health, or to treat patients with a medical condition through exercise.

Audiologist

The audiologist who practises from Lorne Medical Centre provides hearing evaluations for patients of all ages, especially children and the elderly. Audiology testing is commonly part of overall medical reviews, but also may be in relation to acute or chronic hearing loss, or when hearing appears to be affected by other medical conditions.

Gynaecologist

Our local gynaecologist consults at the Lorne Medical Practice on a regular basis. A Gynaecologist is a specialist doctor who cares for women and specialises in pregnancy, childbirth and reproductive health.

Massage

Our massage therapist offers bower therapy, relaxation/therapeutic massage, Indian head massage, lymphatic drainage massage, deep tissue, pregnancy and infant massage.

Social Worker


Our social worker specialises with people who have experienced a wide range of social situations including disability, homelessness, drug and alcohol addiction, mental health issues, unemployment and family breakdown.

Increased hours over summer

The medical centre will increase their opening times/days over the busy summer period. These times will be displayed on our website, face book and via posters on the medical centre's front door.

For any further information about any of our services or to book an appointment, please do not hesitate to contact our friendly reception staff on 5289 4333 or book online. Otherwise follow us on Facebook or the Lorne Medical Centre website www.lornemedicalcentre.com.au to keep up to date with our latest news and events.

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EDITORIAL

Oh to be Politically Correct

We are, without a doubt, firmly entrenched in a period of political correctness, but for goodness' sake don't mix PC up with the #Me Too campaign; they veer in completely different directions.

The PC warriors believe that at the centre of their mantra is 'respect' – you've got to take your fellow human being with a complete 'all people are equal' attitude which banishes definition by race, colour, sexuality, religion, and anything else you can think of which makes one person different from another.

'Respect' just means that you shouldn't upset another person, and most institutions, small and large, now conduct PC sessions through their Human Resources sections and it wouldn't be a surprise to learn that places such as the Surf Coast Shire and indeed our own Lorne Community Hospital feature these sorts of briefings on a regular basis. Thus patients in hospital or in a nursing home have become 'clients' and be it upon your head if you dare use words such as 'darls', 'dear', 'love' and the like, no matter how well-meaning or affectionate your intent. To be absolutely PC, you should initially approach the client/patient and ask politely how they wish to be addressed. You've overcome a PC hurdle if the answer is simply: "Just call me Gwen!"

Notice in overseas programs on TV, whether made in Britain or the United States, police make good use of the word 'Sir', in contrast to our so-called egalitarian society where the address of 'mate' seems to be the common moniker. The female version to 'Sir' is 'Ma'am' a contracted version of 'Madam'.

Back in the 1980s, the legendary publican at the Lorne Grand Pacific Hotel, Johnathon Crawford, was probably a pioneer in PC conduct when he just called everyone 'Pal'.

It solved the problem of trying to remember individual names of the hordes of people – yes, men and women – who used to flood his establishment. Although it was similar to 'mate', it had about it a little more softness of tone, a hint of affection, the personal.

Without getting entrapped in the whole #Me Too quicksand, there is something to be said for the good old handshake. There is nothing nicer than to reach out and clasp a warm, firm hand (male or female) and you can learn much from an interchange like that – or so psychologists or experts in manners claim.

The hand-shake is far superior to the kiss-kiss, increasingly popular when meeting acquaintances or casual women friends. One kiss on the cheek seems to be the norm, two just pass, and the one-two-three does seem to be a smidgen over the top. We're not in France, you know!

You have to move close to the opposite person in a kiss-kiss routine, a move fraught with difficulties, dare one say danger? Stretching the neck down or up is always awkward, on many occasions just plain clumsy. And what do you do to steady yourself? Plant your feet squarely before the other person? Lightly touch their shoulder for balance?

Then there is the body-to-body hug. Danger, danger! Judging how close the hugger should move towards the hugged is an art in itself. It's a mostly unbecoming sight when two people hug with each of their backsides sticking out, and of course a too-close a bodily contact could lead to a PC faux pas or, horror of horrors, a #Me Too accusation.

Perhaps bumping of shoulders as practised by Americans – usually black males – is the answer if, male-to-male hugging you must undertake, together with a complicated interplay of fingers. You are without a doubt a modern, up-to-date man.

So, just don't address anyone as 'darls', 'sweetie', 'dear' or 'love' without permission. You'll be arrested by the PC police and sent to a re-education camp in the Otways.

Jo Vondra

OP SHOP BUZZ

Here's a special shout out to those wonderful people who donate all the beautiful hand knits to the Lorne Op Shop. Marie Bannister has knitted more than 500 pure wool beanies for the shop over many years. These are superb in quality and highly sought after by locals and visitors in winter, when the chilly southerly winds are raging in from Bass Strait! She also knits beautiful, colourful and sometimes quirky tea cosies which make lovely gifts, and her hand knitted dolls' clothes and Barbie outfits are the collector's items of the future!

