

**"...men often stressed, lonely and with alcohol available nearby ..."**  
**Council turbulence and a small group of protesters halt Lorne Men's Shed**

A bitter and emotional disagreement has broken out between Lorne's 'Shedders' and a very small group of protesters with scurrilous emails, criticism of Surf Coast Shire Council procedures and 'Shedders' refusing point-blank to move the site of the proposed Shed some six metres from its present site.

Following the turbulence of council proceedings on June 23, the President of the Stribling Reserve, Peter Spring, has threatened to resign in protest against what he called "a total absence of respect, collaboration and support from Councillors and officers of the Shire". (See Peter's letter on page 7)

The CEO of the Shire, Keith Baillie, and the Mayor Cr Margot Smith, came down to Lorne a couple of days after the controversial council meeting to meet with Allan Walls, President of 'Shedders' but the discussions, the Lorne Independent believes, have not amounted to any positive results, merely for all parties to 'think about it'.

The SC Council on June 23, under questionable circumstances, voted four-four with the Mayor casting her vote to bring a conclusion to the issue to shift the Men's Shed six metres to the north at an initial cost of \$30,000, to placate some six protesters.

President Allan Walls has sent a blunt letter to Mayor Cr Margot Smith, writing: "We do not agree with or accept the decision that the building be relocated with costs of up to \$30,000 being made available."

The saga of Lorne's Men's Shed has been active over the last two years with the Shedders applying for grants, going to considerable trouble to make sure to obtain all relevant documentation; Shire officers were involved in inspecting various possible sites until the position on Stribling Reserve was selected as the best possible option.

A few months ago, and at a time when all criteria had been satisfied, and building was scheduled to start, a number of people – at least two permanent with most of the others part time residents – came forward and said that they had not been properly consulted on the Shed project.

Mr Baillie subsequently halted the project and asked for input from Lorne ratepayers.

Hundreds of emails and other correspondence was received, with most in favour of the proposed Shed; those against cited traffic problems, lack of privacy for certain properties, noise and general disruption.

One part-time resident emailed the Mayor and CEO,

an email which was circulated widely in the Lorne community; also included on the email's address list were two federal members of parliament.

The total email read: "As you know most of us understand the benefits of Men's Shed but here the site is inappropriate for a 'Mens Refuge' (sic). Men's Shed 'may be (sic) place for Comradeship, to develop some skills and possible drinking, but this proposal has been sourced without looking at the consequences!

"Placed on a pristine site, a large unattractive building on the Reserve where young children come to play football, cricket, basketball at the school next door and other games on the oval often by themselves, and to have groups of men often stressed, lonely, and with alcohol available nearby would appear to be questionable to say the least.

"A more fitting site in Lorne would be on council land near the industrial part of Lorne."

Mayor Margot Smith wrote back to the Lorne part-time resident: "As you know we have had similar statements ...from some of the residents. I have many friends who are members of the Men's Shed in Anglesea, and I must say that they, and I, may take issue with your last statement."

Shedders President Allan Walls said that one of the strict rules of the proposed Shed would be a totally alcohol-free environment.

"Also relocating the Shed six metres will change the topography and will require further engineering input. We anticipate the requirement of a retaining wall at significant cost, site testing, and a quote on the slab design.

"Further, the permit for the building issued by DEPI is site specific and relocation will be a major issue. The change in location will not accommodate the proposed storage area under the building and will adversely affect car parking between the building and the net ball courts.

"The relocation may have a negative impact on residents in Otway Street who have not been consulted and could lead to another round of objections", Allan Walls said.

In other words, after more than 18 months in getting the project almost off the ground, further considerable delay is inevitable.

And so it continues!

- Jo Vondra

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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.

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The Djuki Mala dancers  
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Indigenous dance group sensation, Djuki Mala as well as the film Black Panther Women are among a spectacular line up of cabaret performers, sideshows circus, theatre, comedy, musical events and dance performances at this year's Lorne Arts Festival scheduled for Friday to Sunday, August 28 to 30.

The Festival is now in its 5<sup>th</sup> year and expected to attract more than 4,000 people.

Once again Lorne will experience the excitement of a 'big top' right in its centre and the Festival has been organised in such a way that virtually all of the town's venues will feature in the total program, providing entertainment for the young and those of more mature years.

The Djuki Mala, or Chooky Dancers started when a group of youngsters from Elcho Island off Arnhem Land formed themselves into a group combined traditional dance, their natural flair for comedy and the stirring music of Zorba the Greek.

First shown on the internet, the routine went viral and the group has now performed all over Australia, China, Taiwan, and Canada.

In addition to the Djuki Dancers, Elcho Island's comparatively quite large indigenous population boast enormous creativity, especially in music – the fabulous Geoffrey Gurrumul Yunupingu is a local talent and 'My Island Home' which made Christine Anu an international star was written by Neil Murray for the Warumpi Band.

The opening of the Festival will see popping of bubbly with the diva extraordinaire Yana Alana and her band The Paranas doing the honours.

From then on, it will be a cavalcade of top-line acts – comedians, magicians, spruikers and astounding circus acts on the high trapeze.

In fact, the Festival program has been carefully structured to take advantage of nearly all of the town's varied venue possibilities; the Djuki Dancer are also locked into a program with Lorne's P-12 with hands-on student participation, including dancing and story telling.

The extensive program also includes a number of free acts and activities, including a Lorne Historical Society Walk highlighting various town and surrounding area landmarks, shipwreck tales, historical buildings and local stories.

Most events are subject to a \$20 charge per show for adults and \$15 for concessions/children.

Advance bookings can be made from [www.lorneartfestival.com.au](http://www.lorneartfestival.com.au) or 1300 365 901(all shows can be booked separately or purchased in 3, 5, or 7 show passes.

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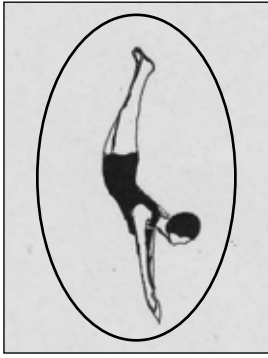
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# The Louttit Loop



Whale season is wonderful. First spotting for 2015 was in May! Mid June produced a beauty with tail flukes and the lot on a calm and sunny day! We never get blasé and everyone passes on the sighting to others and so it goes. Watch for the blue whale flag the Visitors' Centre hoists when there is a whale in our Bay.

*Oh what a perfect sunny day for the Swing Bridge Model Boat Regatta – with tiny motor and sail*

*boats putting on a great show – fairly protected from the terrible chilly wind whipping many parts of our town that busy long weekend. And how good was it to have Hadyn Rickey back in Lorne and on the microphone as race caller extraordinaire?*

As a matter of fact, three wise men of the town were seen trying out their toys the day before the Regatta. Chris had bought a super speed boat which in his fairly inexperienced hands did a flip and the \$80 battery fell out and sank in the slime of the Erskine River Estuary. Cr Clive also tried out his powerful speed boat! This started with the boat becoming airborne, flipping and taking a chip out of friend Chris's new boat as it crashlanded. Panicky Clive then pressed a wrong button and his craft smashed into his gumbootless leg which required stitching at the Lorne Hospital. Hopefully he donned his high rubber boots to keep the Erskine's bacteria off his injury on race day. But he was limping badly later in the evening at the excellent Lions Club Testimonial night for Henry Love, in fact the leg rested up on a chair.

