

LORNE INDEPENDENT \$2

No 167 October 2015 produced as an independent newsletter by Lorne Independent Inc. PP381624/0254

A \$30 million plus aquatic centre for Torquay? Lorne says leave us out of it!

A very vocal and angry meeting of over a hundred Lorne ratepayers presented the Surf Coast Shire with a positive "NO" to the proposed Torquay 'Aquatic and Wellness Centre' at a recent meeting at the Senior Citizens Centre.

In fact when the facilitator outlined the proceedings, local identity Doug Williams asked for a show of hands if further discussion was needed as the main point of the meeting was whether Lorne wanted the centre at all.

Not one hand was raised.

"Now we can all go home!" he said to cheers.

Although the formal presentation was suspended, the SCS Chief Executive Officer Keith Baillie said he would take questions with the help of two senior administrative officers.

One of the main questions that was continually raised: Why should Lorne, through a special charge over twenty years, contribute to the cost of building of the centre which, because of the substantial distance, would be of little use to the people of Lorne.

Mr Baillie said that with State Government bringing in future rate caps, there would have to be more "meetings like this" for the council to consider any future large public projects.

He answered a question on who or what had initiated the project in the first place by saying that a "group of people" had approached the Shire with the proposal and it was required to 'investigate' the possibilities.

With the proposed centre to be built on land near the present new Shire building complex, at the most northern point of the Shire, speakers highlighted the huge multi-million debt (calculated at \$29 million plus in addition to on-going operational costs of more than a million a year) as an unacceptable situation.

Government grants would reduce the initial building costs but ratepayers would still be lumped with the special charges on calculated rates for at least 20 years.

It was also pointed out by speakers that this substantial debt would exclude the Shire from taking on additional debts for future large infrastructures.

At the initial meeting registration, people were handed a single token and asked to drop it into an urn variously marked 'don't know', 'totally against the proposal', and several more variances.

The total count at the end of the night out of 102 votes cast was 97 against the proposal.

The Lorne Independent understands the Shire spent more than \$60,000 in hiring the public relations group JW Research to present the proposal and undertake research, a telephone Shire-wide survey and other sundry information gathering.

Additionally, the Lorne Independent understands that the proposed plan was also rejected at meetings in Anglesea, Winchelsea, Jan Juc and even the people of Torquay didn't show much enthusiasm.

In a front page editorial, the Winchelsea Star pointed out that to drive to the Waurm Ponds facility (one of the best in Victorian) takes considerably less time than to the proposed centre at Torquay.

It says it's a 'no brainer' as to which facility the people would drive!

- Jo Vondra



Vale Mark Trickey
See tributes on
pages 16 and 17.
Also John Ford's
Sportsbrief on page
10

Lorne Independent Inc.
Published by Lorne Independent Inc.
No. A0041756Y
ABN: 54 724 981 550
Published monthly

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

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

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

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

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

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

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

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

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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 four days before the end of the month.



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Construction to start soon on Lorne's Men's Shed

All systems are 'go' for Lorne's Men's Shed in that all relevant building permits have been approved, including the amended plans to shift the building six metres along the boundary fence.

This is in accordance with the agreed specifications of the Surf Coast Shire.

President of the Shedders, Allan Walls, said that the six-metre move is actually a bonus for the Shed as it will increase parking space.

"We are working through finalising offers in accordance with stage one construction budget, and as soon as this is finalised, we hope to start fund-raising for stage two," Allan Walls said.

"We are about \$45,000 to \$50,000 short, but there are already promises of substantial contributions," he added.

The designated site also has a new sign – someone spirited the old sign away one dark night.

Allan Walls said that cameras and other security systems had now been installed to protect the site.

"In fact, they did us a favour by pinching the sign as we were going to replace it with a new one," he said. "I hope they enjoy their souvenir!"

- JV

Beer keg for charity

The Lorne Hotel is breaking out a keg of beer on Friday, October 2 – the day before the AFL Grand Final – in what it hopes to be a regular charity event.

The way the Community Keg works is that on the first Friday of the month, The Lorne Hotel will supply a keg and charge patrons \$2.50 per pot with all the proceeds going to a designated charity.

Funds for this first 'Community Keg' event will go to the Lorne Men's Shedders.

Everyone is invited to partake with a finishing time of 7pm – that is, if the keg has not been emptied before then.

Lorne and District Men's Shedder Secretary Don Baldwin said that the initiative is sponsored by

View@ Lorne Hotel.

"We thank Paul Upham for nominating Lorne Men's Shed this month," he said.

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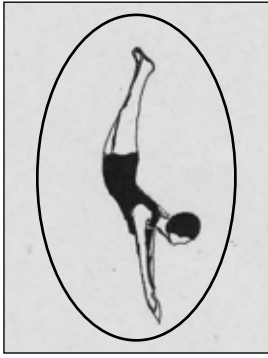
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The Louttit Loop



Never have the words Rest in Peace felt more appropriate than at the very sad passing of local identity and businessman Mark Trickey. Mark, his amazing family and his friends fought so very hard to beat the disease. Our sympathies are with Julianne and their sons Simon, Shane and Boe and their families.

Congrats to Carly, Wes and Kobe Enticott who welcomed Neve Ellie the day after Lick & Sip's super busy Fondo day. They are also busy

rebranding their shop to LORNE LARDER (love the word Larder!!). Check it out at the launch party on Wednesday 7th October from 5.00 pm.

The amazing fifth Lorne Arts Festival was a hoot! Yana Alana was a hilarious host on the big Friday night. The Djuki Mala dancers were a huge hit not only with Festival folk, but also with more than 600 schoolkids who came from ten schools around the area. Top acts on a fun but chilly week end!

Have you seen the Post Office puppy? Pop in and ask Jenny and Dahle to be introduced to adorable border collie Maggie.

Need a colonoscopy? Don't we all ducks. Well, be warned – when asked to disrobe and pop on the hospital gown, the item resembling a hat is not to cover your greying locks, as one Lorne lady thought recently, and accordingly popped it on her head. It's knickers mate! Gives the nurses a good laugh though.

Many of us only got to know Wally Smith when he took to the roads in his great little mini blue scooter/car. When news rippled round town that he had died, almost everyone said "Oh but I was only talking to him a couple of weeks ago!"

Weird to walk down Mountjoy Parade on a Saturday or Sunday and have the road closed to traffic! Not a bike in sight for hours, just a closed road. A very big event in perfect weather. Harri Muller was probably the standout Lorne pedaller – averaged over 30kph and came third in his own age group, as well as a group much younger!

VicRoads have a huge presence in Lorne at the moment – their renovation of the problem crossing Stony Creek is now completed and a fantastic success. The mega job on the GOR parallel with Hall St is going to be great and although the traffic lights and dust are annoying, it will all be worth it. Their work on repairs to the footpath between the Hospital and the Pier looks great. Walks well too! However, in laying the new path over the top of the old one the height has been raised by about 2". Too high for an itinerant home owner who revved her low slung "I want one" divine car up to her driveway and straddled the undercarriage on the new path. Kerunch!

Lorne Garden Group members had a great day out in Anglesea last month! Award-winning landscaper Peter Shaw (and wife Simone) opened their magnificent kid friendly inspirational "Sunnymead" garden, and then showed off a client's garden. After an 'only OK' lunch the 29 punters adjourned to enjoy the magic of Elizabeth and Hadyn Rickey's new home and amazing garden with a cuppa and some delightful sweet things!

Eileen Quick's daughter Beatrice reports that Brock has introduced Eileen (and a few others at the Nursing Home) to the joys of online quiz games. At 101 years of age Eileen is loving the Proverbs game, and other Q & A games with multiple choice answers.

Not so many whales this year. One charming little theory is that because our beaches have stacked up more sand than usual, the Bay is deeper and Mummy whales bringing their young to visit Lorne specifically to try to wean them in our shallow waters can no longer do so.