June Stafford has donated many gorgeous baby hats and bootees, and Pat and others at the Colac CFA have provided us with a wonderful array of knitted and crocheted blankets and rugs, shawls, bed socks and toys. To all these very clever and talented people, and with apologies to others whom I may have forgotten to

mention, we say thank you for making such a huge difference to our Op Shop takings over the years.

Did anyone see the story on television recently about the big charity in Melbourne and the huge problem they face in getting rid of rubbish? It is a source of great irritation to op shops and charity organisations everywhere, and The Lorne Op Shop is no exception. We need to pay someone to collect the rubbish from the shop and take it up to the Lorne Transfer Station for disposal. In the 12 months from November 2017 to October 2018 the Lorne Op Shop spent just on \$9000 on rubbish removal and disposal. This equates to \$745 per month on average, and increases to over \$1000 per month in the busy four months from December to March.

And please, don't be offended if Op Shop staff tell you that we can't accept certain items that you bring in to the shop. We can't sell electrical goods, bikes, helmets, baby equipment, old cases without wheels, old textbooks, etc. If we accept them from you, we end up having to pay to have them dumped.

The Lorne Op shop wishes all our volunteers, donors and customers a very Merry Christmas!

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Volunteer Positions Vacant

Lorne SES Unit is currently recruiting for six new members to assist in keeping your community safe.

As well as emergency response, VICSES volunteers engage with the community to help them prepare for disasters.

Can you commit to two volunteer hours per week?
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For more information phone Adrian on 0419 114 003
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THE LOUTTIT LOOP

Lornecare members teamed up with the Shire outdoor team to tart up the Stony Creek valley ready for its transformation into "Camel's Lily Pond Walk". Sixty folk attended the official ribbon cutting by Christine Callahan and Alain and Christine both made beautiful memorable speeches. Every town needs a guy like Alain Purnell who quietly gets things done with no ego getting in the way - and does he ever get stuff done! So take a short stroll up the valley and enjoy the serenity and beauty thanks to Camel and the Lornecare team removing shoulder high blackberries over the last 15 or so years.

So very sad to hear that dear Robin Plum has passed away. A gentle, spiritual, sensitive man, and friend to all. So many of us can look at parts of our homes painted by Robin and be amazed at the great job he did. In fact when called in to paint our timber ceiling and beams, he also Karchered the bottom deck as it looked like a green lichen field! Sincere sympathies to dear Pam and the family.

Not safe to replace the winter doona with the summer one in Lorne! Most folk did just this after a few hot days and kapow!!! We're back to fffreezing wintry weather.

Spotted an echidna the other day – head in a bush, prickly bum fully exposed! Did you know they are very territorial critters and consider up to 100 km round to be their area and apparently can live for 40 years. All good news. Go Google reproduction ritual – sort of like an echidna conga line!

Haven't spotted a snake YET – but with 3000 bites being inflicted annually needing up to 500 hospitalisations, surprisingly only two or three folk a year actually die! This is our first summer without dear Ross our snake catcher. RIP Ross – we miss you in Lorne. If bitten, the bottom line is KEEP AS STILL as possible and don't wash off venom, don't cut, don't suck out venom, bandage but don't apply tourniquet, and don't remove clothes. DO NOT catch, kill or try to identify the snake – nowadays it's not necessary as one anti-venom covers five of our most dangerous wrigglers.

A big thanks to talented journo Anson Cameron, a Lorne homeowner. Anson fills Page 3 of the Age Spectrum on alternate Saturdays. His accurate and entertaining article on Cup Day at the Lorne Aquatic Club is a wonderful read (reprinted in the Surf Coast Times). The last para caused tears of laughter – and I quote – "the marquee was lifted by an onshore easterly and dumped approximately 44 gallons of cold water on my wife, making her the sole entrant of the Surf Coast Shocked and Angry Ladies Wet T-Shirt Competition." Keep up the excellent work Anson!

Time to get busy clearing round your house and pushing the bush back! For a look at how to be as safe as possible take a drive up to QDOS and check out the excellent clearing job they've done.

"There's none so queer as folk!" Heard of a Melbourne couple who normally spend weekends in Lorne but decided to stay for an entire month for a change!

Hubby was gob-smacked to discover that the missus had brought 43 pairs of shoes! Of course he probably packed several old t-shirts, a coupla pairs of shorts and his thongs!

Its great reporting on the fantastic fun the Men's Shed members have! Recently 22 of the guys visited The Fox Museum at Docklands – open to the Public certain days. Unique cars, not 4-legged beasts and mega thanks to David Worth for making it happen. Naturally they had to lunch – and trendy bar Nixon's fitted the bill beautifully.

