

LORNE INDEPENDENT \$2

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Lorne's BP servo in sights of Federal MP's ire

The BP Service Station in Lorne has copped a blast from Federal MP Sarah Henderson, calling the petrol supply giant's decision to cease local supply of LPG fuel "extremely damaging" to the town and the local economy, "irresponsible" and a "frankly uncaring decision".

In a statement, the Member for Corangamite said that "as the only petrol station in town, BP has a fundamental responsibility to invest in the infrastructure needed to improve LPG supplies in Lorne."

The BP Service Station posted a sign late last year announcing it would no longer supply LPG fuel, citing a decline in use.

Over the long Australia Day weekend, however, Lorne became a town without fuel - the service station first ran out of diesel, and then unleaded petrol.

Ms Henderson told Jon Faine of ABC's 774 morning program: "Lorne is an area of high fire risk ... We know how important it is that vehicles have access to fuel."

The Service Station is the only supplier of fuel in the immediate region on the Great Ocean Road and has over a period recently been plagued by problems with its fuel lines.



Not a good look for a top tourist destination - a town without fuel, especially at peak-season Australian Day weekend. Lorne has been without autogas since late last year. This particular service station has also been plagued by contamination in its fuel lines, and local MP Sarah Henderson said the situation was a "poor reflection" on BP.

Sarah Henderson also took a swipe at the high price of petrol.

"Like Colac, Lorne has been suffering high fuel prices which are simply unacceptable. BP must stop gouging local residents and holiday makers alike," she said.

"I will be writing to the President of BP Australasia, Andy Holmes, seeking that BP reverse its decision and I will continue to advocate very strongly on behalf of the Lorne community. This includes raising the issue with Small Business Minister, Bruce Billson."

- Jo Vondra

**At long last - a major upgrade of our Great Ocean Road.
See story page 3**



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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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At long last - major upgrades of our Great Ocean Road

Our Great Ocean Road is still a very beautiful, striking and eye-pleasing entity, but all factors considering is now starting to show its age.

And, it's obvious that a few shots of Botox, or indeed a bit of surgical nip and tuck here and there are not going to do the job.

After years of awareness, any of those elusive oracles, the Blind Freddie's, could have articulated what was wrong with the Great Ocean Road and pointed fingers at the exact problems.

Despite the GOR featuring all-dominant in advertising, tourist promotion, and in the mindset of our local Surf Coast folklore, our local members of parliament are at long last becoming aware that a bit of positive (and expensive) hands-on intervention might be needed.

The Federal Government has committed \$25 million over five years and the former State Coalition matched this sum ... and work is under way in that projects have been announced for Separation Creek and of course to fix the dreaded roundabout at Anglesea.

Most motorists heading to Lorne from Melbourne associate the Anglesea roundabout with delays and often, at peak periods, lines of vehicles stretch back to Bellbrae.

It's been calculated that the Anglesea roundabout can cause up to two hours' delay in a journey to Lorne. Major drainage works have already been completed near Wye River.

The great news for Lorne is the upgrade of a \$1.2m upgrade between Stony Creek and the Deans Marsh Road-Great Ocean Road roundabout – another big-time bottle neck.

Sarah Henderson, Federal Member for Corangamite, said that the GOR is critical to the region's economy – for jobs, road safety and tourism. It is worth \$2.1 billion to the tourism industry and supports 10,000 local jobs.

"Many sections of the road are in need of maintenance. In recent years, closures due to rock slides have been particularly damaging, frustrating residents and local businesses and making the road less safe," she said.

State Member for Polwarth, Terry Mulder, in his previous role as Minister for Transport, started the ball rolling by announcing minor GOR nips and tucks, but his big announcement was for the creation of an underpass under the GOR near the Fairhaven Surf Club.

There is a lot of pedestrian traffic crossing the road in this area to get from parked cars to the popular surf beach, causing major delays to motorists. The danger of pedestrian injury is quite severe.


The underpass is estimated to cost about \$500,000.

Preconstruction activities, according to Mr Mulder, have indicated that the underpass would need to be about 26m long by four metres-wide, and is expected to include about 100m of access ramps and be fully lit.

In all, the value of the GOR to the region is now a high political priority (also its service providers – see story on Lorne's BP Service Station) and both Federal and State governments are not going to allow the jewels in Victoria's crown to become lack-lustre and tarnished.

- Jo Vondra

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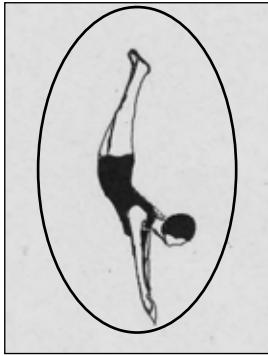
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The Louttit Loop



This summer's 'mad' season seemed busier, more crowded, happier, longer, and cleaner. The LorneCare group gathered as usual at 6 am on New Year's morning to help GORCC schmick up after the big night! Not a big job this year! The Police emphasis on having fun at home on NYE meant the main street and surrounds were quickly returned to their pristine beauty!!

Each week hundreds of tour buses come down the Great Ocean Road – including an enormous double decker one swaying its way along recently! Such a huge amount of wear and tear on the surface of the road! And the 24 hours of good rain not only doused our campers, but caused rock falls and gravel slips galore. Several minor skidding bingles, and one guy reckoned he had to use 4 wheel drive to manoeuvre the scary S-bend section.

The storm's dramatic lightning strike seemed to land near the Surf Club, the second jagged bolt hit the power pole adjacent to Marg Stanway's rose garden. More jobs for Telstra's Tony and for Powercor. Some dogwalkers caught on the beach had to ask for shelter in the 4x4 van of a guy who had stopped at the North Lorne carpark. Thanks Dave.