How amazing does the renovation of the Lorne Surf Shop look? Hop onto their Facebook site to see some t'rifric old photos of the history of this excellent Lorne business – a very long history indeed.

Hugo Johnson was recently in Japan and that was very lucky for a local teenage lass who got into diabolically dreadful trouble in the sea and was actually revived and saved by our modest local hero!

Remarkable to read that the new owners of Judy and Andrew Goddard's Old Lorne Road Olive plantation took out four gold and silver awards at the Royal Melbourne Fine Food Awards – and their Family Reserve (blend) olive oil won Champion Boutique Oil for 2015. Well done to Michael Coates and Anne Mutimer who paid tribute to the foresight of Judy and Andrew in setting up the amazing grove.

Late Breaking News: Wow! They just picked up Best Victorian Oil and also Reserve National Champion awards at the National Extra Virgin Olive Oil Championships. Maluka Estate Oil available at QDOS or online.

Congratulations also to Dan Hunter of Brae at Birragurra who is reported in The Age Good Food Guide as taking out the Santa Vittoria Regional Restaurant of the Year award and Citi Chef of the Year. Well earned by the sound of it.

Thanks to Graeme Wilkie for bringing the Tibetan monks to QDOS once again for four days of meditation, music and Mandala making. A great honour for the town, and a lesson to us all to be aware of the transient nature of all things and to contemplate change – as after four days spent making a most intricate pattern with coloured grains of marble sand the entire creation was swept up and with great pomp and ceremony most of the sand was returned to the natural environment (on this occasion the QDOS lake) to encourage harmony and peace.

Not much peace at the Torquay Pool Meeting run by the Shire. Thanks to Doug Williams who was amazing in refusing on our behalf to sit and rehear all the Shire's reasons and plans for a small pool/wellness centre costing megabucks in Torquay, and who insisted on a Q & A format, and an immediate vote (a simple yes or no). All in the first ten minutes. The 100+ calm but cross, determined yet disturbed Lorne ratepayers were incredulous. 'Pools run at a loss - always – so how could you expect this one to be viable?' 'Our pool is privatized. Not our choice. Why should we subsidise a commercial pool in Torquay?' 'Do you realize that this planned pool is useless to schools – too small?' 'If I had put up such a flimsy costly unpopular proposal to my employers I could have lost my job!' 'By raising this large loan, will other major projects be able to go ahead?' Shire CEO - "No! It would impact on them." Etc etc. Bottom line – with 20,000 ratepayers in the Surfcoast Shire and an initial 200 Torquay folk driving the pool project, our Shire went ahead, assembled a taskforce, conducted a telephone survey, and invested more than \$52,500!!! Final motion was that Lorne does not want the project in any form and rejects the 20 year special charge levy as inappropriate and possibly illegal. Unanimously carried, and so say all of us.....

- Lillian

LorneCARE News

- caring for our environment

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

This month we will be working with the Friends of Queens Park.

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

10am on Sunday, October 18

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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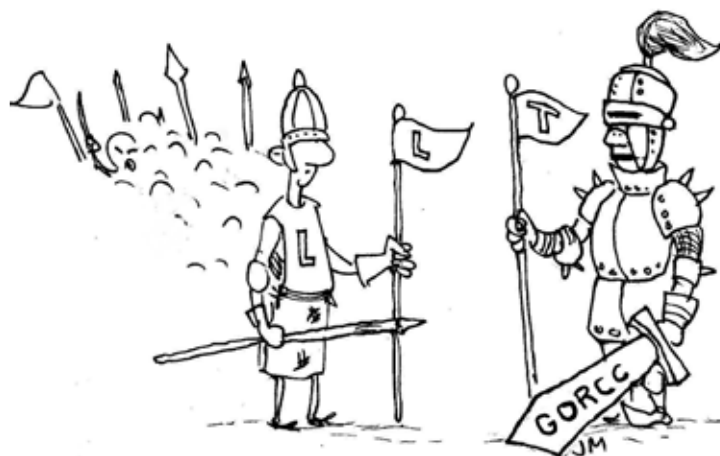
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"this doesnt seem fair somehow..."

Lorne Independent

There's got to be an end to this blatant waste of money – the water has been well and truly 'tested' on the proposed Torquay-built aquatic and wellness centre. It seems that most of the Shire has sent a definite message of 'No' to the Surf Coast Shire administration and council.

In introducing the 'testing' session to the more than 100 ratepayers and others at the Lorne Senior Citizens Centre recently, Lorne Ward Councillor Clive Goldsworthy spoke of the 'democratic process' which had to be followed.

Well, the majority has spoken and it's about time that the Surf Coast Shire ends this expensive farce.

What came across from the Lorne meeting was the quite inadequate knowledge the SCS CEO Mr Keith Baillie and a couple of the other administrative officers who spoke at the meeting, had on the history of Lorne's experience in trying to get its own heated public swimming pool off the ground.

Here then is a thumb-nail sketch! Lorne had a 33 metre open-plan cold-water pool, built in the 1960s as a community project through the contribution of grants and also the generous donations of individuals, especially Lorne local Lillian Beaurepaire and her family.

The pool was administered by the foreshore committee but with the formation of GORCC, the Great Ocean Road Coast Committee, in 2004, the Landos family was appointed as a 'preferred' tender to develop the pool precinct on a 21 year lease.

Working in conjunction with a community and Government Pool Committee, the idea was to partially heat the pool - Government actually allocated \$800,000 towards a ground heating system – to allow greater use during Spring and Autumn. Without community consultation, GORCC in 2011 pulled the plug on the Lorne Aquatic Project with an explanation that it was 'uneconomic' and 'unsustainable'.

Peter Spring, the head of the Lorne Aquatic Project, didn't mince words. "Lorne 'screwed' over pool project" the headline of the Lorne Independent August 2011 announced. The article by Peter and our editorial subsequently won two awards at the 2011 Community Newspapers Association of Victoria conference.

The pool, though still open for public use, is now encased by a dense complex of gym facilities, a substantial restaurant, coffee bars and shops. It is still unheated and the whole complex is promoted under the dubious title of 'Sea Baths'.

Lorne was outraged at these shenanigans, in that people realised they had lost an opportunity for the town to have a public, partially-heated swimming centre rather than a densely built commercial complex.

The pool could have been a much appreciated and functional swimming facility for the region, including Aireys Inlets, Anglesea, Deans Marsh, Winchelsea as well as towns to the west.

To approach the people with an incomplete plan as outlined by the Shire's 'Aquatic Task Force' and have the audacity to ask Shire ratepayers to contribute to its building and maintenance for more than 20 years, borders on the absurd.

Richard Davies, the CEO of GORCC told the Lorne meeting back in 2011 that the Lorne swimming project was unsustainable and said that GORCC's official attitude was 'enough is enough'.

Good words, those. Enough is enough!

- Jo Vondra



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Ah, those lazy, warm winter mornings on Lorne's golf course



Golf courses around the outskirts of Melbourne do offer great feeding and recreational opportunities for kangaroos, and it's not too uncommon to see these animals on the fairways, much to the chagrin of some golfers.

So much so that a course on the Morning Peninsula has actually taken the step of employing a professional culler.

But as soon as someone is seen lurking about with a gun, any number of complaints from animal-loving denizens alert media; the resulting hue-and-cry usually puts an end to any thoughts of reducing kangaroo numbers.

Our brother and sister golfers at Anglesea are no strangers to numerous kangaroos disrupting play and so far, the animals have been spared a violent death.

Lorne's golf course is also home to a good many of these creatures.

It's the succulent, fresh and dew-sprinkled green grass of Spring that attracts them. The Lorne course also has the added attraction of obstacle-free fairways and kangaroos appreciate the unhindered openness.

Barrister Andrew Ramsey, known around town as Horace (aka Rumpole and Ski-Rambo on our Alpine slopes) sent us a few snaps he took on his phone one morning while playing a few holes with friends.

