

THE COMMITTEE FOR LORNE

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EVERYBODY KNOWS SOMEBODY LORNE COMMUNITY HOSPITAL MENTAL HEALTH FORUM

Do you know someone in our community that is suffering the effects of anxiety, depression, suicidal tendencies, alcohol or drug abuse? If you don't know anyone perhaps we need to learn the skills of how to recognise them.

With three expert speakers in their fields, the Lorne Community Hospital's Mental Health Forum being hosted in Mental Health Week will equip us all with skills in identifying issues in ourselves, family and in our community. The night will also provide strategies to make us all more resilient to these effects.

Mental Health Week 2017 is from October 7-14 with the aim to promote the importance of early intervention practices for positive mental health and wellbeing and reduce the stigma associated with mental health. The awareness campaign is held annually in October to coincide with the World

Health Organisation's recognition of World Mental Health Day which is celebrated on the 10th of October.

Leigh Bartlett has been working in the youth space, in schools, local government NGOs and privately for over 25 years, currently the Regional Youth Affairs Consultant at Barwon Adolescent Taskforce (BATForce). With a passion for young people and their community she believes raising adolescents is like trying to nail jelly to a tree – it takes many hands to deal with the potential mess!

Rameen Razmara is an experienced Occupational Therapist who specialises in mental health assessments and interventions. Rameen will help us recognise suicidal tendencies in ourselves and others and explain how he works to get people back on track using services in Lorne.

Christine Rampling from Windana

Drug and Alcohol Recovery will present on strategies for us all to assist with Alcohol and other Drug recovery in our community. Windana, an Aboriginal word meaning 'which way?' in conjunction with Lorne Community Hospital can help people in Lorne who have become disconnected from their family, children friends and community caused by the harmful effects of alcohol and drug misuse.

This important forum would not be possible without the amazing fundraising work of the 2017 Foodworks Lorne Spinners M2M team. The event is also receiving support from the Lions Club of Lorne who will provide a light supper including soup. Thank you again to these amazing volunteer groups.

The MC for the forum will be Steve Atkinson, known to many of us, Steve has been part of the M2M team and will help to facilitate your opportunity to ask questions important to you. Although rsvp is not essential, if you are committed to attending please let us know for catering purposes.

Let's continue to build resilience in our small community.

Let's gather strategies for dealing with mental health issues - for ourselves, our family, especially our children or our neighbours.

- **What: Lorne's Mental Health Forum**
- **When: Tuesday 10 October from 6pm - 8.30pm**
- **Where: Lorne Senior Citizens Centre**
- **Dinner: Light meal & tea and coffee provided**
- **Cost: Free**

For further information or to rsvp, please contact Karyn Hogg on 5289 4383.

EVERYBODY KNOWS SOMEBODY



A word from the *Chairman*

While most were enjoying last Friday's Grand Final Public Holiday, the Committee for Lorne hosted our third community luncheon for 2017. With 63 people in attendance it was great to hear from the Great Ocean Road Coast Committee (GORCC) Chairman, Ken Northwood, about the works and current projects being undertaken by GORCC. With support from CEO Richard Davies, Ken provided a broad overview of the "work in progress" at Point Grey and fielded questions from the floor.

It was great to see a number of new faces at the luncheon given the Public Holiday that provided the opportunity to encourage our part time residents to attend. Guests also heard from Councillor Clive Goldsworthy whose energy and commitment to the Lorne Community never ceases to amaze. Clive shared how his recent work on how he has been assisting the Lorne Senior Citizens in an advisory capacity to strategise their future reinforcing the importance and proud history of this legendary local group.

The AFL Ladies and Men's season

now literally done and "dusted" the focus begins to turn back on the coast and encouraging to see our part time property owners and visitors return to Lorne for the last school holiday break before the end of the education year. As we enter the last quarter of the Calendar year people's diaries start to fill and the social calendar starts to highlight the variety of events on offer and the next 30 days in Lorne is no different to anywhere else.