*Ken Wilson passed away in June – unexpectedly, but peacefully. Oh how he will be missed – not only by dear Rana, their kids Adam, Tansie and Heath but the whole extended family, and especially the grandkids Sienna, Remi, Ruby and Evie. Ken had many many mates in Lorne and happy times here.*

Farewell to outstanding chef Matt Dempsey from the Bowls Club and a big vote of thanks for the yummy meals and the excellent ambience he created over the season for the folk of Lorne and those passing through. A new Friday/Saturday winter chef is being sought.

*The Bowls Club has elected Garry Allen as its new President, replacing the enthusiastic and capable outgoing Tony Peddie.*

Heather Rice steps down and Lorne Op Shop welcomes Mandy Calder as the new President – captain of an amazing 'ship' with an awesome and increasing crew!

*Well done Dee Stewart on drawing attention to proposed traffic closures in our main street on the Saturday of the annual Sunday Amy Gillett ride in October. Dee's also attempting to prohibit outside food suppliers setting up and taking customers away from Lorne's many excellent food outlets. We have quite a few empty shops at the moment – well rents are high (a sympathetic lowering of the weekly \$'s would make a huge difference). But to have the weekend trade deflected to temporary traders paying no rent or Shire overheads positively STINKS.*

Once again Lick & Sip hosted the Biggest Morning Tea at their 'café'! Thanks to the baking skills of Carly Enticott who, despite being pregnant with her second baby, baked and baked to raise in excess of \$1200 for the Cancer Council. The laden morning tea table looked so beautiful in the window and over a hundred scones were consumed in two hours as well as endless sandwiches and yummy biscuits.

*Also thanks to the amazing Bendigo Community Bank!*

*Anglesea Branch Manager Shane Madden arrived for his cuppa and Devonshire tea with a cheque for \$200 to kick start the morning. Lick & Sip staff also donated tips and \$'s to the cause.*

Warning: the golf course now supports a mob of more than twenty kangaroos – so watch out on surrounding roads as many collisions have damaged both roos and cars pretty badly.

*Once again it is possible to take a flat short stroll up Stony Creek valley to the Lily Pond – the new first bridge is completed. Not a laddie bridge, but a great stable strong effort! And another roo alert! It seems a new enormous kangaroo has moved in to replace the recently deceased terrifyingly tall one which previously ruled this charming valley.*

Wonderful to see a couple more long-term Lorne permanent residents 'scaling down' and moving into the Lorne Chalet complex. Beats nicking off to Geelong or Melbourne, and takes the hills out of the equation!

*A terrific team of young folk – The Green Army – have joined GORCC staff to declare war on non-native 'mongrel' plants along the Bert Alsop track which heads out from the Lions Barbeque area to North Lorne's first carpark. An excellent happy group and we appreciate their hard work and promise not to toss our garden prunings or diggings over the cliff as happened in the past, prior to green bins and more modern awareness of what an irresponsible way this was to dispose of unwanted plants.*

Our own LorneCare group will also work in this area this month starting at the "Fat Ladies" carpark. This carpark has heaps of names – Bakery, North Lorne, One Tree Hill, and others – all relating to the past! Lorne really does need to address its branding of iconic spots! In July this extremely pro-active group will work on The Doug Stirling Walk – from the Surf Club to the Pier. This working bee will be overseen by one of LorneCare's founders – Camel – aka Michael Callanan. Orders will be given from his funky wheelchair which has been seen all over Lorne, despite residing in the Lorne Hospital with its driver!

*The poor old Men's Shed battle still continues with even more meetings and now intervention from believe it or not Winchelsea (??). We thank the small group of local men for keeping on and trying their best to achieve this facility which is so badly needed in our town.*

The media is full of reports of 'fighting' Ice, alcohol and other drugs. The ripple effect spreads the problem quickly to all country towns. Entire families suffer terribly. Phone Family Drug Help on 1300 660 068 ([familydrughelp.com.au](http://familydrughelp.com.au)) for advice. Lorne's active Alcoholics Anonymous (AA) group meet at 7.30pm on Thursday evenings in the St Cuthbert's church hall 86 Mountjoy Pde (call 52 291710 or 0423228136). Al-Anon for families of folk with alcohol probs. are on 1300 650 172.

*One visiting family of fisherfolk bragged of a big catch from the Lorne Pier over the long weekend. iPhone photos showed a pretty big shark they'd managed to land. Crikeydotcom! Emilio Valesi remembers fishing with some mates on the lower level of the old Lorne pier years ago and having to quickly pull up their dangling legs as a shark cruised by.*

If you are crook on the Westpac Bank for threatening to close our Instore Branch of Westpac early next year – please pop in to the Bank SAP, sign the petition and ask Karen what other action you can take. Apparently 140+ country banks such as ours are to close in 2016. Hello?????

*Our Editor Jo Vondra has become Grosspapa Jo or just Papa Jo to baby Harry Max – thanks to his daughter Ally and hubby Matt. Let the fun begin and congrats, Jo.*

...Lillian



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## LorneCARE News

- caring for our environment

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

This month we expect to be working along the Doug Stirling Walking Track between the Surf Club and the Pier.

We will meet in the car park at Lorne Point at

**10am on Sunday, July 19**

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

**For more information about LorneCare contact:**

**Alain Purnell Tel: 5289 2906**

**Mobile: 0417 031 905**

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**Mobile: 0408 891 886**

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## Lorne Independent

With the passing of years, one thing is certain as little green apples in summer time – change is inevitable.

When our Surf Coast Shire reintroduced the Ward System a few years ago, there was cause for much rejoicing in that Lorne again had a councillor able to truly represent the town without having to put up with the farce of nine men and women being 'responsible' for the whole of the shire.

Perhaps those of us with long memories still remember the council shenanigans of 15 or so years ago, the blatant Torquay-centric voting habits, the lack of community consultation, the inability of council to understand or indeed respect what Lorne was all about.

If the council's conduct at its meeting on June 23 is any indication, there is a strong danger that the old ways are gradually returning.

Peter Spring's open letter on page 7 articulates how he feels about the council's dealings with our Men's Shed issue, the inability of the Shire to solve even the simplest of problems, but most of all the lack of respect the Council and Shire administration has for the people of Lorne.

And from other reports on the June meeting, there was allegedly some violation of council procedures; the way the council dealt with Men's Shed protesters and those who spoke for the Shed left much to be desired.

Despite the fantastic work put in by our own councillor, Clive Goldsworthy, it's hard to shrug off the feeling that we're heading towards a Torquay-centric clime in the immediate future.

Recently, CEO Keith Baillie during a council meeting here in Lorne, expressed publicly his view that Torquay and its various new housing developments had a high administrative priority; the meaning was all too clear – Lorne, you've got to stop whinging and look after yourself.

A good indication on just how Torquay-orientated our council has become is its latest brain-wave to 'seek expression of interest' for a \$30 million-plus aquatic centre to be built in Torquay but obviously for use by the whole Shire.

The cost for annual upkeep is estimated at more than \$1 million.

And as the 'whole' Shire will benefit, Lorne will obviously have to contribute.

With the history of the bitter fight with GORCC for a partially heated community swimming pool for Lorne only just on five years old, you can imagine the reaction to this 'consultation' by most of the people of Lorne.

To predict that Lorne will blow a big, fat raspberry down the Great Ocean Road towards Torquay would perhaps be a polite way to express what we think of the 'consultation'. Or indeed the \$30 million aquatic centre.