Known for his love of birds (no, not cockies) and other creatures, great and small, Horace said that the kangaroos looked so comfortable and visible at ease in the morning sun that he just couldn't help himself by taking a few snaps.

- JV





News from our Councillor for the Lorne Ward

Council Decision Making.

At the recent Aquatic Centre community meeting a number of participants were concerned that as their 'elected' Councillor, I was not correctly representing community views in regard to the current Aquatic & Health Centre decision making process

The decision making process involves a number of steps :

- Setting the Agenda,
- Gathering Information,
- Forming an Opinion,
- Making the decision

Council is still in the Gathering Information stage in regard to the Aquatic Centre.

Natural Justice

The principle of natural justice should underpin every council decision.

Natural justice is a doctrine which seeks to protect those affected against arbitrary exercise of power by ensuring fair play. It's particularly relevant to decisions which clearly affect individuals' rights.

There are two fundamental rules for natural justice:

- all sides of an argument should be given a fair opportunity to be heard before a decision is made
- the decision maker must not have predetermined the matter or be perceived as having predetermined the matter.

The principles of natural justice have implications for all councillors. Regardless of their views, councillors must ensure that they consider all the available arguments and information before finally making up their minds on an issue.

Councillors must be able to demonstrate that they are 'capable of being persuaded' by the advice they receive. This doesn't mean, however, that they must follow the advice. Instead they must, at the very least, be able to demonstrate that they have considered it. Councillors must also adhere to conflict of interest requirements as set out in the Local Government Act 1989.

So when is a personal opinion okay?

Natural justice shouldn't prevent a councillor from having opinions on upcoming matters. Having a view on something doesn't mean that a councillor is incapable of delivering on natural justice doctrines. He/she just needs to ensure that he/she will impartially consider the evidence and advice, which may or may not support their view, during the formal decision-making process.

Aquatic and Health Centre.

Have your say about the proposed Aquatic and Health Centre.

Comments will be collected until 30 September and will inform Council's decision on the next steps for the proposal. If you have already provided a comment through the Testing the Water email address your comment has been recorded.

Thanks for sharing your view.

You can have your say by lodging comments via email to testingthewater@surfcoast.vic.gov.au

For the current status of the process visit :

http://www.surfcoast.vic.gov.au/My_Community/Sport_Recreation_and_Leisure/Aquatic_and_Health_Centre for current status of the process.

Cr Clive Goldsworthy

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Lorne in Victoria Kinder competition finals

Lorne is buzzing with the news the treasured local Kindergarten has been selected as a finalist in Sustainability Victoria's 'Early Learning Service of the Year' competition.

For Michelle Danks and Alyce Stribling, the recognition comes after many years of developing an environmentally and scientifically sound, play-based curriculum.

Michelle and Alyce's extensive sustainability efforts were recently combined to form the Junior Earthlings Sustainability & Science Program - a program unique to Lorne Kinder designed to foster student awareness, engagement and delight in the natural world through play.

As part of the project a River Creek Bed and Ecosystem with a rain water tank and hand pump were installed in the Kinder garden.

Lorne Kindergarten's Junior Earthlings program continues to grow with plans in place to develop a Wild Space, extensive produce garden and community composting site.

Michelle and Alyce hope to encourage the Kinder community to utilise the initiatives by inviting families to use the produce and drop compostable rubbish back to the kinder.

The 'Early Learning Service of the Year' will be announced at a gala event at the Melbourne Convention Centre on October 14, 2015 and there are prizes and cash grants offered to winners.

The Awards ceremony, will showcase a variety of youth focused sustainability projects while providing our educators with an invaluable opportunity to network with other industry leaders in education and environmental awareness.

The ResourceSmart Education Awards are part of the ResourceSmart Schools program, which is run and delivered by Sustainability Victoria.

Over 1,200 Victorian schools have participated in the ResourceSmart Schools program since 2011, and winners will be announced at the ResourceSmart Education Awards Ceremony on Wednesday 14 October.

- Sustainability Victoria media release

Poppy appeal for 2015

RSL Appeals organisers at all Sub-Branches around Victoria are gearing up for the annual Poppy Appeal, with more than half a million poppies expected to be sold.

Lorne Sub-Branch is ready for this year's Poppy Appeal, with a committed group of volunteers set on making the Appeal a great success.

From late October, thousands of Poppy Appeal volunteers around the State will be selling the much loved, iconic red poppy to raise funds for current and former servicemen and women in need.

"The Poppy Appeal is a cause that resonates with all Australians and each and every person who purchases a poppy feels a great sense of pride in wearing it in the lead up to and on Remembrance Day," said RSL Victoria Appeals Manager, Peter Smith.

"Not only does buying and wearing a poppy show respect for our country's fallen heroes, but it helps raise vital funds to assist past and present servicemen and women and their dependents in times of need.

Poppies were among the first plants to bloom in the devastated battlefields of France and Belgium, and since 1921 they have been used in remembrance of those who fell during times of war.

Craig Hunt, President, Lorne RSL Sub-Branch acknowledges the phenomenal commitment shown by the members and volunteers who time and time again, make the Poppy Appeal such a success.

"Year in, year out, our community rallies together to support the Poppy Appeal in the lead up to Remembrance Day. I would like to thank the local community from the very outset who support our Sub-Branch and wear their poppy with pride." he said.

- RSL media release

Lorne Barwon Water counter closes

Barwon Water has closed its customer service centre at Lorne due to falling customer visits.

The Polwarth Road office, which already operates on reduced business hours, has now shut its doors.

Barwon Water General Manager Customers and People Melissa Stephens said the growing shift away from cash transactions to online payments meant the counter was no longer well patronised.

- Barwon Water media release

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Sportsbriefs with John Ford

Young Dolphin Premiers

Lorne's Under 14.5 team won the CDFL Grand Final by defeating Irrewarra-Beeac on Saturday 15th September. Lorne's Reserves team lost their Preliminary final and so finished third on the ladder. This capped off a good season by the whole football club, which had three teams make the finals. Remember that last season Lorne's Firsts and Reserves both finished last – so this is a major improvement.

The Dolphins Under 14.5's trailed at half time in the Grand Final, but kicked four goals to one in the second half to run out winners by nine points. The final scores were Lorne 6.3.39 to Irrewarra-Beeac 4.6.30. Captain Callum Norton led the way with two goals and was among the best afield. At the presentation night Callum Norton won the Best and Fairest, from Simon Umlers and Clem Matthews. Other awards went to Charlie Middleton – Best in Finals, Gabe Delima – Most Promising, Henry Coates – Coach's Award, and Oscar Balderas – Best Defender. Coach Noel Giles did a great job with this team and was quick to thank all those who volunteered their time to allow the team to take the field and be so successful.

Jack Steven Wins Saints Award

Lorne's Jack Steven has won St. Kilda's season Best and Fairest award for the second time! Jack first won the award with a standout season in 2013, and had another fine season in 2015. As reported earlier in the year, Jack notched up his 100th game, against Hawthorn, in Round 10. Jack is an excellent on-baller for the Saints and he averaged over 26 possessions for the season. Jack won the award with 175 votes, from David Armitage 159, Sean Dempster 149 and Leigh Montagna with 143 votes. Proud parents Jenny and Pete rarely miss a match, including often travelling to interstate venues. Jack is a very important part of the young St. Kilda team striving to improve its ladder position in 2016. Well done Jack!



Jack Steven with proud parents Pete and Jenny, and girlfriend Indi.

Umpiring Success for Nicholas

Nicholas Murnane has been following in the father's footsteps playing and umpiring football. Well earlier this month Nicholas was chosen to umpire his fifth senior Grand Final – which is a great effort when Nick is just 22 years of

age. This time however when umpiring the GFL Grand Final he had to be replaced after straining a quad muscle in the third quarter. Luckily there was an emergency umpire, and the match was already quite one-sided. Nicholas may well go on to umpire in the VFL or even the AFL as he is notching up a great amount of experience at a young age.