Speaking of Telstra Tony – many of us have had a buzzing background to our landline conversations. One caller was informed it was 'ze line and will be ten days to fix.' Up rocks Tony and soon replaced a white gadget switch connecting the line to the house, showed the burned out innards and calmly said "Often happens." He not only presented his Telstra card with a private phone number under the slogan "I'm a local caring for locals", but a beautiful lime green package containing a coffee mug in the same hue c/w the Telstra logo and the word "Thanks". A follow-up call from far off lands gave the perfect opportunity to praise our own Tony for his attitude and excellent work.

Family picnics at the Swing Bridge were all the go each night this summer - at kiddies tea time – such a beautiful sight to behold as one drove slowly into Lorne round 6.30ish. Filled the whole previously underutilized area with happy families and the smell of divine BBQ food.

Thanks to Committee for Lorne's Peter Spring for stepping up and breaking the protective loyalish code of silence which surrounded Lorne BP's petrol problems. Pete went straight to BP to persuade them to please continue to sell LPG in Lorne! Yes - if your vehicle runs on gas, factor in a drive to Anglesea for a fill! In 2014 we had several instances of contaminated diesel which hit locals and tourists right in the wallet! And then there was no unleaded available prior to Christmas and staff had no idea when the tanks would be filled.

Almost as bad as not being able to buy the Herald Sun or the Age fairly early in the day fairly often! Hello???

Sadly a few more senior mates are gone. Ocean Lodge Motel's Inge Grange died early in January after some time in the wonderful Lorne Nursing Home. Also Marge Grant passed on in Geelong, only a couple of years after dear Wally – almost Lorne's royal couple. Sweet Greek lady Maria Ierodiaconou also died. AND Geelong-based Hedley Beatty passed away. A Life Member and pillar of the Bowls Club, Hedley and Muriel were such a big part of Lorne. Sympathies to all who loved these darlings.

New babies? Well apart from Leon and Katie's cute new son Sol, (brother for Raff), reporting tiny new residents seems a closed book to this 'senior scribbler'. Parents of new babies who would like an official welcome to our special community are invited to drop details off to the Op Shop (10-4 every day) marked Attention Lillian! Thanks.

Lorne farewells 'colourful' Tim Carter from our ranks to take to the skies with the Virgin organization. Many of us will miss him, but hey! He'll be back - Lorne's in his heart.

Most locals are pretty pooped after the annual influx of friends and rellies. One senior lady proved this when after three weeks of teenage grand-daughters, she escaped for her daily beach walking of the dog - only to find after half a kilometre that she had in fact forgotten to take said dog.

Another regular dog walker was soaked through on the big rainy day and so decided to attempt to drag a smallish dead seal back into the outgoing tide – believing this to be the environmentally correct action! Gingerly grabbing its soft webbed feet she dragged it down to the water, waded in well over her knees, and floated it out towards the bigger breakers. Suddenly she saw the horrific sight of a dead seal's wide open bleeding mouth and large set of teeth bearing down on her as a wave surfed the poor thing back in. Profanities galore and a sideways jump saved her bare legs from the attack. Stubbornly she repeated the routine, this time venturing up to her waist before releasing it. Mission accomplished.

Pretty weird to order coffees on the beachfront, then when changing the order to takeaways, to be slugged an additional \$1 per cup! Come on! Don't tempt us to waltz off with your white china cups if we get a "can't wait any longer" attack.

Most permanent locals have some sort of fire emergency plan. Most have a fire bag packed with basics at the ready: spare clothes, towels, woollen blankets, some food, pet food and bowls, water, etc. Others have a "LAST MINUTE GRAB LIST" (or even one for each member of the family) attached to the bag: phone, Ipad/computer, chargers, battery operated radio, toothbrushes and bathroom needs, more water and food, photos, medications, wallets, workboots, caps and hats, sunglasses, sunscreen, photo box, etc. Also a DON'T FORGET TO list – e.g. put mops, buckets and doormats inside, close windows, curtains and shutters, fill bath and sinks, All this may seem strange. But hey, as a form of insurance it sets the mind a bit at rest on a bad north wind damned hot day.

A modern phenomenon has reared its invasive head in Lorne this summer. No, not those horrible noisy jet skis. Drones! Basically a radio controlled \$500+ flying camera. One supposedly controlled drone was flown at dusk for several nights frightening Lorne folk with its little lights and with its very presence, appearing to survey their homes and pry into their interiors. Google reports no licence needed, must be kept 30 metres away from people, NOT over beaches or sports events or gatherings, only in day light and below 121 metres (400 feet)! They MUST be kept in sight of the operator.

What next? Well, fingers crossed for Camel's return in Feb. Happy and safe 2015

V. impressive when Ian Stewart sells a Brett Wiley built home in North Lorne for damned close to \$2mil. A superb house in a unique position beautifully presented and a beach stroll from luvverly Lorne.

- 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 beautiful Lorne foreshore starting at:

10am on Sunday, February 15

For the exact location see the CommunityNoticeboard outside the Post Office during the previous week. A barbeque will follow the working bee at about 12.30pm.

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

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Michael Callanan

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Lorne Independent

Out of control cockatoos damaging houses ...cockies attacking overflowing rubbish bins ...automotive vehicles parked illegally in Disabled designated areas and Loading Zones ...unsightly and putrid litter strewn willy-nilly on the main street and elsewhere ...cars standing double-parked for 'mum's just getting the mail' ...and a hundred plus other inconvenient and recalcitrant behaviours that make life so frustrating in a Lorne summer.

All sorts of warnings and solutions are offered but perhaps the simplest might be the appointment of a responsible full-time uniformed By-Laws officer to patrol Lorne in the summer months.

Lorne does have the service of a By-Laws official but unfortunately he/she has to be shared by Torquay and other areas in the Shire. We'd be lucky to get a couple of days' service!

Why can't the Shire spend a bit of our money and appoint someone, wearing an appropriately striking and noticeable uniform as a first deterrent who can tell tourists (politely and with sensitivity) not to feed the cockies, who can book people throwing paper, cigarettes and other litter willy nilly onto our streets and grass, and who can tell a driver to 'please move' if a car is parked illegally?