Torquay can have its dreams, but the sheer arrogance is what irks the most. Not 20 minutes down the Geelong Road is Waurin Ponds which features one of the best aquatic and sporting complexes in Victoria.

Twenty minutes driving from Lorne gets us to Aireys Inlet.

Let's have a bit of fairness, a positive vision for the future and respect for the people of Lorne, and not return to the good ol' days of fifteen-odd years ago.

Oh the horror, the horror ...!!!

**- Jo Vondra**



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## **An open letter to the Mayor, Cr Margot Smith and the CEO of the Surf Coast Shire, Mr Keith Baillie**

As Chairman of the Stribling Reserve Committee of Management in Lorne, I am writing to express my profound disappointment and frustration in the outcome of matters related to the Lorne Men's Shed Project at the Council meeting on 23 June, 2015. It is the last straw as far as I am concerned in a clear demonstration of how out of touch Councillors and Officers of the Shire are with the aspirations of the Lorne Community and the importance of Stribling Reserve as a hub for community activities.

After the decisions in relation to the Men's Shed that were ratified at the Council Meeting in April and then drastically revised on June 23, I am feeling that the community, once again, has been totally disenfranchised while the Officers and Councillors pander to the demands of less than 10 people out of a permanent population of over a 1,000 in relation to the Men's Shed.

The motion to move the Men's Shed six metres to the North, was taken after consultation with the objectors, but with absolutely no consultation with the Men's Shed Committee or the Stribling Reserve Committee or the residents of Otway Street now affected by this decision. There is obviously no understanding of the implications, both practical and financial, of that decision.

I find that process to be totally devoid of any consideration of fair consultation or community engagement. More importantly, the manner in which the motion was amended and passed, demonstrates a total lack of respect for the community members who have volunteered their time for two years to deliver this project.

At this point, I must acknowledge the untiring efforts of Councillor Clive Goldsworthy in providing advice and support and thank Councillors Bell, Hodge and McKitterick for their support in the Chamber.

I am at a loss to understand why Councillor Wellington seems bound to bow to the demands of less than ten objectors while totally ignoring the wishes of the majority of the community. Do the ratepayers in her own Ward receive as much attention as she appears to have bestowed upon these house owners in Lorne?

Councillor Wellington's claim that she only learned about the Lorne Men's Shed project two weeks ago is inaccurate and at odds with her statements at the Council meeting held in Lorne on April 28. Her willingness to drive to Lorne and consult with objectors and yet fail to make any contact with representatives of either the Men's Shed Committee or the Stribling Reserve Committee is clearly demonstrable of an inequitable process.

In response to Allan Walls's comment that the location of the Men's Shed had the support of over 90% of the permanent residents, she questioned, "what about the feelings of the 5%?" For God's sake! What is democracy all about?

In recent times, as Chairman of the Stribling Reserve Committee of Management, I have been frustrated by the processes of the Shire and the recent decisions in relation to the Men's Shed are about the last straw.

To have Councillor Wellington question me regarding Shire's procurement policies with regard to the Men's Shed, when I have witnessed first hand the debacle resulting from those procurement policies with regard to the Stribling Reserve Oval and Netball Courts just defies logic.

In recent times, a known problem with drainage at the Stribling Reserve oval, caused by the botched project to

redevelop the Netball courts, sat in "engineering" at the Shire for three weeks while they supposedly designed a solution. Fifteen minutes on site with local plumbers resulted in a solution that was implemented three days later at a cost of \$2,700. Note that the Shire did not have a budget for this so the Stribling Reserve Committee paid for the works.

And yet, with the decision to shift the site of the Men's Shed, Council has committed to spend up to \$30,000 without a second thought! Every time the objectors raised another issue, Council has committed resources and now cash. When does it end?

These events have prompted me to review what the Stribling Reserve Committee has spent over the last two years on matters of maintenance and ongoing care of facilities; items which I understand that the Shire pays for in other places. We've done it because it seemed there was never a budget. The expense over two years is in excess of \$75,000; money that could have been spent to expand the use of the facilities for the benefit of the whole community through implementation of additional services. To see \$30,000 allocated in the manner it was, when there's been so many incidents of "no budget" for significant maintenance at Stribling Reserve is insulting.

My confidence in the ability of the Councillors and Officers of the Surf Coast Shire to deliver a fair and effective outcome for ratepayers and permanent residents has been severely challenged.

I have volunteered my time to Stribling Reserve for over seven years. Meetings aside, I would spend an average of ten hours a week attending to matters related to the Reserve.

However, the decisions of the Shire in relation to not having budget for problems that would have been fixed in a heartbeat at Torquay and the decisions in relation to the Men's Shed, passed at the Council meeting on 23 June with absolutely no consultation with Stribling Reserve Committee or Men's Shed Committee or affected residents, make me wonder why I am spending so much of my time on community projects.

It's a sad day when Councillor Wellington, or any Councillor for that matter, can swan in to the Chamber, take up the cause of less than ten individuals, the majority of whom do not reside in Lorne, and, with the support of other Councillors who have nothing to say and do not appear to have any clear understanding of the issues, the Shire rolls over. As I said earlier, no respect.

I'm going away for five weeks and in that time will consider my position. My immediate reaction is that, in an environment where there is a total absence of respect, collaboration and support from Councillors and Officers of the Shire, I will put my energies elsewhere and step down from the Stribling Reserve Committee.

If I do so, it will be with a sense of pride for what was achieved whilst I was on Committee and a sense of absolute frustration as to what might have been, if Councillors and Officers had the guts to stand with the people who do the hard yards rather than bow down to a tiny group of objectors who, through their words and actions, have insulted and disenfranchised this community.

In the end, it's about equity and respect. Both are severely lacking in the way in which Council has dealt with the Men's Shed project and maintenance and improvements at Stribling Reserve.

**Peter Spring**  
**Chairman**  
**Stribling Reserve Committee of Management**



## News from our Councillor for the Lorne Ward

### Community Infrastructure Consultation – Torquay Aquatic Centre.

There is a diverse range of views in the Surf Coast Shire about what are the highest priority future investments for Council. Community members have diverse levels of understanding about the implications of these potential investments for Council and ratepayers.

Council is facing significant financial pressure as a result of the Commonwealth Government's three year freezing of Financial Assistance Grants (calculated to reduce Council's revenue by over \$5m over 15 years) and the Victorian Government's Rate Capping policy which is estimated to reduce Council's revenue by over \$100m over 15 years. Council currently has \$15.5m in debt, which is within the local government prudential guideline.

Council's amount of funding for new priorities can be calculated by subtracting Council's funding commitments (services, asset renewal, debt obligations etc) from Council's revenue (impacted by the uncertainty of rate capping and the freeze of Financial Assistance grants).

A number of community members believe an Aquatic facility should be a high priority. A report by the Aquatic and Leisure Centre Taskforce was provided to Council in September 2014 which estimated the facility would cost up to \$29 million to construct, with an initial annual operational net cost in the order of \$1 million (excluding cost of finance, but including depreciation).

Council has reviewed the Taskforce's preferred model. The analysis shows that the costs involved in constructing and operating an aquatic facility would have a significant impact on Council's ability to meet existing commitments, services and its capacity to support other potential priorities.