Memorial Service for Mark

Lorne Country Club President, Mark Trickey was farewelled with a Memorial Service on 25th September. Mark Trickey's life, and the service, are described in a moving article written by long time friend Ian Stewart – please see page 16.

Perhaps lesser known was that in Mark's four years as President, he put together a team to inspire the committee, members, and volunteers. He worked tirelessly to unify the Lorne Country Club and helped promote both golf and tennis at the Club. Tennis players greatly appreciate his commitment to works including improved fencing, sprinklers, provision of power to the pavilion, refurbishing toilets and landscaping. He understood the difficulties faced with the tennis courts being more than thirty years old and he had a great desire to see the courts resurfaced. As Tennis Captain of the Club I know how his integrity and keenness will be sadly missed.

Ladies Golf

Spring has finally arrived. Dust down those golf clubs and join the ladies golf day every Tuesday morning at the Lorne Country Club commencing at 9 am. Many of our regular ladies headed north seeking warmer weather during the winter. All looking very relaxed they are now keen to start playing our spectacular course once more.

Our club was represented in East Geelong this month and a fun day was had by all. Thank you to Caz Bartholomew, Wendy Hutchison and Lesley Goldsworthy.

The days are gradually getting longer so our very casual Thursday afternoon has recommenced.

The ladies hit off at 3.30 pm, weather permitting. This time is subject to change so please contact Lesley Goldsworthy on 0437 465 343 before going up to the club house.

If you are interested in joining our friendly group of ladies, please contact Lesley Goldsworthy, 0437 465 343. All levels of golf very welcome.

**Lesley Goldsworthy,
Lady President**

Lorne and District MiniRoos 2015

Twenty-one local boys and girls from age four to ten participated in the 2015 Lorne and District MiniRoos.

The children gathered every Tuesday after school at the Stribling Reserve for one hour of games focussed on having fun, achieving a personal best, and developing soccer and team skills. A session-by-session development program is suggested by the Football Federation Australia for the MiniRoos and guides the sessions. Most sessions were held indoors, but we welcomed Spring with

the last two sessions outside on the grass. Generally, the Kinder kids had their own dedicated group. Favourite games included a variation of british bulldog (starting with parents against kids), what time is it Mr Wolf (for the littlies) and of course soccer matches or “beat the goalie”! Children received a registration pack which included a football to play at home. After a warm-up on the final day, four teams were formed and played a league of three competitive games per team. The fun was continued with a barbeque and ice-cream, and award of certificates.

The programme was run by volunteer parents, and was the second year of the MiniRoos soccer football in Lorne. The national MiniRoos format is still undergoing changes to find a format adaptable to metro and rural needs; this year Lorne and District MiniRoos could establish as a site in their own right, set the minimum permitted registration fee of \$70. We relied on funds raised from the 2014 season and sponsorship to cover additional expenses such as venue hire, last-day barbecue, and certificates.

The programme offers a physical activity for children, with benefits going beyond the purely physical to include: improving confidence, decision-making, and team-skills. Organised by parents, the program also has potential to benefit the local community – through parents being involved in their children’s activities, physical activity for parents and social connectedness.

A big thank you to Narelle Lynch and Jorge Guerrero who also volunteered their time as coaches, and to the other parents who stepped up as coaches / caterers / organisers as needed.

- SC



Above, Lorne and District MiniRoos 2015. Unregistered participants have not consented for publication of their photograph of the junior Soccer team.

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

Send articles to byswerdi2@bigpond.com



News from the Lorne Angling and Aquatic Club

Commodore Notes for September

The September general committee meeting opened with guest speaker Het Ramp from the Lorne Community Hospital. Het shared with us the results of the mental health survey which was conducted in our town. The main issues that stood out – Suicide prevention 2. Alcohol and drugs 3. Stress management

It was agreed that when people are well connected to their community they are much healthier. Friday 9th October – Lorne School – 12.30 – all members are invited to join in RUOK Day and share lunch and create a community picture of the slogan.

Love Lorne Performing Arts weekend – a great success and the LAAC would like to be further involved in 2016.

Fishing Competitions – the last of the Winter Comps was held last weekend. Senior winner was Sam Hyde and the Junior winner was Ben Moran. Thanks to Surfcoast Gardening & Mowing for their continued sponsorship.

REMINDER – Fish must be inside the gate by 12.30 to be weighed in on Comp days.

There are two major competitions to finalize our annual program – October 4th and November 1st Pt Grey Redevelopment.

Our sub committees are continuing to further strengthen our relationship with GORCC through discussions and sharing of plans and ideas for our new building.

A 3 dimensional – walk through, fly over set of plans has been commissioned and will be presented on Monday 21st September at our next sub-committee meeting.

All members will be invited to the AGM to view this first draft plan of the new building design/layout.

Please go to www.gorcc.com.au for further information on the Pt Grey Redevelopment.

Nomination for all committee positions will be open from the end of September. I encourage all members to give serious thought to being involved.

No changes to the leader board in the Club’s annual fishing competitions –

Steve Muir Garfish – Tony Gallaher

Snapper Competition – Andrew Clarke

Bream Competition – Harvey Atwell

Coming Events –

Grand Final Celebrations – Saturday 3rd October

Melbourne Cup festivities – Tuesday 3rd November

Annual General Meeting – Saturday 5th December

Graeme Norton
Commodore

Stribling Reserve annual report

Stribling Reserve is located at the northeast corner of William St, Lorne. It is about 4 hectares in area and contains the Lorne Leisure Centre stadium, an oval, cricket nets and netball courts. Stribling Reserve is a designated Surf Coast Shire Relief and Recovery centre

Membership

The current Instrument of Delegation for the Stribling Reserve Management Committee was adopted by the Surf Coast Shire in 2014. The instrument of delegation outlines the objectives, powers, functions and duties of the special committee (known as the Stribling Reserve Management Committee). This committee shall comprise of up to twelve (12) members appointed by the Surf Coast Shire Council. One representative is appointed by the Surf Coast Shire Council and each permanent user group is entitled to one representative. Up to five community representatives are selected by calling for Registrations of Interest from the community by way of notice in the Public Notice Advertisement Section of local newspapers. Community representatives must be residents of the Surf Coast Shire (unless otherwise approved by Council). This current committee is the third such committee having been convened in April 2014.

Current Committee-Elect

The present committee comprises the following members: Peter Spring (Chairman), Linton Ferguson (Bookings Officer), Miah Atwell, Carly Enticott, Wendy Jarratt, Barry Keily, David Mullen, Allan Walls and the Shire Recreation Officer (currently Jarrod Westwood).

Jarrod Westwood, as Shire Recreation Officer, acts as an advisor and has no voting power. Power is conferred by section 86(3) of the Local Government Act to the delegates on the Stribling Reserve Committee. Committee governance is outlined in the contents of the Governance Manual, especially the "Code of Conduct" and Meeting Procedure Local Law No 22. If committee members feel a conflict of interest exists between an agenda item and their pecuniary interests, members are directed to disclose that interest.

Meetings are held each month at the Stribling Reserve in the Multi Purpose room of the stadium. Meeting procedures are outlined in the Stribling Reserve Committee of Management Instrument of Delegation.

Committee Activities 2014-2015

The permanent users during 2014-15 were the Lorne Aireys-Inlet P-12 College and the Lorne Football and Netball Club.

The school is the largest user, with full access to all facilities on every school day of the year. There are occasional times when other community needs clash with the school's use, but the committee is pleased to report that the school is quite generous in accommodating these with its other activities.

The Lorne Football and Netball Club provide a schedule of fixtures and social events that cover the summer and winter seasons and the committee assigns them first priority with facility use. The committee continues to press the Shire for more information regarding its maintenance program and this year a facility audit and a more consultative approach to future works at the site has enabled us to plan works more efficiently and holistically.