If would also be handy (and a blessing) if the officer is equipped with a mobile to notify SCS HQ if leaves had blocked drains during a recent downpour, public rubbish bins are over-flowing and the streets needs a bit of clean-up.

By jingo, Lorne's ratepayers and residents would be so grateful they would be sure to start a collection to erect a bronze statue to the much needed By-Laws person.

SCS administration is very good at telling people what they should or shouldn't do ...rubbish bins must be placed on the kerb with the opening facing the road ...the list is long!

And in the last issue of 'Groundswell' there is news of more potential rules coming into force.

A new project hopes to make the Surf Coast Shire 'a sustainable seafood destination' - whatever that means.

It seems that in Australia there is currently no requirement for restaurants to provide information to customers on what type of fish is being used in a particular dish.

Linking into the Sustainable Hook and Vine Festival in Torquay and the Good Fish Project, the SCS hopes to 'help chefs make more informative choices about the seafood they serve.'

Unfortunately, the industry is still hard at work trying to come up with names for an uniform list of fish species acceptable in all states.

Just imagine, there you are sitting snug in a restaurant when suddenly a By-Laws officer hovers over you and with a spare fork, digs into your fish. "Ah-ha, that's orange roughy (perch?), it's on the illegal list," he rumbles at you and your guests. "Could have used whiting, bream or gurnard."

"I'll see Chef about it!" he says, moving towards the kitchen.

It's quite obvious we need a full-time Lorne By-Laws officer - and the sooner the better.

Someone who understands traffic and wild life management, has knowledge in rubbishology, is of even temper and charm, and preferrably also good looking in case tourists want to take a 'selfie'.

Now a person with all these qualities shouldn't be too hard to find?

- Jo Vondra



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Vale Hedley Beatty

August 27, 1935 - January 11, 2015

Hedley was a passionate Lorne bowler but he also had a strong association with the Lorne Lions Club, especially in the organisation of the annual Easter Art Show.

In fact he only took up the game of bowls when he joined the Lorne Bowls Club in 1990 and within a few short years, his name began to appear among the championship winners.

He was firmly committed to the advancement of the Club and he served as President for eight years.

During the years of his presidency, the Club relocated from its original site near the Surf Life Saving Club to its present home in front of the Mantra complex.

He was a member of the Club's committee for many years and some of the responsibilities he took on included greenkeeper for seven years, and organising the 'End-of-Season Trip' for 19 years; he regularly participated in tournaments and activities.

In recognition of his services Hedley was elected as a life member of the Bowls Club in 2007. Since his return to Geelong to live in 2012, he has routinely brought a team from his new club to compete in invitation events.

Working in organising the Lions Art Show for well over 20 years, Hedley acquired a reputation for his calmness under pressure. Everything ran 'like clockwork' one volunteer said of him.

He was meticulous in his paper work in the days before computers.

With heartfelt sympathies to his wife Muriel, daughters Jennifer, Helen and Merryl and to his extended family.

- GA, CW, JV

Vale Marj Grant

An open letter to the family of Marj Grant

The Executive and the Members of the Lorne Community and Hospital Opportunity Shop are deeply saddened at the loss of one of the founders of our organization, and offer our most sincere condolences to your family.

Marj was a friend and mentor to so many of us at 'the Auxiliary' or 'the Hossie Shop', as she called it. She was loved and respected by all and was a key part of our team of 'Originals' – the women with the foresight, commitment and enthusiasm to campaign for the establishment of a hospital here in Lorne, and then to equip it.

She then continued to work for the shop itself, and for the community generally by cooking, catering, and arranging endless fund raising and social events.

Marg was central in the Originals' drive to buy the land and build our own shop, and was a dedicated and constant worker in the shop over many years, wherever it was located. In recent years we have all loved her occasional visits to the shop, chatting at the desk, so warm and friendly, greeting old mates.

The Lorne community, and our own Op Shop are much the poorer for her loss. We will all miss her.

(With thanks to Debora Campbell)

Heather Rice
President



The Lorne Independent recently received the above photo from Margaret Lee and she wrote: 'I have attached a Lorne School photograph which was in one of my albums - it includes Dr John Smith (and Dr John's Father). I am on the very end of the second back row - in front of my favourite Teacher, Mr. Serpell - I was Margaret Sutherland then. The photograph probably would have been taken around 1950. Some of the Surnames I remember include Babington, Morrison, Morton, and Driscoll.'



News from our Councillor for the Lorne Ward

- Despite mild weather conditions over the past 6 weeks Lorne and surrounding areas continued to experience the traditional influx of our non-permanents, holiday makers and day trippers. Talk around town indicates a relatively buoyant trading period with the Country Club, Bowls Club and Aquatic club experiencing a significant increase in diners & guests.
- The Lorne Football and Netball Club got off to a flying start for the 2015 Season. Congratulations to the new committee for their fantastic efforts creating a very successful "2015 Summer Fundraiser" at the Lorneview Hotel. Funds raised will greatly assist the Club in funding this year's season. Special thanks to Brian Taylor, Michael Turner, Jason Langdon, Ian Stewart and George Dragovitch.
- You may have noticed that many of the Cockatoos around Lorne have a greying breast, this is caused by eating human food which ultimately leads to their slow and painful death. The Surf Coast Shire is introducing a Gravity Lock bin which requires a key to open the lid so it can't be opened by the cockatoos. Residents can have their bin swapped for a one off cost of \$40.00 per bin. Order forms are available on the Council's website, search for Gravity Bins or by contacting customer service on 5261 0600.
- Once again our only Petrol station ran out of fuel on Australia Day beginning with Premium unleaded at 8.30am, followed by Diesel and Unleaded by 3.30pm. Local community members are now actively lobbying to seek an explanation to this untenable situation. Interesting to note unleaded petrol in Anglesea can be purchased for just under \$1.00 whilst BP Lorne sells for \$126.9, 26% higher!