At the last Council meeting held on Tuesday, 23 June 2015, Council resolved :

That Council :

1. Commence an education campaign, which explains the financial implications of a potential investment in an aquatic facility based on the recommended model from the Aquatic Taskforce.
2. Commence a community consultation process in July to test the level of informed community support for investing ratepayer funds in an aquatic facility. The consultation process will include :
  - a. Open community consultation and;
  - b. Targeted contact with a random stratified sample of the Surf Coast community.
3. Invite members of the Aquatic & Leisure Centre Taskforce to participate in the further development of the community consultation process.
4. Undertake further community consultation later in 2015 to explain the financial implications and test the level of informed community support for other aspirational investments.

Note : I shall be providing regular updates via the Lorne Independent and my Community email address [lorneward.information@gmail.com](mailto:lorneward.information@gmail.com). I welcome your feedback throughout this process

**Cr Clive Goldsworthy**  
**Lorne Ward**  
**0400 756 854**  
**[lorneward.information@gmail.com](mailto:lorneward.information@gmail.com)**



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# Lorne Community Announcements





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## Christmas in July

*Join us in celebrating the delights of a cold festive season with our annual Christmas in July lunch hosted by the Lions Club of Lorne*

**The View @ Lorne Hotel**  
**Sunday July 19, 2015**  
**From 12.00pm**

**TWO COURSE LUNCH**  
*& 1<sup>st</sup> beverage on arrival*

**\$35 Per Person, \$18 Children**

**Enter the Christmas Cake Competition!**  
Simply bake your cake or pudding at home and bring to lunch for tasting by our expert judges.

**Entertainment will showcase Lorne youth talent with performances by Lorne School and Kinder children**

**Reverse raffle bingo and prizes**

**Join in the carol singing and enjoy a kiss under the mistletoe!**

*Drinks at bar prices*

**BOOKINGS ARE ESSENTIAL**  
RSVP By July 10, 2015  
Ticket sales: Marg Cartledge 0408 599 336 or margcartledge@hotmail.com

*All proceeds raised at the lunch enable the Lions Club of Lorne to continue to serve our community*



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# Sportsbriefs with John Ford

## Dolphins Teams Well Placed

Lorne's senior football team is currently sixth on the CDFNL Ladder with four wins after playing nine matches. The reserves team is currently fourth, the U17's fifth and the U14's on top of their respective ladders. This is a vast improvement on the 2014 season where at this stage both the seniors and reserves were on the bottom of the ladder. The Dolphins' senior team is currently missing a number of key players through injury and unavailability which is affecting the team's performance, and the next four matches will be a testing time for the team. On 27<sup>th</sup> June Lorne will play Colac Imperials away, then on 4<sup>th</sup> July they will host Simpson, on 11<sup>th</sup> July away to Forrest and then home again against South Colac. Lorne's performances at home have been very good with their four wins all being at Stribling Reserve in front of good crowds. I look forward to seeing you there watching exciting football and netball matches. Go Dolphins!

## Milestones for Shane and Jack

Congratulations to Shane Trickey who played his 200<sup>th</sup> senior match for the Dolphins against Forrest in Round 7. Shane has been a very reliable defender for Lorne for so many years and has played under many coaches during successful and struggling eras. He is often selected to play on the opposition's key forwards and is a true leader of the club.

Lorne's Jack Steven played his 100<sup>th</sup> senior AFL match for St Kilda against Hawthorn on 7<sup>th</sup> June. His form this season has been excellent and he continues to be such an important part of the Saints midfield. Well done Jack!

## Kids Soccer in Lorne - Tuesdays Term III

AIA Vitality MiniRoos Kick-Off is a smaller version of football that provides boys and girls aged 4 - 9+ with a fun introduction to the world game.

This program has been developed in line with the game-sense philosophy of sport participation, moving away from traditional coach-dominated sessions to those that are player-centred, using game-like situations rather than technical drills. Short, game-based sessions with small team numbers are used. This type of environment teaches the fundamentals of a sport in a fun, engaging, and inclusive environment that focuses on enjoyment rather than results. It should be no surprise to parents that the more fun their child has, the more likely they are to continue playing.

Soccer is very accessible to girls, with participation of girls dramatically increasing over the past years. Last year, we had 10 girls (of 30 children in total) with Lorne & District Mini-Roos.

'AIA Vitality MiniRoos Kick-Off' kids soccer will run in Lorne for term three, on Tuesdays from 3.45pm to 4.45pm, at the Stribling Reserve.

Please see [www.lorneminiroos.weebly.com](http://www.lorneminiroos.weebly.com) for more information.

Register in time to receive your participant pack!

Please note: There are some limited grants available to assist with the cost of registration, please apply through the Lorne MiniRoos organisers using the contact form on the website - [www.lorneminiroos.weebly.com](http://www.lorneminiroos.weebly.com). All enquiries will be dealt with in confidence.

- Siobhan

## Summer Sport – Enrol Now!!!

While in the depths of a really cold winter, summer sport in warm sunny conditions seems a long way off. However you need to start considering your choices now – whether it be cricket, tennis, lawn bowls or one of the other organized sports. It would be great to see Lorne field a cricket team after a two-year absence. For this to happen, the team needs to be registered at the Annual General Meeting of the Association in Colac in August. Therefore your names are required NOW to ensure that the team has sufficient numbers to participate - refer to Darren's flyer below. Stribling Reserve may be resurfaced at the end of this football season which would delay the start of home cricket matches. However the draw could be arranged so that the matches early in the season are played at away venues, with home matches resuming later in the season. Also the Deans Marsh oval could be used as a temporary home ground if required.

Remember – talk to your Club officials now for YOUR summer sport!

## The Lorne Cricket Club

I am trying to get this important community (Lorne and neighbouring towns) club up and running again. I can't do it alone I will need lots of help in all areas of the running of this club.

The Club will endeavour having a Division 2 or Division 3 senior team. Also Under 13 / 14 and or Under 16s. And MILO in2CRICKET

The club needs players & volunteers for the 2015/2016 season. If you are thinking about playing or volunteering please let me know ASAP.

## Kid's Cricket

This cricket season we will endeavour to have MILO in2CRICKET Under 13s and / or Under 16s.

We will need your help with coaches and parents to help out with the Milo in2cricket and the kid's teams. Please help or the kids will miss out.

Please contact: **Darren Balderas**

[dbalderas@iprimus.com.au](mailto:dbalderas@iprimus.com.au)

**0418379736**

## Ladies Golf

The wet weather gear proved to be very useful when 3 of the girls recently played in the RACV Club Torquay Bowl. The Lorne team, Caroline Bartholomew, Wendy Hutchison and Lesley Goldsworthy came 2nd in the event. Well done ladies!

Caroline and Wendy also ventured down to the Apollo Bay tournament a few days later. The weather was so wet and cold that they were only able to complete 14 holes. That's certainly golf dedication!

If you are interested in joining the Tuesday Ladies Golf Day please contact

**Lesley Goldsworthy on 0437465343.**

**Remember – tell us who YOU would like to see in Sportsbriefs!!**

Send articles to [byswerdi2@bigpond.com](mailto:byswerdi2@bigpond.com)



## News from the LAAC

### Commodore's notes for June

The fishing off Lorne is currently very productive (that is if you wish to brave the elements) with good catches of large flathead, plate sized pinkies, salmon up to 2kg and the occasional large winter whiting.

For land based anglers garfish are scarce in the sheltered waters along the GOR towards Wye and Kennett River as well as mullet and bream from our rivers.

For junior members there are plenty of grass whiting to be caught off the pier.

### Committee News

1. Thanks to the members who supported the committee at the recent working bee. Our facilities are better and cleaner as a result of your efforts.