Local casual users have continued to use the facility in 2014-15. Soccer, Vickick, Weight Loss Challenge, personal training, women's basketball, an after school activities program, local service clubs, and a variety of community private events. Individuals and organised sporting clubs from elsewhere in Victoria and interstate often approach the committee to hire the facilities and the committee encourages such use.

The committee's marketing policy has been to seek opportunities to attract others and we have made substantial progress over recent years. The Booking Officer's role is to promote bookings that are of a sporting, recreational or social nature. The promotion and advertisement of the facility is important to strengthen our financial viability with a consistent income stream from such bookings. These bookings must be within the adopted policy controlling noise and other licensing requirements. Fees charged for these activities are important and are used to help lower the costs passed on to local user groups including the football, netball, cricket and other teams. A schedule of fees for these bookings is available. It is pleasing to note that revenue from casual bookings is up 20% over the previous year.

A highlight was the Melbourne Storm coming to Lorne and using the facilities at Stribling Reserve and interacting with both the football team and students from the school.

During the past year the Committee has continued with its program of maintenance and improvement to facilities at the Reserve and has continued to promote and encourage community use of the facilities.

Highlights include:

- ✓ Funding the purchase of uniforms and equipment for a newly formed women's indoor basketball team
- ✓ Extensive improvements at the netball hut including new storage cupboards, plumbing, blinds and privacy screens
- ✓ Replacement of the chairs in the Leisure Centre with 80 new chairs
- ✓ Re-painting the Home and Visitor change rooms which was achieved with donation of paint and other materials and volunteer labour.

The Committee did commission a redesign of the change room facilities within the Leisure Centre and the Surf Coast Shire put this project forward as an advocacy project prior to the 2014 State election. Unfortunately, there was no funding forthcoming. This is a critical issue for the Committee and the Shire. With increased use of the facilities by the School and the growing number of netball players, the change room facilities, showers and toilets are woefully inadequate for the number of females using the facilities. Hopefully this will be addressed in the near term as part of the redevelopment of a new Master Plan for Stribling Reserve, which I will address later in this report.

There are plans for a redevelopment of the viewing terraces in front of the Leisure Centre and the Shire has allocated funds for this project. However it has been decided to delay the start of this project pending the completion of the Master Plan for the Reserve.

The Committee has been fully engaged in discussions with the Shire Officers and committee for the Lorne Men's Shed Inc as the project to construct a Men's Shed in the south west corner of the reserve continues.

A matter of grave concern for the committee at this time is the state of the Oval following the total upgrade which took place in 2013/14. The oval was not available for the start of the 2014 season and during the current year there have been concerns raised by the Lorne Football and Netball Club about the condition of the ground and the apparent poor drainage. The Committee is in discussions with the Shire regarding the best plan to rectify this situation prior to the 2016 season. It is a matter of real concern because it raises issues of Occupational Health and Safety. It is perhaps worth considering that the 2013 projects to redevelop the oval and the netball court were initiated exactly for this reason; OH&S issues. It is therefore extremely disappointing to be at this stage in 2015 with the Oval and the Netball court requiring more work because of poor execution of the original projects. We trust that the Shire will do the right thing for the Lorne community and undertake the necessary works to address these deficiencies.

On a more positive note, the Shire has allocated funding in the 2015/16 budget to undertake the development of a new master Plan for Stribling Reserve. In discussions to date, the Committee has proposed that it will establish an advisory panel, comprising community representatives with relevant skills and experience together with stakeholder representatives to ensure that the Master Plan truly represents the aspirations of the community and delivers a vision for Stribling Reserve which will ensure it remains a vital asset to the Community for many years to come. It is envisaged that the Master Plan will address current deficiencies in terms of compliance with AFL guidelines regarding space for football club and the needs of the netballers and the school in terms of facilities for females. This is a great opportunity to ensure that we have a plan which will extend the scope of use of the reserve and its facilities for all members of the community.

At this point I would like to thank my fellow committee members for their assistance and support and trust that, having resolved the current issues with the oval and netball court, we can work positively on the development of the Master Plan for the future of Stribling Reserve.

Peter Spring
Chairman



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TUESDAY NIGHT BOTTOM BAR ONLY

On mint and growing other herbs



landscape feature. It is an opportunity to express your design talents and creativity. Just remember that drainage is most important but at the same time do not allow your plants to dry out in hot or windy weather – and pay particular care on days that are both hot and windy.

Doug Williams is a local landscape gardener and a keen observer of nature.

Contact number 0418 522 011

Last month the growing of herbs in containers concentrated on the cultivation of mint, specifically *Mentha spicata*, English Mint. Why the British get naming rights is really rather a mystery when you see how much better other cultures are at using it.

This month I will look at other herbs. Unless you are restricted to growing everything in pots I recommend you plant a rosemary bush (*Rosmarinus officinalis*) in a sunny spot in the garden. If you don't have the space to do so planting in a pot is fine, they do well grown in this way.

As with all herbs of course it requires good drainage. With Spring upon us seedlings or seeds of parsley and coriander can be planted. Both of these perform best given enriched soil and regular applications of liquid fertiliser.

I regard parsley as indispensable for most culinary styles so if your plants do not set seed and self sow you must plant regularly to maintain a continuous supply for the kitchen. In many vegetable plots they only need to be planted once; they will adopt their own niche in the garden and remain with you indefinitely.

Coriander too must have a succession of plantings. In the improved soil mix in your containers you can plant a crop of basil in the warmer months.

Fresh basil with tomatoes is a marriage made in heaven or, in this case, made in the Garden of Eden. When you harvest it pesto should be made which can be stored in airtight zip-lock bags in the freezer where it will keep for many months.

Other plants on my current list of the Top Eight are sage which can be tip pruned in the pot to keep it in shape as required for the casserole pot and chives which can be grown as a perennial. When I plant sage it's a case of 'set and forget' for they require very little in the way of culturing. In lean soil their essential oils are stronger, so treat 'em mean. Chives though will appreciate liquid fertiliser treatment with something nitrogen rich (as do most leafy plants), are a natural insect repellent and like all herbs have medicinal properties: they are rich in iron, aid digestion and may even lower blood pressure. Last but not least on my list is oregano which is a hardy herb and not particularly fussy in its requirements, so it's easy to grow.

Properly planned out your container herb garden can include a range of interesting pots and planters and be a

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This and that

After the excitement of Amy's Gran Fondo Lorne can settle down and enjoy more restful activities. On Tuesday 6th October as part of Seniors Week at the Cumberland Theatre Lorne at 1:30 – 3:30 PM there will be a performance of a play by Alan Hopgood titled *Wicked Widows* - featuring Margot Knight, Kirsty Childs and Jenny Seedsman. It is an entertaining play dealing with life after loss. (Gold coin donation Inc afternoon tea) Bookings are essential: Telephone Gilly Hughes 52610586. Transport will be provided for towns outside Lorne.

The second weekend in October sees the return of the Moggs Creek Moving Clickers' 49th Film Festival Weekend at the Lorne Cinema. Starting off on Friday the 9th October with a pizza and wine supper plus a very interesting film from Argentina titled *Wild Tales* - A comic feature of six modern-day tales united by themes of love, jealousy, and especially revenge, is all about the pleasures to be had from behaving very, very badly. Wickedly hilarious and thoroughly enthralling and a wonderful way to kick off the Festival which has a further six films from Austria, Kurdistan, UK, USA and Italy listed over Saturday 10th and Sunday 11th. Festival Pass costs \$100 (students \$50) provides seven movies, pizza & wine supper Friday night, BBQ lunch at Moggs Creek on Sunday, plus extra goodies. Book now! Ask in the theatre for a booking form.

For Beer Lovers! Otway Estate at 10 Hovey's Road, Barongarook is holding an Oktoberfest on Saturday 17th October from 10am to 6pm. Get your friends together for a great day of German fun! Be a part of the atmosphere, learn how to slap dance, try new German foods, and join in on the new activities we have planned for this year! It's going to be bigger and better than ever before and remember to have a designated driver!