The Shedders have recently completed and mounted the Lorne Community Connect sign at the former Senior Cits. building and have also finished constructing two of the seven mini yachts they are making. One has survived its maiden voyage beautifully!

Graeme Wilkie reports his horror at mistaking the end date for Victoria Howlett's awesome exhibition and was in the throes of clearing the walls when said Artist arrived with a bus load of mates to view the show! Graeme says he went like the proverbial 'cut cat' to remount it within an hour for another week. From 2nd December local artist Marny Fenton has her Earthcycle show as well as the launch of a book about their border collie - "My Name is Major – My Life with Marn and Gar"!

For the last week the new Susan Sutton coffee table book has graced Lil's dining table! OMG! The wonderful words, quotes, gallery of her paintings and the history of this amazing artist and also of her times in Lorne make joyful reading and the hours smilingly pass by! An incredibly detailed and glorious collection of art and words – right down to Hayden Rickey's poem of his love for Lorne and the painting it inspired clever Susan to produce of her obviously beloved Lorne!

How'd ya be? Jenifer and Leo Collins set off on a cruise on the Golden Princess with its 2,600 passengers and end up befriending a lovely guy called Ray who's a good friend of Jo Vondra's! Jo and Ray went to school together. Small world.

Twenty-eight members of Lorne's Garden Group had their annual trip in October – this time to the Yarra Valley. A mixture of private gardens and famous ones such as Cloudhill, CJ Dennis Singing Gardens, and Dame Nellie Melba's garden. McHarry's coach driver Stephen did a brilliant job negotiating the hills and lanes whilst attempting to get a word in on the mike! Well done Beverley on a fantastic couple of well organized days!

It's so great that Foodworks Lorne stock and support locally produced items. The latest fantastic find is Mark Carroll's honey! Sold as "Surfcoast Bees: Natural Untreated Honey from Otway Ranges and Surfcoast flora" the label also has handwritten on it "Fairhaven Hive 1" Good one Mark – love it.

.....Lillian!

P.S. Okay, totally without his permission, but with respect, herewith a reminder of Hayden's words:

Lorne.

She's trapped in my imagination

Splashed water sparkling.

I am back in her arms

Sipping on her milk

Pulling her flesh

Swimming in her domain.

Am I the only one to have been

This drowned ...in love!

DOUBLE ARTS LAUNCH AT QDOS

On December 2nd 2018, QDOS will host a combined Art Exhibition by Marny Fenton and a Book Launch for budding canine author, Major Fenton.

Major's Book is an autobiography - he is actually Marny and Garry's Border Collie Sheep Dog which has "written" his autobiography about his life in the Fenton household.

If the truth be known, Major did have some assistance from Garry who had previous experience when he released his first book, "G'day Cobber" in 2012.

Major took two years to write his autobiography and the launch will be a fun day with former AFL stars and well known as 'raconteurs' Max Pitt and John Westecott, part of the proceedings.

People often say after a tour of artist/sculptor Marny's Studio or viewing one of her Exhibitions that they now look at their world and the natural environment around them in a different way.

They feel they have been inspired to observe the colours of earth, its textures, terrain, vegetation, animals, birds and insects far more closely.

Ochres feature extensively in her work and have been collected from all around Australia over the past 35 years. Feathers, bone, woods and recycled hunter gatherer materials transcribe her adornments; sculpture and art work and through this iconology become a form of visual, often humorous storytelling or comment.

This year 2018 Marny and husband Garry decided to drive from Lorne to Port Douglas in a 'ute' via the drought stricken pastoral areas of Northern Victoria, NSW and Queensland.

"It was an awesome experience with Garry intent on outrunning the astonishing army of Grey Nomads in their 'Big Rigs' across the parched plains. We scampered on at the average of 600kms a day", Marny said.



Bendigo Community Bank 15 years old

The 15th Birthday of the opening of the Winchelsea Bendigo Community Bank Branch was celebrated at the recent Corangamite Financial Services Ltd (CFS) Annual General Meeting.

The Community Bank had its beginning 16 years ago! Because of the decision by the major banks to close their branches in Winchelsea, the Winchelsea Community decided to source an alternative to bring banking services back to the region.

Corangamite Financial Services was the umbrella under which the community banking system was established.

The movement was such a success that it led to the opening of the Anglesea Branch in October 2005 and in December 2017, it opened a Branch in Lorne.

The Bendigo Bank has been most generous and supportive community events, including various projects in the Lorne community.

SUSAN SUTTON: AN ARTISTIC LIFE

Seldom do we have the opportunity to understand the way in which life experience informs our artists. Normally we see only their creations, and perhaps wonder how they came to be. 'Susan Sutton – the artist and her work' a glossy publication authored by Marion Pescud allows us to explore the journey which enabled Sutton's considerable body of Lorne paintings to be created.