2. "Amy's Ride For Happiness" was very successful when Jim Mellington rode his horse through Lorne. Thanks to all those who shared in this experience.

3. Currently only 40% of our members are accessing Club information on line. This area of communication has been a priority of the committee hoping to reach at least 80% of members.

Ange is currently checking whether it is our system which sends some emails directly to JUNK. Please check your Junk folders and email the Club to let Ange know this is happening.

4. Our very successful financial year is coming to a close at the end of June. This will be our first full year of financial reporting which is now in line with the business year. Barkley & Associates have been nominated to complete our level 2 audit for the 2014 – 15 trading year.

5. The Lorne Arts Festival is on again from 28<sup>th</sup> until 30<sup>th</sup> August. The committee is pleased to be part of their program with the Sunday wind up event being held at the Club. More information about this later.

### Pt Grey Redevelopment

The inaugural meeting of the LAAC Future Planning Sub Committees took place on June 6<sup>th</sup>.

Seventeen members were briefed on club history, the redevelopment history and the future needs of our members before addressing the two specific issues of how to finance and what design does a new building require. I personally wish to thank each individual for their time and efforts in making this meeting so successful.

I remind members that the LAAC lease has been extended to 31<sup>st</sup> October 2015 in line with other leases at Pt Grey..

### Fishing Competition - Major Fishing Comp No 4.

Mother Nature was not kind to our fisherpersons over the long weekend. Twenty-four adults and children braved the elements to test their skills in trying conditions. Eight fish were weighed in and the winners were Senior – Tony Gallaher, Junior – Sam Hyde - Well done lads!

Many thanks to our sponsors Ian Middleton Motors – Bendigo and Vital Maintenance as Sponsors and to those who helped prepare a delicious roast lunch.

**Graeme Norton  
Commodore.**



### The importance of play

It has long been understood that the development of cognitive skills in early childhood is critical to a child's learning. Some cognitive skills are inherited, but most are learned. What are cognitive skills? They are the ability to reason, learn, remember, communicate, think, and to pay attention. It is also generally understood that social interaction, the ability to cooperate, share and develop sensory skills are important in developing our cognitive skills, hence the importance of play from very early childhood to early schooling.

Both the Lorne and Aireys Inlet campuses, of our college, have recognized the importance of play and have developed imaginative and safe play areas for the younger students.



**Top, prep students playing at the Aireys Inlet campus and above, prep students at the recently opened nature-based playground at the Lorne campus, both designed to stimulate the imagination of younger students.**

**- Gary Allen**



# The precarious nature of men's health

Every year, too many men die a premature death – from heart disease, cancer, accidents, suicide, drug and alcohol related causes, obesity and smoking. This is often caused by silent killers such as cholesterol, diabetes, mental illness and high blood pressure. International Men's Health Week is dedicated to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

"Men notice when their car doesn't perform properly, but they don't always listen when their body tells them it's time to see a doctor," said Lorne Medical Centre GP, Dr David Mullen.

The Lorne Community Hospital would like to remind all men to take advantage of the Medicare health entitlements and simply taking the time to assess their overall health and wellbeing.

"It's important that men should take care of their own health, for their family's sake as well as for their own," said Dr Mullen.

## Medicare Health Entitlements;

- Health Assessment for Men aged 45 to 49 years. A health assessment at this stage of life can assist patients to make the necessary lifestyle changes to prevent or delay the onset of chronic disease.
- Health Assessment for Men 75 years and older. A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over. It provides a structured way of identifying health issues and conditions that are potentially preventable or amenable to interventions in order to improve health and/or quality of life.
- Chronic Disease Management. Medicare rebate is available for a maximum of five allied health services per patient each calendar year. A chronic medical condition is one that has been present for six months or longer, for example, asthma, cancer, cardiovascular disease, diabetes, musculoskeletal conditions and stroke. There is no list of eligible conditions. However, the chronic disease management items are designed for patients who require a structured approach and to enable GPs to plan and coordinate the care of patients with complex conditions requiring ongoing care from a multidisciplinary team.

For further information on any of the above bulk billed health assessments or if you would like to make an appointment, please contact the Lorne Medical Centre on 5289 4333.

- Emily Lens

## Parents and friends - Aireys Inlet Campus

The skies were dark grey and threatening at 4pm on Friday 19<sup>th</sup> June. It had been clear, then overcast, then clear, then overcast! We crossed our fingers and hoped that the rain would stay away for another Lantern Parade – and it did!!

The soup makers, led by Stephanie, gathered and peeled, chopped, diced and stirred as they created three marvellous soups for the hungry hordes.

Up at Willows the parade leader (Fay) rugged up in her



best leading garb and worked out her lines with Amanda, the four seasons, compass points pulled their shoulders back and prepared their big voices and in front of the White Queen the ritual began.

After we welcomed back the sun we held our lanterns high and walked through the black night back to the Aireys Inlet Campus eco kitchen, which had been miraculously transformed by more volunteers and was now resplendent with coloured lights, inviting fire pits and the smells of warming soup.

The next volunteers took over the helm and served the dinner before the entertainment began. Barb and Aoife led some of the children in an Irish dance before Eliza enthralled us all, young and old, with a story about an interesting family that didn't care what others thought about them. Yummy organic ice creams, donated by Stephanie and Dean, were devoured before the final part of our celebration, the gum nut ceremony. Throwing gum nuts into the fire and bidding farewell or releasing something, as we bade goodbye to another successful Lantern Parade.

Many thanks to all those who helped with time, goods, energy or ideas. Especially big thanks to Amanda George and Stephanie Lewis for putting up their hands this year and taking on something new. Big thanks to Liz Lee for all the lantern parades she has done in the past and all the lanterns she has made with the students. Thanks to the great students of Aireys Inlet, our Lorne friends who visited and the future students who joined in and a big thanks to the parents for coming out in the cold.

**Lantern Parade 2015 – Leah Sterritt – Parent Club**

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**&  
POT OF BEER**

**• — or — •  
SOFTDRINK**

**\$15**

**TUESDAY NIGHT  
BOTTOM BAR ONLY**

# The fond memory scent of rosemary



When we walked out of the Melbourne Cricket Ground recently after a night game we were assailed by the smell of one thousand or more cigarettes. The night had been a balmy twenty degrees, unseasonably hot for late autumn before a downpour that drenched the players and the surrounding parkland. As we headed up the hill towards Jolimont away from the smokers we came into a vast hemisphere of citrus-scented air. "Lemon-scented gums," pronounced one of my companions. "I have planted a grove of these on my property because I love the fragrance so much. Aren't they divine?" I agreed wholeheartedly. The weather had enhanced a perfect experience: first the warm air, then the heavy rain – the special weather conditions had augmented the release of the fragrance.

Now I will forever think of that evening and of the people I was with whenever I get a drift of lemon-scented gums (*Eucalyptus citriodora*) in my nostrils. The power of smell to evoke memory is well known.

In his poem Marina T.S. Eliot draws on this knowledge:

*scent of pine and wood  
thrush  
Singing through the fog  
What images return*

The October and November Garden Columns discussed fragrant trees, shrubs and climbers in detail yet no mention was made of the rose. We all have a favourite but for mine the most heady fragrance of all roses must be the crimson standard, 'Fragrant Cloud'. It seems to me that new cultivars these days – and they appear on an annual

basis in catalogues – are concerned more with either form or vase life rather than scent and a challenger to 'Fragrant Cloud' has not yet appeared.