On Sunday 25th Oct at 2pm @ Blake's Winery, Bamba-Cemetery Road, Deans Marsh there will be a great afternoon of live music when Irish born singer Áine Tyrrell will play her new album *Queen Of Swords* as part of her Australian Album Launch Tour.

Tickets \$15 (inc 30c booking fee) at www.trybooking/JCCE or direct from Tony Watts, Liz Bashford, Tom Reid, or Genevieve Picot. - **A.E.**

LBTA Annual General Meeting

Chairman of Tourism Victoria and operator of Diamantina Tours, Andrew Dwyer, will be guest speaker at the Lorne Business and Tourism Association Annual General Meeting at the Grand Pacific Hotel on October 19 beginning at 5.30pm.

In addition to his extensive work in tourism, Mr Dwyer is also a culinary master with three cookbooks to his name.

For catering purposes, please send apologies or acceptance to the LBTA Secretary, David Dickinson on 0438 531 988 by Friday October 16.

The LBTA is also calling for vacancies to the committee and the position of secretary. If you are interested please contact the present secretary, David Dickinson on the above mobile number.

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PRESIDENT'S COMMUNITY CUP - from September 16
Join Lorne Bowls Club President Gary Allen for the annual President's Community Cup on Wednesday September 16, 23 and 30. Put together a team, give your team a catchy name and join us for dinner!

SPRING SCHOOL HOLIDAYS - from September 18
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Vale Mark Trickey One of Lorne's 'greatest people'



The past week has been one of the saddest, a week when Lorne lost one of its greatest people with the passing of Mark Trickey. There will not be anyone in our community who did not know Mark, or one of his close knit family members. He was leader to all, an inspiration and an absolute fighter until the end.

I had the privilege to call Mark a very dear friend and his beliefs and values were second to none. His outlook on life was something from which we can all learn and from Mark I certainly did. He was a family man of the highest regard and his wife Julianne, sons Simon, Shane, Boe, their partners and grand children were always his number one in life.

Mark shared with me on many occasions his family goal to raise his children and be involved in their lives to the fullest. To be around them with their sport, available always to watch and take them to various golf courses and sporting fields around the state.

He was driven to provide such an environment for his family on the knowledge that it was something he never had, and he would change it for future family generations. That was just the sort of person Mark was.

We will all have our own stories and memories of Mark and to simply assemble "words in a column" cannot reinforce the strength of this superb human being in the light that he deserves.

It will be the memories that he has left behind and the

The Trickey family in happier times! From the left, Shane, Boe, Mark with Julianne, and Simon.

unique manner in which he has touched so many that will stay with us forever.

A Lorne Football Netball Club Senior Premiership Coach, Best and Fairest winner, U/17 Premiership Coach, A Grade cricketer, single figure golfer and at home in any sporting environment his footprint left behind are very big shoes to fill. So big, so strong it's hard to believe that anything could ever have cut Mark down when it wasn't time to go.

Over the past eighteen months Mark's wife Julianne has been beside him every step of the journey, to fight every battle together.

Julianne's strength and commitment to her life partner has been absolutely nothing but inspirational and just another of those special memories that will never be lost. Equally that of his best mate Dale Ridgeway who through thick and thin, Melbourne or China was always there for the big fella.

I will hold with me forever the day prior to departing for treatment in China we hugged and he whispered three words in my ear. I was grateful I had the opportunity to sit at his bedside last Thursday and although in and out of consciousness it was my turn to share those same three words. RIP Mark Trickey.

Ian Stewart



The memorial service for Mark at the Lorne Country Club was one of the biggest seen in the town. More than three hundred people from Lorne and elsewhere attended in brilliant sunshine. The main tributes were made by Dale Ridgeway and Ian Stewart, both life-long friends of Mark. Below is Mark's beloved Harley-Davidson, parked at the Country Club - Mark was so attached to the bike that he asked for it to be brought into his hospital room during his final days.



A YOUNG MAN

The names Norton, Love, Babington, Henderson,
Campbell, Armistead and Trickey are Lorne names,
Old Lorne names,

Loved, respected, revered.

Mark, a young Lorne man who did all the young manly
things, young Lorne men did.

Who built a business and treated everyone the same.
"I'll be there as soon as I can," he would say on the other
end of the 'phone.

Mark often took on more than he could chew
And would then go around town or make calls on other
young men who might need a day's work to get the job
done,

Local kids, those lost to non-conformity, others who came
to this place to find themselves.

There was little or no judgement.

Mark had a core of friends who went through his trials
like they were their own,

Others, he didn't know well, who prayed for him.

Both lots rode the waves of his success and of the darkness
in the last couple of years.

As we walk the streets of Lorne

If we hear the crack of a Harley start

I bet we'll spin around and wonder if Trick's back.

- Hadyn Rickey



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Latest on Stony Creek

The Vicroads Team Leader Projects has advised that the works at Stony Creek are complete and the stairs are ready for use.

We have come a long way since my first letter to VicRoads concerning access under the bridge on 8th April, 2011 (4.1/2 years ago) but finally we have a well designed entry.

I think that this is a better solution to the suggestion from someone in 2011 to lay a tree trunk across the creek for access to the other side.

Please see photos on the right.

Incidentally, as I believe that the foot traffic will increase in the area, I have reported to the Surf Coast Shire that the condition of the footpath leading from the North end of Hall Street to the VicRoads new installation of steps is UNSAFE due to potholes and dangerous edging of the footpath.

I have recently been advised that the footpath will be included in this years' (2015 – 2016) Renewal Programme. So before the end of the financial year (30th June 2016) this footpath will be replaced.

Ken N. Smith
North Lorne

Lorne's water ranks highly

Lorne has some of the best drinking water in Victoria.

The seaside town, which forms part of Barwon Water's supply network, was judged as having the best water in the State behind winner Marysville and alongside Traralgon in a recent blind tasting test.

The 78th Victorian Water Industry Operators Association's (WIOA) conference ran a Masterchef-style competition, with samples judged by a panel comprising technical water experts and water industry connoisseurs.

Barwon Water submitted a sample from Lorne after an internal blind tasting of water from the corporation's various treatment plants.

General Manager Infrastructure Services Paul Northey said Barwon Water was extremely proud of the result given the high water quality standards Victoria.

"To place top three in a highly competitive field is testament to the skills of the employees running the Lorne water treatment plant and the importance of our catchment management and protection practices," he said.

- Barwon Water media release

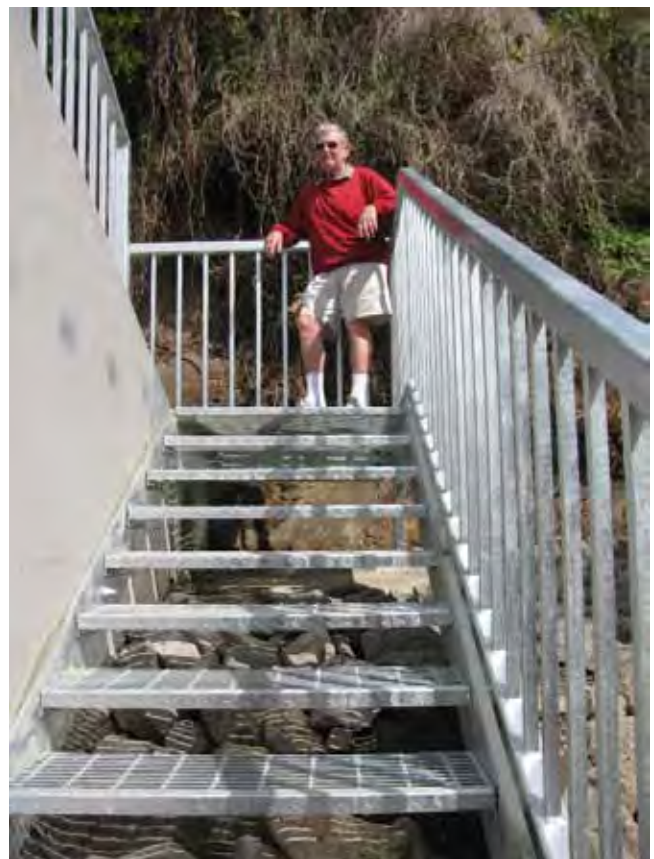
ARTspot Exhibition:

Saturday October 31st – Monday 2nd November

The annual Surf Coast Arts "ARTspot" Exhibition is being held this year at the Fairhaven Surf Life Saving Club over the November Cup Day long weekend.