- If you are looking for something to do on a non-beach day check out Barwon Park Mansion which is currently displaying The Fashion of Weddings, a collection spanning 200 years of famous and rarely seen gowns from world-leading designers and celebrities. www.nationaltrust.org.au/vic
- Check out the Great Ocean Road Coastal Committee website www.gorcc.com.au There is a number of Master Plans seeking community input including
 - Lorne & Torquay Caravan Parks
 - Fairhaven to Eastern View Master Plan
 - Queens Park Master Plan

A few dates for February

- 7th February Castle & Candle Competition - St George River
- 14th February Surf Life Saving - Victorian Master Carnival
- 15th February Surf Life Saving - Victorian Senior's Carnival
- 15th February Charity Cricket match - Stribling Reserve
- 22nd February Surf Life Saving - State Junior (Nippers) Carnival
- 28th February - Great Ocean Road Classic Car Show
- 9th March - International Women's Day Celebration - Cumberland

Councillor Clive Goldsworthy
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Who brings in the Surf Coast money? More than a quarter of all jobs in Surf Coast Shire are surfing related

A new report into the significance of the local surfing industry has found that more than a quarter of all jobs in the Surf Coast Shire are related to the surfing industry.

The report was commissioned by the Surf Coast Shire Council to provide an up to date picture of the surfing industry in the region.

Surf Coast Shire Mayor Cr Margot Smith said that while surfing was long recognised as a key component of the local economy this was the first time statistical data had been compiled on the sector.

“Surfing has been ingrained in the culture of the shire for generations but now we have evidence of its importance to the Surf Coast Shire economy,” said Cr Smith.

“The report shows surfing is the largest industry sector in the Surf Coast Shire in the areas of employment, wages, industry value add and output and brings to light the very unique nature of our economy.

“The local surfing industry ripples through many other industry sectors, supporting jobs and boosting economic activity in sectors as diverse as tourism, accommodation, retailing and warehousing – as well as less immediately obvious sectors such as health, education, financial services and real estate,” said Cr Smith.

“Undoubtedly surfing is also a key attraction for visitors and new residents to the shire.”

Snapshot of surfing industry in Surf Coast Shire:

- 26.9% of total employment is linked to the surfing industry – 2,034 full time jobs
- 28% of all incomes in Surf Coast Shire are generated by the surfing industry
- The Gross Regional Product related to the surfing industry is \$457 million
- The Industry Value Add* of the surfing industry is \$217 million
- The surf industry generates 26.5% of Industry Value Add in Surf Coast Shire

- Surf Coast Shire has the highest proportion of visitors who go to the beach (71.2%) compared to other major surfing destinations

Cr Smith said the influence of surfing in the shire extended beyond the economic data.

“Surfing and beach culture is interwoven into the lives of people who live and visit the Surf Coast Shire

“Surf Coast Shire is home to world renowned surf beaches headlined by Bells Beach which of course is home to the Bells Beach Rip Curl Pro the longest running surfing contest in the world,” said Cr Smith.

“We are the birthplace of two of surfing’s most recognised brands, Rip Curl and Quiksilver, with Torquay being home to Rip Curl’s global headquarters in Torquay and Quiksilver’s Asia Pacific base.

“Surfworld, the Australian National Surfing Museum is the world’s largest and only accredited museum of surfing culture and we are home to the three largest Surf Lifesaving clubs in Victoria, namely Anglesea, Fairhaven and Lorne.

“All these elements are key reasons as to why Council has adopted the brand of Torquay as the Home of Australian Surfing” she said.

The Surf Coast Shire Council resolved to further support the surfing industry through measures such as strengthening the surfing brand, supporting existing businesses, working collaboratively with industry groups and attracting new surfing related businesses and products.

** Industry Value Add refers to the true net contribution made by local businesses to products and services and is the most preferred way to measure economic impacts.*

- Surf Coast Shire media release

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Sportsbriefs with John Ford

Tennis Tournament

Lorne Country Club held its Australia Day Tennis Tournament on Saturday 24th January for members and visitors. The format was mixed round-robin doubles where players get to play with a variety of partners and opponents. The weather was sunny and mild which was perfect for playing good tennis.

There were many very good shots and hard-fought rallies as well as some good natured gamesmanship which made for a great morning. A barbecue lunch was a perfect accompaniment to the tournament which was enjoyed by all. There was a tie between visitors Mary Morrice from Sunbury and Georgie from Geelong as ladies winner. Alvis Svikas was the male winner just ahead of some other strong performances.

The Geelong Coast Junior Tennis Competition resumes on Saturday 31st January. The Lorne Country club team is near the top of the ladder and is expected to see finals action in March if it continues with its good form. The matches are played on Saturday mornings at 8.00am and spectators are welcome.

Lorne Bowls Club

Lorne Bowls Club Pennant Results:

Men's pennant team have won nine games and lost four and are currently 2nd on the ladder

The Ladies mid week pennant have won seven games and lost four they had a great win last Tuesday over the top team and are currently 2nd on the ladder.

The finals are in Feb/March and we are confident both teams will take part in the finals. Well done to all our pennant bowlers.

The club has enjoyed a very successful social bowls program over the summer period with lots of bowlers from many other clubs taking part and we acknowledge we could not do this without our generous sponsors, & the cooperation of our club members

We would also like to acknowledge the wonderful grant from the Falls Festival and the contribution from the Lorne Op shop which enabled us to purchase and install a shade cloth outside, and the donation of outdoor furniture from our resident Chef Matt Dempsey. We also thank the Surf Coast Shire for the grant that was used to purchase sets of junior bowls for the club

- Jennifer Dulloo

Lorne Pier to Pub

Lorne Surf Lifesaving Club held its Mountain to Surf run on Friday 9th January and the Pier to Pub swim on Saturday 10th. Both of these events attracted huge fields of participants and were held in fine weather. Moving the run to Friday morning is having the desired effect of reducing the likelihood of running in very hot afternoon temperatures – where the heat in the forest can be extreme for the runners. The weather was fine and many local runners recorded very good times for the 7.5km journey. Swimmers do the Pier to Pub in categories classified by age – with some swimmers even being in their eighties! We know many swimmers who have participated in more than ten swims over the years, and some who have swum the event on more than twenty occasions. Detailed results of the participants and their times are available on

the internet, but well done to all competitors, organisers and sponsors of this very high profile event.