Last Friday evening, I had the privilege of attending the Lorne Historical Society display rooms to officially open, on behalf of the Stewart Family, the "Relive the romance of Lorne's Guesthouses" exhibition. Open every Sunday from 10am to 12 noon until the end of February, this is great display and visual illustration of Lorne's early accommodation days. Congratulations to President Gary Allen and his team who do such a great job in preserving the memories of our past.

The Lorne Community Hospital is facilitating a Community Forum on Suicide Prevention and Awareness. The session

is being conducted on the 10th of October at the Lorne Senior Citizens Hall from 5.45 to 8.15pm. All are encouraged to attend this great initiative as so many of us have been touched in some way by the sadness and aftermath that surrounds the tragic circumstance of suicide. Please confirm your attendance with Het Ramp on 5289 4385

With the upcoming Melbourne Cup weekend, there are two local events that are attracting a great deal of interest. On Friday the 3rd of November the Lorne Lions Club is hosting the Doug and Mary Stirling Cup Presentation Dinner honouring 2017 winners Jan & Peter Spring. This gala evening is being held at the Cumberland Lorne from 6.30pm and to reserve you seat contact Margaret Cartledge on 0408 599 336. The following night the Lorne Country Club presents "The Gold Record Show", call the club to book your place on 52891267.

Ian Stewart
Chairman - Committee for Lorne

COMMUNITY PROFILE

ANNA McILDOWIE



Some people encounter a teacher during their education who makes a significant difference to their life. Anna came across the author and scholar Tracey Banivanua Mar who taught 'Aboriginal and Pacific Islander Histories', an Arts Degree subject at Melbourne University. "She profoundly transformed the way I saw the world and myself in it."

Anna's family moved to Lorne when she was three. She was educated in Lorne from kindergarten to Year 12. She especially loved drama and art and speaks fondly of the way the school and her family encouraged her.

She went to university with the idea of becoming an artist and actress. In the most honest way, Anna spoke of how she soon felt confronted with her inability to critically engage with the world, leading her to change paths and pursue subjects that might help her to understand it better. "The most transformative thing that came from this was the shock of a newfound knowledge of history and the deepest feeling of responsibility to live my life accordingly. To do all I could from that moment on to ensure I wasn't complicit in perpetuating the wrongs of the past".

Anna continued her study earning an Honours degree in History under the supervision of Dr Banivanua Mar. She recorded over twenty oral history interviews with Lorne locals titled 'The Aboriginal History of Lorne, My Community's Knowledge' from which she produced the thesis 'Identifying the Gadubanud Narrative'.

Besides University, Anna spent a decade in Melbourne doing various day jobs while "I pursued the things I truly believed in with grass roots community organisations, activists and social justice initiatives."

In 2016, she moved back to live with her family in Lorne and began working at the Bowls Club restaurant. Wanting to help extend the use of the Club and bring the community together, she and two friends started Monday Night Music - a not for profit event that welcomes regional musicians of all genres, ages and diversity.

Since the age of 13, twenty years ago, Anna's hobby has been taking 'home movies'. She is currently combining this self-described "obsession" with her passion for art, history, knowledge sharing, social justice and social responsibility, by working towards becoming a documentary filmmaker.

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LORNE WARD EVENTS CALENDAR

October

- 6 **Laurence Mooney live stand-up comedy**, with Dave O'Neil & special guest! Lorne Hotel (View) at 8 – 11 pm. Phone 5289 1409 to book tickets. \$25 locals/earlybirds, \$30 on the door.
- 8 **LAAC Major Fishing Competition number 5**, Lines down at 6am. Weigh in at 12.15pm. Barbecue lunch at the Lorne Aquatic and Angling Club.
- 10 **Community Forum, Suicide: Awareness and Prevention**, Lorne Senior Citizens Hall, 5.45pm to 8.15pm. Phone Het Ramp 5289 4385
- 28 **Mantra Lorne Garden Party**, tennis tournament, music, games, outdoor cinema, raffle and silent auction. From 2pm. All money donated to Luke Batty Foundation.

November

- 3 **The 2017 Doug & Mary Stirling Cup**, Presentation Dinner honouring Jan and Peter Spring. Cumberland Lorne from 6:30pm \$85 per person. To reserve seats, or tables of 10, contact

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