All the art is created by local artists, it is all for SALE and entry is Free. The sunset bar will be open from 5.00-7.30pm on the weekend so you can enjoy the art with a drink.

This year we have been most fortunate to have three special guest artists: Jiri Tibor Novak along with Eddie Warhurst and Pat McKenzie.



An engineer by background, Ken took the need for a safe passage under the Stony Creek bridge very much to heart in that many people (and their dogs) used the beach below the bridge recreationally almost daily. He spent four determined and often frustrating years lobbying for the stairs and passage way. Ken deserves his hand shaken! No wonder they call him the 'Hero of Stony Creek!'

Wicked Widows

The Cumberland, Lorne, October 6,

1pm to 3.30pm

Gold Coin - afternoon tea

RSVP essential

CommunityEA@surfcoast.vic.gov.au

or Gilly Hughes 5261 0586

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Lynton Wade's reflection

I've never had surgery before and I was looking forward to being in hospital for four or five days. Being waited on hand and foot. My own TV. No obligations or responsibilities. It would be a bit of a holiday.

But, of course, it was anything but that. And I only have fleeting memories of most of it. I was too sick and wiped out to appreciate many things at all.

Even the weeks since have disappeared quickly, taken up with routines of medication and exercise and practising on crutches and being disabled and resting each afternoon and more medication and more exercise and so the days slide away.

I think I have missed being useful and productive and fruitful most of all.

I have been doing jigsaw puzzles but they don't really benefit anyone. And recently I've been able to do the dishes ... standing crutches-free at the kitchen sink. At least that is useful.

I may turn out to be more alert to opportunities to serve others when this is all over. Like those whose near-death experience sharpens their appreciation of life.

I've been reading lately (which is quite a step up from not being able to write anything for my reflection this time last month). Reading some God books lately, of writers who are blessed with the ability to paint ideas and ideals with words.

I wonder how well I've done that with sermons over the past 32 years.

That's the thing about being a minister – whatever your interests and skills in pastoral care, teaching, music, administration, being an entrepreneur, vision-casting, being a change agent or justice advocate – you always need to be a preacher.

Your 20 minutes on a Sunday morning is fundamental to your craft. And some of us are pretty average!

So I am being challenged and stimulated by men and women who are good at it and I'm wondering if I could emulate their ability in any way.

Then I get on with my next lot of medication and another set of exercises.

Being taken out of circulation for two months has afflicted me with some time I wasn't looking for. Time to smell the roses and time to recommit to my calling of being a priest and pastor.

I know I live in a world that is far more complex than I will ever be able to comprehend and that there are men and women who are amazingly skilled in their particular art or science – a total hip replacement is a completely amazing procedure!

And I am here in my small corner to let my little light shine.

And that matters, even though it is a tiny light in a minute corner.

But I also know that I belong to an amazing God who can see my light in my small corner. And He can see your light too. And He loves it. - **Lynton**

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Lorne Historical Society goes ancient and very modern

Before Loutitt Bay...

It is hard in the twenty first century to agree on 'the facts' about life in what is called the Otways before the arrival of Europeans, and during the period after 1835 when British sovereignty was introduced. Very little evidence today exists in the public arena to say precisely how life was for the Aboriginal people who have lived here for at least 60,000 years. One way of looking at our shared history is to understand that Aboriginal culture has existed here for at least 3000 generations; and new Australians have been here for eleven generations.

(Based on Rachel Perkins, quoting Mulvaney, see p 81 of Quarterly Essay 56, Black Inc. 2014.)

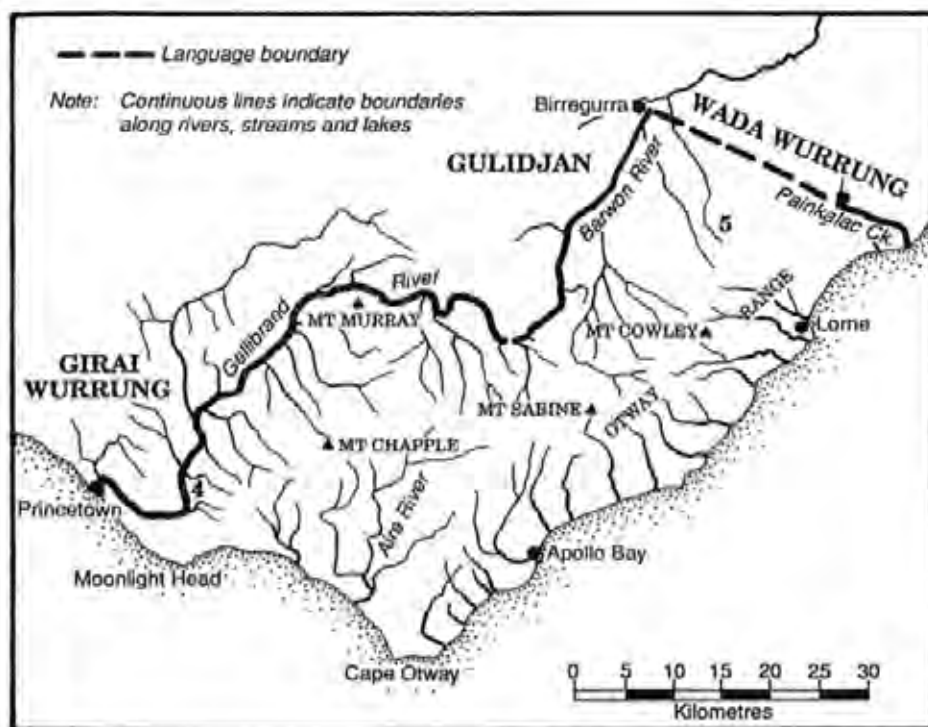
The two cultures that came to share Australia were and remain diametrically opposed in their fundamental concepts and principles. British culture is Christian and capitalist, based on individual achievement and a personal relationship with God. Indigenous culture is based on the collective and on the vital spiritual dimension, ever present in people's lives, which integrates the people actively with the land in a way which can best be described as custodianship, not a personal 'ownership' or 'exclusive possession' as we understand those ideas.

Australian Indigenous people were and are categorically NOT 'nomadic' as in 'wandering aimlessly'. Each tribe or clan had respect for their land, and for the neighbouring estates over which they generally moved seasonally and which they tended carefully, using fire strategically, and practicing horticulture and husbandry to ensure particular plants and animals prospered.

The custodianship of land was rooted in complex beliefs, which in turn reinforced responsibilities to the land, to plants and animals, and to the group. These beliefs could be celebrated and reinforced daily, for example in dance and story telling, teachings, and direct actions.

Far from being 'the wretched primitives' some British described, the Australians were healthier, had on average much longer lives, and spent more time devoted to leisure and cultural matters than the average European person in 1788, as the historian Geoffrey Blainey acknowledges in *Triumph of the Nomads*. [1974]

These paragraphs begin the forthcoming Lorne Historical Society's website entry Before Loutitt Bay. The website will be an important new resource for our members but also for the general public.




Godubanud Clans

No.	Clan name	Approximate location
1.	Bangura gundidj	Cape Otway
2.	Guringid gundidj	Cape Otway
3.	Ngalla gundidj	Cape Otway
4.	Ngarowurd gundidj	North of Moonlight Head
5.	Yan Yan Gurti clan	'Yan Yan Gurti' station, east head of the Barwon River



Those interested in learning more about our history will be able to access our collections of photographs, documents and see what is contained in our other collections. It is hoped the website will be up and running by the summer of 2015-6.