*A rose by any other name would  
smell as sweet*

declares the love-struck Romeo and these endlessly quoted words typify the use of that so frequently used resource drawn on by poets and writers: the scent of a flower. It can be beguiling or comforting, sentimental or therapeutic but the influence of fragrances is undeniable.

Rosemary has long been known as the plant associated with fond memory and so the deranged Ophelia famously offers a sprig to Hamlet in the play of the same name, saying:

*There's rosemary, that's for remembrance*

It doesn't just have to be rosemary to remind one of somebody of course and over the years I have been asked to plant trees, prepare memorial gardens and even source feature rocks for clients who have wanted to perpetuate the memory of a loved one. In my own case, outside my office door near the daphne, Lily of The Valley has been planted and this was done in remembrance of my mother. It was she who introduced me to this, her favourite scented plant.

**Doug Willams is a local landscape gardener and a keen observer of nature. His contact number is 0418 522 011**



## June

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# Honouring the community work of Henry Love

It was a measure of the Lorne community esteem and respect for Henry Love that nearly 200 people attended a special evening at the Mantra recently at which he was presented with the 2015 Doug and Mary Stirling Community Award.

The award was created by the Lions Club of Lorne to honour the Stirling family and permanently record Lorne's 'appreciation of community members for selfless and voluntary commitment to local service.'

The Lions also donated all proceeds raised on the night to Michael 'Camel' Callanan who is battling bad health since his devastating heart attack.

Henry Love and members of his family were officially piped in and Lions President Stephen Hishon officially welcomed everyone.

That's Henry, in the top right photograph entering with the piper at the back.

In the middle photo is Mandy Love Kehoe, Henry's daughter, who spoke glowingly about her family and its close identification with Lorne.

A short television clip was shown featuring head-shots of many of Lorne's community leaders and identities reminiscing on Henry's years as a much-loved Lorne presence.

The clip was put together by Year 10 student Sam Weight with staff member John Waller, though John is quick to say that it was mostly Sam's work.

President Hishon also took the opportunity to introduce two new members of Lorne Lions Club - Leanne Whittenbury and Edwina Walker.

Stephen's term as President finishes at the end of this month.

The new incoming President is Belinda Lance, the first lady president of the Lorne Lions.

In fact Lorne Lions now has a total of four lady-persons Lions.

**On the right, Dr John Smythe and his wife Judith. Affectionately known at 'Dr John', the retired medico actually went to school with Henry, and the two were part of the same class. "We used to do our homework together," Dr John said.**

**And of course the irripessable Michael Camel Callanan.**





**An interview with Henry Love**  
**Conducted by the Lorne Historical Society Inc.**  
**Friday May, 8th, 2015.**

It was a great pleasure for the members of the Lorne Historical Society who attended the interview given by popular local identity Henry Love.

Henry is a Lorne citizen through and through, and has been since arriving here from his birthplace at Geelong at the age of six, in 1941, with parents and eight siblings.

Their family property at that time was situated opposite the Swing Bridge, and Henry attended the Lorne School during the War Years of the nineteen forties. He remembers clearly the celebrations in Lorne at the end of WW2.

As a teenager his sporting interests were swimming and boxing, which he enjoyed with some success.

School life was short however, as he was working at Ridgeways as a thirteen year old, and in a varied career throughout life worked at many occupations, including a butchering apprenticeship for two years, and quarrying, before finding his niche in the fishing industry.

He bought a fishing boat from Jack Ridgeway, and enjoyed a twelve year career at sea, until injuries, sustained by an accident at the Lorne Pier while unloading, ended his time on the water.

The effects of those injuries have stayed painfully with him throughout his life. He commented on the dangers of handling the boats at the Pier, the boats weighing about two tonne plus the catch, which were mainly barracouta, snapper and shark.

He became manager of the Lorne Fishing Co-operative and held that position until it closed. He was a committee member of the Commercial Fishing Association for some years. Henry believes that climate change caused the downfall of the fishing industry here in the 1970's.

Henry was much involved in community affairs. He was a founding member of the Lorne Surf and Lifesaving Club, an interest that was ignited following the drowning of a local child.

The new club needed a surf boat, but with no funds at hand he sought assistance from Lillian Clarke (nee Beaurepaire), who told him to go away, but next day she arrived with six hundred pounds to buy a new boat.

Henry says politics were always part of their family discussion, he became a Surf Coast Shire councilor representing Lorne in 1995 and mayor in 1997.

Henry spoke with passion of his love for his late wife Joy, whom he married in 1952, and their family, which included eight children.

He is proud of his town, but notices the lack of children and young people here compared to earlier days, because of a lack of work opportunities.

Today he is settled in the Lions Village, a home he finds very comfortable and convenient. Henry was keen to convey, at the end of the interview, that he considered he has enjoyed a very fortunate and loving life.

**- Will Beale**

**- Lorne Historical Society Inc.**



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## Letter: Attention: Mountjoy Parade Traders

The Amy's Gran Fondo is set for the weekend of the 12<sup>th</sup> and 13<sup>th</sup> September 2015.

There is a proposal to hold another event on Saturday 12<sup>th</sup> called the Women's Criterion and the event organisers are planning on additional road closures of Mountjoy Parade from Otway Street to Albert Street which was reported at the CIAC meeting on the 4<sup>th</sup> June 2015. I have seen the proposed road closures and they are as follows: 12.30pm to 5.00pm Saturday 12<sup>th</sup> closure from Otway Street round about to William Street and also Bay Street. There are further road closures proposed for Mountjoy Parade, Bay Street, William Street during 5pm to 8pm. The organisers have to submit their traffic management plans by the 15<sup>th</sup> of July 2015. What this means for Mountjoy Parade is there will be no parking available to anyone and I mean anyone.

Last year without any business or community consultation they closed Bay Street and the Foreshore Car Park on the Saturday for the set up of Sunday's event and the new event on the Saturday late afternoon called Amy's Wall in Bay Street. The impact from closing the Foreshore carpark and Bay Street adversely affects the traders in Mountjoy Parade. Parking in Lorne is at a premium at the best of weekends without closing the only main carpark to the general public and also the side street with a 2 hour parking time limit.

Traders in Mountjoy Parade are adversely affected by events that are held in Lorne that close roads, bring in food vans and sell retail products. Traders you need to act now and speak up about these type of events and the effect they have on your business be it positive or negative.

I certainly do not support any closures of Mountjoy Parade on the Saturday of the Amy's Gran Fondo weekend. I also do not support the addition of food stalls or the selling of retail products at any event unless they are Lorne community group fundraising initiatives.

I also wish to express that the traffic management plans for events held in Lorne need to be adhered to. Example: On the Sunday of the GOR Marathon, Mountjoy Parade was meant to reopen at Bay Street Roundabout at 9am this did not happen until after 12pm, the Marathon started at 8am and all the competitors were past the Grand Pacific by 8.15am. This is a total disappointment and a disadvantage to the businesses located in the Pier Precinct. Traders of Mountjoy Parade need to unite and express our opinions and concerns on events that are held in Lorne.