Football/Netball Launch

Lorne Football and Netball Club held its 'Season Launch' fundraiser night at the View Room at Lorne Hotel on Friday 16th January. The night was a sellout and a great success featuring many former AFL players as guest speakers. The night helped to welcome new players and the new committee as well as to sign up additional sponsors for the season. As described in the January edition of the Lorne Independent, this promises to be the start of a new great era for the club. Now is the time for YOU to get behind YOUR football and netball club by becoming a member for the 2015 season.

There are different categories of membership available. I believe that the two best value membership categories are: Social, which is just \$60 for admission to all 2015 home games, or Family which allows two adults with all their children admission to all 2015 home games. There are also many levels of corporate membership available. Membership forms are currently available online at

lornefnc@gmail.com

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

Send articles to byswerdi2@bigpond.com

Or post to: 35 George St, Lorne 3232.



Lorne AAC news

COMMODORE'S NOTES

Your committee hopes that you have had a fun filled holiday even though the weather has been average for this time of year. Club patronage has been exceptional over the past three weeks and we thank all members and their guests for their continued support.

A special thanks to Manager Ian and his staff for the professional manner in which our unique club operates. Thanks also go to the hard working band of volunteers who regularly sell raffle tickets, drive the courtesy bus, cook tasty morsels and help around the club.

A special acknowledgement of the generosity of Honorary Member Chris Nesbit for servicing the outdoor refrigeration unit on the hottest day of Summer so far.

We look forward to members' continued support during the forthcoming year when varying opportunities for participation and decision making will be available.

Congratulations to the winners of our three major seafood raffles and to Zac Fuller of Lorne for winning the wine bottle refrigerator that was drawn on Pier 2 Pub night.

Pt. Grey Redevelopment

We are presently awaiting the release of the final draft of the Precinct Plans by the GORC committee and TRACT consultancy. I have been reassured by CEO Richard Davies that the timeline for 2015 is current and that the change of government has not affected this delivery or the future development of the required Business Plan.

A club delegation will meet with Lisa Neville - Minister for Environment – as soon as possible to show community support for the project.

Sub-committees are to be formed to lead the design and finance processes in preparation for our new building. A separate email will be sent to members shortly on this new structure.

Clean Up Australia Day

Our Club has registered for this event on March 1 Barry Hayward is the co-ordinator and the nominated site is the Great Ocean Road from Big Hill to Stony Creek. (more details later).

Graeme Norton
Commodore

Club news over January

As usual we have had a social month with holiday makers and many members and their guests enjoying our special location. Manager Ian Hutchison and his staff have been busy and the Courtesy Bus been running hot as Leon Armistead and other volunteers ferried people to and from the Club. The Pier to Pub event, various group bookings and private functions added to casual visitors and despite indifferent weather a festive air prevailed on many occasions.

Clean Up Australia Day is coming up on March 1st and will this year be co-ordinated by Barry Hayward. For information on how to get involved please call Ian at the Club and he can steer you in the right direction. Many thanks to Daniel Lewis for running this event last year. The committee will be pursuing grants in order to expand our Junior Fisher Program in co-operation with the Lorne-Aireys School and are confident that the parents will be able to help out. Angling, let me remind you, remains the largest leisure pursuit in the country.

Fishing Report

The 2015 Major Competition was kicked off on January 25th. The Major Comp consists of six events held on the weekends of Public Holidays and then winds up on Melbourne Cup Weekend in November. A 15 knot south westerly greeted contestants as five boats were launched at the official starting time of 0600 hours and numerous other anglers fished off the pier and along the shorelines and river banks.

Nine fish were weighed in by the close at 12.30. The Junior Division winner was Harvey Atwell with a bream earning him 2,322 points and this has him well-placed at the head

of the leader's board since no other Juniors weighed in. The results of the Senior Division saw third place taken out by Tom Yuncken with a flattie (2169 points), second prize to Miah Atwell with a bream (2,336 points) and victory to Ian Middleton whose King George whiting earned him 2,404 points. Ian and daughter Breanna drive down from Bendigo to compete on a regular basis and teach the locals a thing or two about how to catch fish.

The NPW (No Prize Winner - or as I like to think of it "The Prize With A Contradictory Name", since it goes to someone who has fished on the day but not won a prize - and then they do) was Paul Staley.

It was refreshing to see a mixture of old and new faces among the award winners. With the prize-giving concluded it was time to sample the BBQ and a range of salads and enjoy a pleasant afternoon among a crowd of fifty or sixty people enjoying the mild Lorne weather conditions.

There was an apology from Andrew Searle of Western Insurance Brokers who could not attend to present the prizes as sponsor on the day. Thank you to Griffio and Barry for helping out during the day.

The next round of the Major Comp. is on March 8th on the Labour Day weekend.

- Doug Williams
LAAC

Boat safety

Safety Matters : 1. Life jackets and Safety Equipment

Sometimes treated as inconvenience by boaties, with the new generation of low profile inflatable jackets there really is no excuse to not wear one.

Known as PFDs (Personal Flotation Devices) they must be worn by all passengers on all powered vessels under 4.8 metres in length or fifteen feet in the old.