Deb Campbell
for the Lorne Historical Society



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Letters

Personal experience of a Men's Shedder

I write to congratulate Swami on her excellent contribution for the people who will shortly – hopefully – occupy the Men's Shed to be built at Lorne.

The offensive remarks about stressed, drunken, men indicates an absolute lack of thought, wisdom and knowledge of the Men's Shed philosophy and the needs that Men's Sheds provide.

By illustration, I was Hon. Treasurer of a Wood Turning group located in Frankston/Langwarrin area some 15-25 years ago when such a club started.

Its focus was to provide the opportunity for retired men, and also women, to learn wood-turning, create fellowship and contribute towards their well-being.

On many occasions wives would ring to determine if recently retired husbands could join, even if they decided that they may not really learn to turn wood.

To be given the ability and opportunity for companionship, the chance of watching others, or often simply help clean up after the daily lessons finished, before enjoying a cup of tea and conversation, is most beneficial.

This would help 'wifey' continue to enjoy her own activities without hubby being under foot, or have him growling about not having something to occupy his own mind and time during the day.

We also had discharged servicemen join to help alleviate worries after their war service.

I can honestly say that I was often rewarded by the wife ringing later to tell me of the calm that had re-entered the home, as a result of 'hubby' becoming involved and comfortable with his new-found hobby, interest and acquaintances.

And just for these few unhappy thoughtless objectors, the 1st CARDINAL RULE for workshops, is definitely no alcohol within the premises. People affected by alcohol or drugs are not welcome in any workshop as it is too dangerous around machinery.

Hopefully, my experience and the above few words will help educate those who inadvertently opened their mouths and shut off their brains in condemning the wonderful opportunity to be provided to the men and women (possibly) in the Lorne area.

As a consolation for their lack of thought on the subject those protestors could volunteer to meet the added cost that their objections have caused.

Could a miracle happen in Lorne?

Norm Mills

formerly of Lorne

(Norm Mills is the son of Lorne's first officially appointed police officer)

Not nipping it in the bud

I have received the various communications regarding the proposal to build an Aquatic Centre in Torquay and am dismayed that the Council didn't nip it in the bud at the outset.

With the information provided at the time, it was apparent that it couldn't be properly financed and this together with escalating ongoing running costs rendered it structurally non-viable.

28 Lorne Independent

Putting it out to the public for comment has simply delayed the obvious. This method of testing the waters, so to speak, temporarily shifts the responsibility away from the Council who should have made the decision at the outset not to proceed.

The sooner it is struck off the agenda the better.

John Wilson

Lorne

Thanks Terry for looking after us!

No one was surprised recently when Terry Mulder decided to call it quits from politics as former State Liberal leader Denis Naphthine also announced his retirement.

Terry has held the State seat of Polwarth since 1999 and at 63, probably decided enough was enough and give someone else a go.

Born in Colac in 1952, Terry was the quintessential State parliamentarian, and a tireless worker for local issues.

As Transport Minister for four years under the Baillieu-Naphthine Governments, Terry understood local issues and problems and was a constant visible presence in his constituency.

Most of all, he was prepared to listen and then follow up appropriate action; here at Lorne we've got Terry to thank for getting a great deal done.

He was a can-do politician.

Some years ago, there was an issue with a Lorne resident and Terry stepped in personally – no great drama, just a personal intervention on an issue which could have ended a job opportunity for a local man.

I was personally amazed on how smoothly it was done – no fanfare, no publicity, no attracting personal kudos.

It was in many ways typical of Terry.

He attended Lorne public functions, he listened and asked questions, and most of all he had that commendable ability to embrace local issues at the same time as keeping himself aloof as befitting his political responsibilities.

As a Colac boy, Terry left early during his secondary education and variously worked as labourer and for some years with the Postmaster General Department.

Subsequently, he established his own ultimately very successful property management business and was active in regional Liberal Party activities.

A mark of his standing in the Polwarth electorate was his retaining the seat over several elections in the face of a growing swing to Labor.

With thanks and grateful appreciations for your time as our elected representative!

Jo Vondra

Editor

Lorne Independent



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Asking R U OK?

In September we celebrated R U OK? Day, a national day of action held on the second Thursday of every September which is dedicated to reminding people to regularly check in with family and friends.

Developed by the R U OK? Foundation, the day urges us all to ask family, friends and colleagues who may be struggling with life 'Are you ok?'.

The R U OK? Foundation was founded by advertising executive Gavin Larkin in 2009 and aspires to build the capacity of family members, friends, colleagues, teammates, students and community leaders to have regular, meaningful conversations with anyone who might be struggling with life.

The facts and figures highlight the need for such action:

- On average, more than 2,300 Australians commit suicide each year.
- An estimated 65,000 people attempt suicide each year.
- Suicide is the biggest killer of Australians aged 15–44 years.

Depression is an underlying cause and one which can be treated in most cases. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months, or even years) and sometimes without any apparent reason.

It is important to note that depression is more than just a low mood – it's a serious illness that has an impact on both physical and mental health. It may come as a surprise to many of us that depression is pretty common in the community anyway.

While statistics on the incidence of depression vary, there is general acceptance that approximately one in five people will experience depression at some time in their adult life.

According to beyondblue (at: www.beyondblue.org.au), a person may be depressed if, for more than two weeks, he or she has felt sad, down or miserable most of the time or has lost interest or pleasure in usual activities, and has also experienced several of the signs and symptoms across at least three of the four categories (behaviour, feelings, thoughts, and physical) at: www.beyondblue.org.au/the-facts/depression/signs-and-symptoms. It's important to note that everyone experiences some of these signs and symptoms from time to time and it may not necessarily mean a person is depressed. Equally, not every person who

is experiencing depression will have all of these signs and symptoms.

Behavioural signs and symptoms to be aware of include not going out anymore, not getting things done at work/school, withdrawing from close family and friends, and relying on alcohol and sedatives. In addition signs and symptoms may show up as a person not doing usual enjoyable activities and being unable to concentrate.

A person suffering depression may also notice a change in their feelings and they may feel overwhelmed, guilty, irritable, frustrated and lacking in confidence.

Other signs and symptoms which may manifest in feelings include being unhappy, indecisive, disappointed, miserable and sad.

A person suffering from depression may also have negative thoughts about themselves and some common ones identified by beyondblue may include:

- 'I'm a failure.'
- 'It's my fault.'
- 'Nothing good ever happens to me.'
- 'I'm worthless.'
- 'Life's not worth living.'
- 'People would be better off without me.'

Physically, some signs and symptoms to watch for are being tired all the time, being sick and run down, having headaches and muscle pains and experiencing sleep problems. Sufferers may also notice a loss of, or change in appetite and significant weight loss or gain.

If you think that you, or someone you know, may have depression, there is a quick, easy and confidential checklist you can complete to give you more insight. The checklist will not provide a diagnosis – for that you need to see a health professional.

There are different forms of depression with different signs and symptoms – and a number of different treatments. Many of these are explained on the Depression Self Care Fact Card which is available from pharmacies throughout Australia providing the Self Care health information and produced by the Pharmaceutical Society (www.psa.org.au). The Relaxation techniques Self Care Fact card is also useful. For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to 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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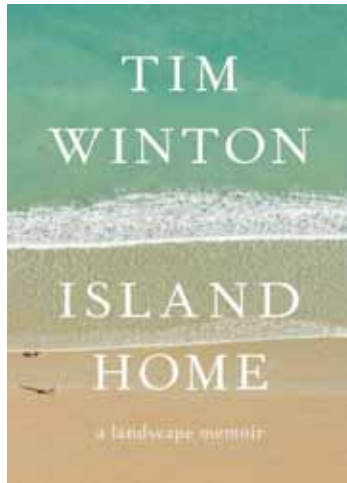
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