Events organisers work out event return figures to the community based on the number of competitors and possible support people (1 generally per competitor) and they believe that this is the figure spent in Lorne per person. So based on this information Amy's Gran Fondo weekend event returns to the community \$1.5 million (6000 competitors), you do the sums. If this was the case on a percentage return for my business I would be delighted and would support the closure of Mountjoy Parade, Foreshore Carpark and Bay Street, unfortunately this is NOT the case. Sadly events that are held in Lorne do not increase my turn over by the percentage rate that the organisers present to Council and in some cases adversely effect my weekend turn over. "No flow through traffic, No PARKING – Equates to No Shoppers – Competitors are Competing – Supporters are watching and helping not Shopping or Eating"

I would not support the closure of Mountjoy Parade for any other time than the Sunday morning closure for the Gran Fondo official event and community event. I would not support the closure of the Foreshore Carpark or Bay Street on the Saturday. I would also not support event organisers arranging food and retail vendors from outside Lorne

on the Sunday in the Foreshore carpark and area competing directly against our rate paying businesses. Traders work out how much you pay in rates and divide it by your businesses square metre floor space (I guessing somewhere around \$30 to \$45 per sq metre per annum (NOT CHEAP)). I wonder how much these event vendors pay? Do these vendors also support and donate to all the Local groups in town that come around seeking donations, sponsorship or goods to raffle or auction "NO".

I accept that events will be held in and around Lorne that are promoting the destination Lorne and the GOR, but we need to protect our businesses from organisers that come to Lorne take but do not give back.

Mountjoy Traders speak up now and let Council, VicRoads, GORCC and Event Organisers know that your business needs all the support they can give to be sustainable, we already have to many empty or closed businesses.

**Dee Stewart**

**(Mountjoy Parade Trader for over 17 years)**

**Email or write to: Councillor Clive Goldsworthy**  
[cgoldsworthy@surfcoast.vic.gov.au](mailto:cgoldsworthy@surfcoast.vic.gov.au)

## COMMUNITY INFORMATION MEETINGS

REGISTER TO ATTEND  
THE COMMUNITY  
INFORMATION SESSION



The Amy Gillett Foundation in preparation for the 5th Wiggles Amy's Gran Fondo will again be holding a series of community information meetings as per the schedule below.

DATE	TIME	LOCATION
Wed 15 July	3pm-7pm	Lorne Senior Citizens Centre – Lorne
Wed 29 July	5pm-6pm	Forest Brewery – Forest
Wed 29 July	7pm-8pm	Wye River General Store – Wye River
Thurs 30 July	5pm-6pm	Martians Cafe – Deans Marsh

### TOPICS COVERED INCLUDE:

- ▶ Road closure information
- ▶ AustCycle cycling education programs offered to all schools in the region
- ▶ Remembering Amy for a Reason classroom program offered to all schools in the region
- ▶ Half price Australian Unity 14km Family Fondo entry to all residents of Colac Otway and Surf Coast Shires
- ▶ Free exhibitor places for local businesses at the two day Expo attended by over 10,000 people

Register for the community information meetings at  
[www.amysgranfondo.org.au/community-information-meetings](http://www.amysgranfondo.org.au/community-information-meetings)



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### **The Interview – from June 05**

Same bed of paper  
On the cold cement,  
Clock said: Four-ten am  
Power must've gone out again.

Turned over  
Only to be touched  
By the beauty of silky covers  
Of Greg Day's 'Patron Saint of Eels'.

Outside  
Is dark and overcast  
And my swallows are flying low  
A good sign  
Predicting rain  
To come and take the pain away.

The power's back  
I can hear echolalia  
Of the refrigeration (motor) dancing overhead.

It's almost eight am  
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## Lynton's reflections - an early Christmas invitation offers benefits

A week or so ago we received an invitation to celebrate Christmas with our children. It struck me that it was fairly early to be receiving an invitation for a family event in December but it came from our youngest daughter and her family and they are renowned for their lateral thinking and creativity.

I suspect it has come out of the experience of having to share Dad and Mum with a parish, church and community at special times like Christmas and Easter. We've never made it to family dinners on Christmas Day until halfway through the afternoon.

So they got in early this year and have planned our family dinner for a date before Christmas Day. I know families do this sort of thing all the time and it's a great solution for our special needs.

The day itself is really important but, if you can't do something on the day, why not celebrate at some other time?

We've done it all the time with landmark birthdays – I turned 18 on a Monday, 21 on a Thursday and 40 on a Sunday (but I was working!). This year's landmark birthday is on a Wednesday and while there will be something meaningful but private on the day itself, the wild party is more likely to be on the weekend.

Some people would say it's all too hard – finding a

compatible date when everyone can come as well as a compatible location that is accessible for everyone – but I think these family occasions should be worked at, even if some relatives might thumb their nose at the prospect of getting together. Perhaps it will depend on how close you are as a family.

A feature of our family birthdays is the 'Birthday Chair' where the Birthday Person sits to receive and open their presents. On any other day it is the armchair from which the head of the household watches 'Spicks and Specks' but on a birthday, it is the 'Birthday Chair'.

It's our little ritual for birthdays.

Rituals and routines are really valuable for forming our identity and self-awareness. When they get disrupted or interfered with, we have good reason to be unsettled.

Then we can either go on and be unsettled and grumpy, hoping that things will go back as they were, or we can adapt to the situation and celebrate on another day or in a different way!

Having our family's Christmas Day before Christmas Day will be brilliant. We'll get to have two Christmases!

- Lynton Wade



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On Your Plate



# Harri the Hero and a big Hurrah for the Lorne Spinners



On March 27 and 28 this year, the Foodworks Lorne Spinners cycle team pedalled 520kms to “Shine the Light” on mental health in our region.

Twenty-six brave souls cycled from Echuca down to Port Fairy, breaking through barriers of physical and mental exhaustion, to complete the ‘Murray to Moyne’ event in just over 24 hours.

The weekend was full of entertainment; one cyclist thought he had ‘hit the wall’ when, in fact, his brakes were caught on his wheel; one wasn’t sure how to change gears until the last hour (she flew home!); and one cyclist was so smiley, I’m certain he’s a machine.

And although Saturday brought out the best in everyone, the finest characters always emerge when times get tough through the night.

Approaching 11pm, and 15 hours on the saddle, our eldest participant Harri Muller, to everyone’s envy, managed to brave the cold frosty Autumn conditions just to feel the rush brought on from riding in to Dunkeld for a well deserved pizza and open fireplace.

Although they won’t admit it, I think Harri’s enthusiasm encouraged us all to keep pedalling when our muscles cried out at us.

This amazing feat not only enabled the Spinners to raise close to \$34,000 for the Lorne Community Hospital’s mental health project, but also gave members of the community the opportunity to challenge themselves, do some good, have some fun and raise awareness for a great cause.

We’re very lucky to have such amazing sponsors and donors that encourage us to participate in the event year after year, and are looking forward to the 2016 Murray to Moyne!

- Jenna Robinson

## Lorne 1913

The following is an extract from an article in the Melbourne *Argus* dated 8 November 1913.

### LORNE - ITS CALL AND CHARM.

By Donald MacDonald

Lorne is the land of waterfalls, and waterfalls have ever been considered a valuable asset in a holiday place. Yet when you think of it they are only incidental, not essential.

The scenic attractions of Lorne lie mainly in the close association of sea and forest - so close together that in the fern dells, where you hear the clear water streams sparkle down, you are still within the sound of the sea, and the rollers are breaking and booming just outside your leafy screen. In this charm - this combination of two charms - which are usually separately sought, Lorne stands alone.

Yet many like myself, who summer after summer hear the Lorne call and answer it, know that it isn’t altogether sea and scenery have made it part of our lives, the place to which is given the best month in the round of the year, the magnet which brings so many old friends together again and again.