The law requires them to be worn in a vessel that is underway along with flares, a torch, a bucket or bailer and oars or paddles. Also mandatory is an anchor and a fire extinguisher and it is recommended that you have fresh drinking water, a first aid kit and a tool kit. A list of boating equipment kept with the boat is helpful and can be stowed in your water-proof container with the flares and other equipment. It is easy to overlook an item before or during the launching procedure – it only takes a small interruption to set procedure for this to happen.

Safety Matters : 2. Speed & Distance

At Lorne launching is off-shore and in most instances via the channel behind the co-op. Since you are not far from the pier it is good to remember the required speed limits in the area.



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Boat safety- from page 11

The limit is 5 knots (9 kmh or 8mph) when in the proximity of swimmers, other vessels and fixed or floating structures. It also applies to within 200m from the water's edge and within 50m from a wharf, slipway, diving platform or boat ramp. So this means within 50m of the Lorne Pier.

Safety Matters : 3. Your Anchor

You should read up on the recommended length of chain and rope to be used and understand how the theory of 'scope' works. Lowering the anchor is always better than hurling it overboard which can give rise to tangling, or worse. Most important of all is never to secure the anchor from the stern or from midships (over the side) as this can lead to the boat being swamped. Boats are designed to have anchors lead from the bow, so while it is not necessary to drop anchor from the bow, it is necessary for the anchor rope to be tied off at the prow of the craft in all situations.

Safety Matters : 4. Radio

It is something that all boat owners should understand

how to operate. There are courses for radio operators run by which will give you an understanding of how radios can be most effectively used. VHF radios are the ones used by Marine Safety and the Coast Guard and are tuned initially to channel 16. Channel 67 is where you will receive weather updates and navigational warnings.

The radio at the Lorne Aquatic Club is just such a radio. Not only are they useful for boat to boat communication, they are an essential lifeline to rescue services should you find yourself in a position of need or in an emergency. This is when you would use channel 16. Mobile phones are fine but are less reliable if, for example, they are affected by salt water. Many boaties have HF radios which are generally good only for boat to boat traffic, much like a 2-way radio (go to channel 88). They rely on line of sight.

(Compiled by Doug Williams)

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Agapanthus - the curse of the Surf Coast?



The beauty of Agapanthus - but unless they are carefully managed, they can take over the garden. Removing them is quite a task!

Agapanthus are an abhorrent weed. They can be eradicated in a number of ways, and you can thereby help preserve the native flora and fauna.

The Surf Coast Shire provides useful information in this regard and have agapanthus listed prominently in their brochure entitled Top 20 Weeds of the Surf Coast Shire and they describe the herbicide regime that is relevant to them. Also of use is www.weeds.gov.au. Mike Robinson –Koss of Otway Greening in Deans Marsh has described them as being “tough as old boots that is their problem”.

Spraying the foliage as recommended in the literature will kill them and this method is best employed in the early stages of their growth since once they become established they form tight fleshy clumps that require heavy spadework to remove them. As these clumps encroach and enlarge it is necessary to use an excavator or back-hoe to remove them. They are an invasive weed that quickly become established on roadside reserves and open spaces to the detriment of local flora and fauna. From a boat one can see where they have colonised cliff faces and screes along the Great Ocean Road, in areas that are often inaccessible and not visible from the road itself.

While they are not classified as a noxious weed – rather, they are an environmental weed – they will invade areas where indigenous flora grows and are able to displace them. This is detrimental to local flora species and this in turn affects local marsupials such as antechinus and possum species which rely on native vegetation as a food source.

Known as African Lily because they derive from Southern Africa (Lesotho, Mozambique, South Africa, Swaziland) they are not lilies at all. Lilies are propagated from bulbs while agapanthus are rhizomatous. They are able to seduce people because of their bold and dramatic flower heads which grow on tall stems. I was horrified to discover that there are websites that actually encourage people to grow them and even give instructions on how to cultivate them.

If you want to grow plants that form clumps in a similar manner there are alternatives you can chose. As I described in my December column there are a number of *lomandras* that can be used to obtain this effect and there are brilliant varieties of *dianella* which form clumps in a far more environmentally friendly way. *Dianella tasmanica* is endemic to Lorne. Delicate pendulous flowers of sky-blue or dark mauve with yellow stamens and anthers form along tall stems. While they are not as flashy as agapanthus they are a rewarding plant to grow since the flowers are followed by marble-sized fleshy purple fruit which are attractive to native birds including the satin bower bird.

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



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This and that

Football Fundraiser

At a recent fundraiser for the Lorne Football and Netball Club, AFL television personalities helped raise more than \$54,000.

The View at the Lorne Hotel was packed to the rafters by supporters of the Club to be entertained by compare Brian 'BT' Taylor and off-sider Michael Turner, Essendon's Matthew Lloyd, and former Geelong Football Club stars and television personalities Sam Newman and Billy Brownless.

Geelong's colourful Mayor Darryn Lyons (his hair was bleached snow white on this particular night), his fiancée and Lady Mayoress model Elissa Friday and a glamorous entourage added zest to the night's proceedings.

A substantial amount was raised by auctioning off a range goods and services including dinner vouchers, a bottle of Grange Hermitage and a Gant bicycle valued at \$6,500.

Ian Stewart and Clive Goldsworthy were kept busy most of the night filling in forms for club support and collecting monetary details of purchases.

- JV

Lorne Sculpture Biennale

After an outstanding 2014 event, planning is already underway for the Lorne Sculpture Biennale 2016.

Expressions of Interest application form is now available for download. Proposals are being sought across all categories that sit within the sculptural realm.

We would like to encourage all our supporters to take a look and spread the word about Lorne Sculpture Biennale 2016.

And note the dates – the exhibition will open on the Labour Day weekend of 2016 and run over three weeks and four weekends through Easter (12 March to 3 April 2016), thus maximizing opportunities for wide attendance.

More info: www.lornesculpture.com

Men's Shed

All is going well in the first stages of construction of the Lorne and District Men's Shed which it is hoped will be up and running by the middle of the year.