Opening with well-illustrated depictions of family life and friends, the book presents a talented individual living within a secure childhood, a happy marriage and operating several business ventures. But then as Sutton explains the wider world beckoned. It seems that travel, leading an 'artistic' life and 'running with the muse' lent inspiration and refinement to Sutton's ability to create both figurative and landscape expressions, initially watercolours and later oil paintings.

While there is much to savour in this book it is the section called 'The Art' which will resonate with Lorne dwellers.

Combining figurative and landscape art Sutton offers us a narrative of Lorne's lifestyle highlighting what sits at the heart of its people's activities – the beach and the forest. Drifting between real and abstract forms, we see familiar events unfolding - the hustle of surf carnivals, the quiet of the lone surfer. Sensitive use of colour and light conveys a variety of background moods of sea and sky – gentle reflections in the ocean and threatening clouds in the sky.

Sutton notes '...the inspiration for my works is my personal involvement in an event or situation...visual statements about what I have actually observed and experienced...'

Her observations as presented do tell a story of Lorne but this story appears as a magical interaction between people and place.

Sandra McComb

(The book is available from the Lorne Book Shop and QDOS, \$95rrp Susan will launch the book at the Lorne Book Shop on December 8 at 5.30pm)

Susan's background

The time-frame in which Susan 'came out' as an artist and left Lorne) coincided with an unprecedented artistic 'bloom' in Lorne, at first mainly centred around the Arab, but then mostly at the Pier Restaurant. From the Fisheries processing building's retail outlet, Christos Raskatos held court and became a legend. The notice board, as well as his shop windows almost daily had a display of new poems and for more than a year there was a piano at the back and customers were party to professionally played classical music.

During this time, local Rob Coy painted and sketched, Graeme Wilkie established first a gallery in the disused squash court, then later the creation of the magnificent QDOS art gallery and restaurant, the Lorne Sculpture Exhibition came into life about this time, Age columnist Anson Cameron wrote a book about Lorne, Bryan Poynton and Hadyn Rickey kept up a steady stream of poetry, and the Lorne Book Club became a venue of intellectual exchange. There were regular visitations by Peter Temple, Robert Dessaix, Heather Le Griffon, Kerry Underwood and others, David and Meryl Bartak established the Lorne Book Shop, there were ceramic study tours to Japan ...and much, much more. It was a magical time for cultural interests in Lorne.



The Fisheries painting



Christos sitting with his painting



Swimmers on the beach

NEW PRINCIPAL AT LORNE'S P-12

Lorne and our P-12 has welcomed its new Principal, Shane Elevato, following the previous Principal, Karen Biggelaar, accepting a position at a multi campus Special School in Ballarat.

Shane has worked in a number of school environments, including Government, Independent and Catholic and was recently Assistant Principal at Newcomb Secondary College in Geelong.

Shane and his wife, Sam, have three children and while currently living in Geelong have plans to move down the coast. He believes that a school like Lorne P-12 must have a "connection to community".

In his words, he would like to see Lorne P-12 perceived as a "destination school", offering a full VCE curriculum. He would like to see the school grow in a managed way so that individuals do not lose their identity and the growth does not erode the unique qualities of Lorne P-12.



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Complementary medicines: Rheumatoid arthritis

Rheumatoid arthritis (RA) is a chronic autoimmune disease characterised by joint inflammation. The immune system attacks the tissue lining the joints (synovial membrane), causing joint pain, swelling and stiffness.

Two complementary medicines options for RA are evening primrose oil and omega-3 supplements. What's the evidence for their efficacy in treating RA?

Evening primrose oil (EPO) is derived from the seed of the plant *Oenothera biennis* which is a rich source of linoleic acid and gamma-linolenic acid (GLA) – the omega-6 fatty acids. They are components of cell membranes, and substrates for the synthesis of eicosanoids (e.g. prostaglandins, thromboxanes). GLA supplementation can increase the ratio of non-inflammatory to inflammatory prostaglandins.^{2,3}

Patients may need to take evening primrose oil daily for at least six months in order to see improvement, but watch for adverse effects including gastrointestinal symptoms, headache, dizziness and rash.

The other supplement is Omega-3 – which includes alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and docosapentaenoic acid (DPA).

ALA is an essential fatty acid sourced mainly from plant foods (e.g. canola oil, flaxseed oil, some nuts). The body converts a small percentage of ALA to EPA and DHA; however, the main source of EPA and DHA is seafood.

Several RCTs and meta-analyses have found that EPA plus DHA has an anti-inflammatory effect and reduces morning stiffness, joint swelling and pain, and the need for NSAID therapy in patients with RA.

There is evidence that EPA plus DHA also reduces cardiovascular risk.

For more evidence-based information about these and other complementary medicines, side-effects and what dose to take – please see your local pharmacist.



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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