#### A couple of paragraphs later in the article:

‘When are you going down?’ It brings him to attention in an instant. There is no necessity to mention a name or a place. He knows the question, which has become a sort of Lorne password, and responds in an instant. The greatest attraction about Lorne is its associations.

- Contributed by Ian Walding

## Letters

### Funds For Community Projects Lost?

We believed, after the Surf Coast Shire meeting in Lorne on 28<sup>th</sup> April, that all the necessary processes had been completed and finally the Lorne Men's Shed could be built. However, it would seem after reading the Item 7.1 and the Notice of Motion 130 in the Surf Coast Shire minutes of meeting June 23<sup>rd</sup> that the Council has voted to reposition the Shed. The Council's costing of this repositioning is a minimum of \$30,000 and possibly up to \$90,000. The Council is prepared to pay this and the money will have to be found somewhere - hopefully not at the expense of other community projects.

There are so many community initiatives, not only in Lorne but across our Shire, that require funding. Community spirited people give up hours/weeks/years of their time voluntarily to raise money for these projects. Recently there were 73 submissions for funding assistance to Council's Draft Budget Strategy with only a small number being funded. Imagine how this \$30,000 plus could have been used to help these community undertakings. Volunteers know only too well how difficult it is to raise \$30,000 – but how quickly it can be spent!

We can only state how disappointed we are that what seemed to be a straightforward process has become so protracted and costly.

**John Ford & Wendy Jarratt**

**Lorne**

### The value of events

Yet another major event is upon us. The usual assurances have been made – 'good for tourism', 'good for business', 'the positive economic effects will flow through to the local economy' etc etc ...

What is never mentioned is the disruption of the quiet enjoyment of the town to which rate-payers are entitled. One wonders how welcome the organisers would be if they were to stage the event in a similarly rated community – say, Brighton for example – and imposed the same level of disruption on those rate-payers?

Before approval is given for any event, organisers should be required to adjust their plans to ensure the level of disruption is kept to a minimum. Factors to be taken

into account should include the size, duration and nature of the activities.

Until such an approach is adopted there will be continuing antagonism by a number of residents to these events.

Nobody likes being shut out of their own town.

**Ross Dimsey**

**Lorne**

### Concreting around Beach Pavilion

Can anyone enlighten me as to what is happening on the foreshore between the public toilets and the Beach Pavilion Restaurant?

There is - or used to be – a public access path between the toilets and the Restaurant which is now enclosed all in tarpaulin and there is no public access.

Does this mean that the restaurant is being granted free occupation of this area to extend their premises? Is GORCC selling off the freehold of the public foreshore?

I have asked around but no one is enlightening me and no one appears to be objecting. As this is a prominent area surely the public should be informed as to what is happening and also be enabled to lodge their objections if they consider any proposed new structural development to be undesirable.

**Peggy S Taylor**

**Lorne**

## Letters

**If you've got a gripe, a worry and especially if you're angry, write a letter to the editor.**

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# Hypertension

Everyone has blood pressure. It is the pressure of blood against the walls of your blood vessels (arteries) as the heart pumps blood around your body. Your blood pressure will increase and decrease depending on what you are doing. When you are exercising, nervous or stressed your blood pressure will increase. Your blood pressure will decrease when you are sitting or sleeping. However, if your blood pressure remains high, even when you are resting and relaxed, you may have high blood pressure (or hypertension).

A National Heart Foundation survey completed in 2010 found one-in-three Australians aged 30–65 years had been told by a doctor that they have high blood pressure. This means that 3.5 million Australians have high blood pressure. Therefore, hypertension is very common and the number of both men and women with high blood pressure increases steadily with age.

Blood pressure is measured in millimetres of mercury (mmHg). Your blood pressure is recorded as two figures, for example 120 over 80 (120/80). The top number is the pressure in the arteries when the heart squeezes blood out during each beat. The lower number is the pressure in the arteries when the heart rests between each heartbeat. It is best to measure blood pressure when you are relaxed, and sitting or lying down.

- Normal blood pressure is generally less than 120/80 mmHg.
- Normal-to-high blood pressure is between 120/80 and 140/90 mmHg
- High blood pressure is greater than 140/90 mmHg and if you have blood pressure above 180/110 mmHg, your blood pressure is very high.

High blood pressure (hypertension) increases your chance of developing heart disease, a stroke, blood vessel disease and other serious conditions. Generally, the higher the blood pressure, the greater the health risk. There are often no symptoms or signs of high blood pressure – you can have high blood pressure and feel well.

Certain factors can increase the risk of serious problems associated with high blood pressure including:

- smoking
- having high blood cholesterol
- being overweight
- having diabetes.

Treatment for hypertension often includes lifestyle changes. These changes may include losing weight (if overweight), regular physical activity, a healthy diet, cutting back if you drink a lot of alcohol, stopping smoking, a low-salt diet and reduced caffeine intake. If needed, medicine can lower blood pressure.

It is very important to have your blood pressure checked regularly by a health professional, such as a pharmacist. If you want to 'know your numbers' visit your local pharmacy. It is your health destination.

Many pharmacies offer blood pressure-testing services. Pharmacists and pharmacy assistants can take your blood pressure using easy-to-use, painless blood pressure machines. They will check your blood pressure in a quiet, non-threatening environment, explain your readings, offer advice on how to lower and maintain lower blood pressure and refer you to a doctor if further testing is required.

Pharmacies also offer services that can help you change your lifestyle including stopping smoking and weight-loss clinics. Visit your local pharmacy today and find out what they have available.

You can get more detailed information on hypertension from the Self Care Fact Cards titled High blood pressure, Exercise and the heart, Weight and health, and Smoking available from pharmacies providing the Pharmaceutical Society of Australia's Self Care health information. For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to [www.psa.org.au](http://www.psa.org.au) 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'.

- John Bell



## 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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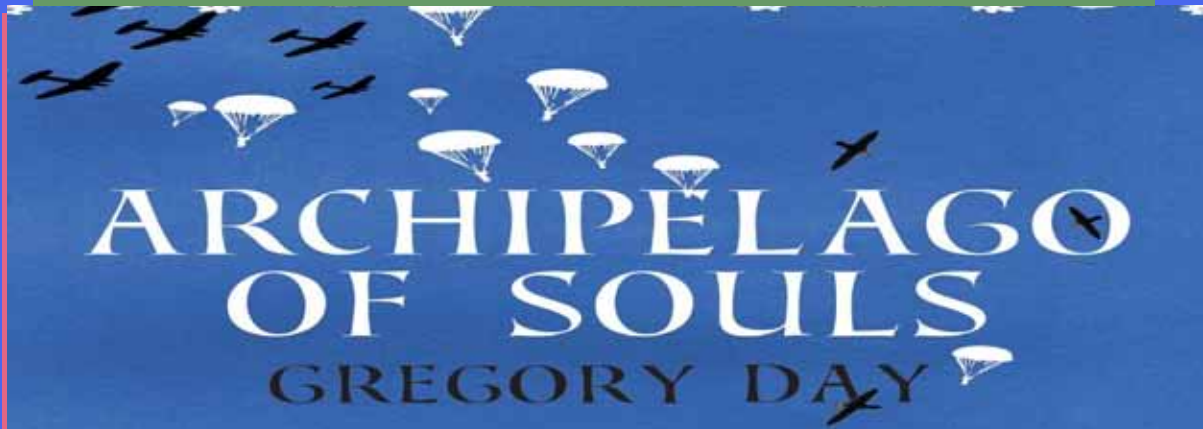
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