President of the Men's Shed committee, Allan Walls, said that the ground on Stribling Reserve has been prepared by felling some trees.

Now don't fret about the trees – relevant permission has been obtained.

Noise for wood sawing and general noise from power tools and other construction activities is to begin soon.

The project has already attracted more than 60 paid-up 'Shedders' as members.

- JV

Clean Up Australia Day

Once again the L.A.A.C.

is participating in the Clean Up Australia Day:

on Sunday, 1st March.

The target areas again are the parking areas from Big Hill to Lorne.

Members of the L.A.A.C. and the public are invited to participate. Inquiries can be directed to

Barry Hayward (0414642730).

Register at the Lorne Angling & Aquatic Club at 9 a.m..

Clean- up between 9 a.m. and 11 a.m..

Bring gloves and sunscreen (bags provided)

Thank you

I would like to sincerely thank the doctors and staff at the Lorne Community Hospital for the care and kindness they gave to me when I was in hospital recently.

The nurses went out of their way to make me comfortable and feel special.

The views are wonderful and I felt like I was still having a great holiday,

In all, 10 out of 10.

- Joy Evans,
Johanna

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Reunion of the Polwarth Football League - great opportunity to reminisce about on- and off-field friendships

More than 200 people are expected at Winchelsea to celebrate the Polwarth League at a reunion in March.

The league ran from 1950-1970 and included up to 14 clubs throughout its history: Apollo Bay, Lorne, Ocean Grove, Birregurra, Torquay, Queenscliff, Forrest, Birregurra, Beeac, Colac Imperials, Coragulac, Deans Marsh, Leopold, Portarlinton and Winchelsea.

Hosted by Birregurra Football Netball Club the reunion will be held on March 21 at the Winchelsea Football Club social rooms.

Birregurra Football Netball Club president Pat Whelan said it had been eleven years since the last reunion and the event was a great opportunity to reminisce about on the field games and off field friendships.

“We will display memorabilia from the Polwarth league during the evening,” he said.

“It is not just a reunion for seniors and reserves players, we also encourage anyone involved with the junior teams in Polwarth to attend as well.”

Queenscliff was the most successful in the seniors claiming the premiership seven times, including a five year winning streak.

Winchelsea was the most successful in the reserves with six premierships, twice claiming the honours back-to-back.

Peter Walker from Beeac went on to play 159 games with Geelong in the VFL and win a premiership in 1959.

He was one of a number of players including Queenscliff’s Terry Farman and Portarlinton’s John Hyde who pursued football to the highest level at Geelong in the VFL.

Bookings are essential for the March 21 reunion.

Club contacts include:

Birregurra – Pat Whelan 52362003,

Leopold - Les Ash 52501535

Forrest - Vicki Hardie 52432905

Queenscliff - Kevin Coltish 52882029

Apollo Bay - Bob Mason 52376797

Portarlinton - Shane Cahill 0419532226

Lorne - Don Stewart 0418522537

Torquay - Peter Papworth 52362612

Winchelsea - Peter McConachy 0408522878

Deans Marsh - Sandra Dempsey 52363341

Coragulac - Fred Lynch 52312108

Ocean Grove - Dennis White 0419318320

Beeac - Bryson Woods 52315969

Photo caption:

Polwarth league reunion 1950-1970 it had up to 21 teams. Peter “Bear” McConachy, Winchelsea, Rob Coulson, Birregurra, Noel “Scratcher” Vesey, Birregurra and Winchelsea, Eddie Page, Deans Marsh, Forrest and Lorne, Pat Whelan, Forrest, Don Whitehead, Forrest, Albert Halliday, Forrest, Bryson Woods, Beeac, Harry Salmon, Beeac, David “Candle” Stephenson, Winchelsea, Fred Lynch Coragulac.

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Federal Member for Kooyong, Assistant Treasurer of Australia

Josh was elected to Kooyong in 2010 and again in 2013. He is the seventh person since Federation to hold the seat.

Before entering Parliament, Josh was a Director at Deutsche Bank and a Senior Advisor to both Prime Minister John Howard and Foreign Minister Alexander Downer.

Josh also took a year off after secondary school to try his hand on the tennis circuit and has swum the Lorne Pier to Pub. He and his family continue to be regulars to Lorne.

SARAH HENDERSON

Federal Member for Corangamite

Sarah was born and raised in Geelong. She attended Sacred Heart and The Geelong College. She went on to forge a notable career as a journalist and lawyer. Sarah has a strong connection to Lorne and spoke of her admiration for the local community in her first parliamentary speech.

This event sold out in 2014 so book early to secure seats. To reserve tickets contact Stephen Hishon on 0419 123 695 or stephenhishon@gmail.com.

Payment for tickets may be made by cheque to VICTORIAN LIBERAL PARTY LORNE BRANCH or via electronic transfer to BSB 633 108 - ACC 1513 95050, please include your surname on EFT

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Lorne International Women's Day Celebrations

The women of Lorne and surrounding areas are looking forward to a special event to be held in early March 2015 to celebrate International Women's Day. The theme of this year's IWD is "Equality for Women is Progress for All". The event in Lorne has been supported by a grant from the Surf Coast Shire and the Cumberland Resort is generously offering the venue. It will provide the opportunity for women of all ages and walks of life to come together and share a drink and finger food, to chat with old friends, renew past acquaintances, to meet new people from our district, and to watch together an inspiring film produced by the Girl Rising movement.

Girl Rising is a global movement that uses the power of storytelling to share the simple truth that educating girls can transform societies. Girl Rising unites girls, women, boys and men who believe every girl has the right to go to school and the right to reach her full potential.

The film "Girl Rising" journeys around the globe to witness the strength of the human spirit and the power of education to change the world. Viewers get to know nine unforgettable girls living in the developing world: ordinary girls who confront tremendous challenges and overcome nearly impossible odds to pursue their dreams. Prize-winning authors put the girls' remarkable stories into words, and renowned actors give them voice. (Text taken from www.girlsrising.com).

The IWD celebration in Lorne will be held at 5.30 pm on 9th March 2015 at the Cumberland Resort Auditorium in Bay Street, Lorne. It will give women in Lorne an informal chance to discuss the issues surrounding the importance of education for girls in many developing countries. Perhaps we need sometimes to stop to think about and appreciate the many rights we here enjoy in our society, and which we all take for granted, and to come to an understanding about why movements such as Girl Rising are working so hard to improve educational opportunities for girls around the globe. Educating girls can break cycles of poverty in just one generation, yet millions of girls aren't in school.

While the theme behind IWD is a serious one, the event itself promises to be an enjoyable chance to celebrate the sisterhood, to relish all those things which unify us, but at the same time, to appreciate the wonderful diversity which we all bring to our community. Organisers hope that many women and girls in our area will show an interest and come together on the day and make it a successful gathering. Tickets can be purchased at the Lorne Post Office or Lorne Visitor Information Centre for \$20. There will be lucky door prizes drawn after the showing of the film.

Mandy Calder

WHEN: 5.30 pm 9th March 2015

WHERE: Auditorium, Cumberland Resort, Bay Street,

COST: \$20, includes admission, film screening, a complimentary drink and finger food.

TICKETS: The Lorne Post Office,

Lorne Visitor Information Centre

MORE INFORMATION:

Jan Spring (0418 339 657),

Janet Sinclair (0406 915 352)



Thinking about cutting down on smoking?

Smoking-related diseases killed 14,900 Australians in 2004-05. This means there were 40 preventable deaths every day. Major tobacco-related diseases include cancer, heart disease and chronic obstructive pulmonary disease. Smoking kills more men than women, and smoking rates are higher among people in the most disadvantaged socioeconomic group, people with a lower level of education and people who live in rural areas.

Smoking behaviours

In 2013, around 15 per cent of people aged 18 years and over were smokers.

Selected statistics from the 2013 National Drug Strategy Household Survey include:

- In 2013, the male smoking rate was 17 per cent and the female smoking rate was 13 per cent (where current smoking included daily and weekly smokers).
- Male smoking rates were higher in all adult age groups.
- People aged 25-29 years and 40-49 years had higher smoking rates than other age groups.
- People aged 70 years and over were least likely to be smokers (6 per cent).
- Daily smoking rates for Australians aged 18 and over have dropped from 19 per cent in 2001 to 13 per cent in 2013.
- By 2013, 61 per cent of people who had ever smoked had quit.

The benefits of quitting smoking

Quitting smoking has immediate health benefits and dramatically reduces the risk of smoking-related diseases, whatever the person's age.

Statistics include:

- Quitting before 30 years of age reduces your risk of lung cancer by 90 per cent.
- After 15 years of being a non-smoker, your risk of stroke is reduced to that of a person who has never smoked.
- Within two to five years of quitting, there is a large drop in your risk of heart attack and stroke.

Where to get support if you are thinking about quitting?

Nurses at the Lorne Community Hospital are trained in the latest quit smoking methods. Consultations are private and personally tailored to your needs. Also Doctors and other health professionals are available for support when required.

For further information please call 5289 4300.



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Letters

Unhappy about Lorne's rubbish problem

I have just been down the main street to collect my mail and was greeted by a huge pile of rubbish left behind by the garbage collectors. They had emptied the bins but left everything that fell out (because the bins are always overflowing this time of the year). Everyone just stood there gawking at it. It looked like some third world country and just a total disgrace for the town at any time but especially this time of the year.

I went and got a plastic bag from the bakery so I wouldn't get mess all over my hand and put all the rubbish in the bin. If that's where my rates are going and that's the best the Shire can do then someone should be sacked. It was an absolute disgrace this morning.

While I am on the topic of garbage collection I think it's time we addressed the issue of garbage collection on the main street, foreshore and beach. I know we have a lot of trouble with cockatoos and garbage collection about the town but I see that as a separate issue related to laziness and/or ignorance of (holiday) home owners. But as far as the main street and foreshore are concerned, I'm pretty sure that leaving plastic wheelie bins in haphazard, random locations is not world's best practice when it comes to waste disposal. Actually it looks sloppy, unprofessional and cheap. Lorne deserves better than that. They wouldn't put up with it in Noosa, Byron Bay or anywhere else comparable to Lorne.

When we got the main street redeveloped a few years ago the Shire put in some metal cases to put the bins in. But somewhere along the line I guess someone at the Shire or GORCC realised that there were not enough bins. So the solution? Just put random wheelie bins (with random coloured lids) alongside the metal cases, or just on their own on the foreshore or main street. I'm sorry but this just looks cheap and lazy.

I have spoken to GORCC and the Shire, and the responsibility for garbage on the foreshore and beach belongs to GORCC while the main street (and the rest of the town) belongs to the shire. GORCC and the Shire need to realise that Lorne is a full time job and there needs to be accountability. You don't just spend money on the town every five years and think everyone should be grateful.

Back when there used to be wooden groynes on the beach the foreshore committee used to walk all the way along the beach to the river mouth and pick up everything. I have lost count of the number of times I walk along the beach in summer and pick up garbage that has been missed by GORCC. It's lazy and it's not good enough. I'm constantly picking up rubbish in the morning when I go for a run.

Lorne is probably the most beautiful coastal town in the state and one of the best in the country. The current situation is simply not good enough. I'd like to see the Shire and GORCC lift their game and come down from their offices in Torquay to look at the image they are presenting to locals and visitors alike. It's simply not good enough and should be an easy fix to make right.

Dan Walding

Lorne

All humans welcome here

At a drinks party the other night with some Lorne luminaries, talk centred around the two churches (the combined Anglican-Uniting Church congregation).

I felt strongly about this union but wouldn't it be visionary if this amalgamation would welcome all faiths.

Show the world the future of true unity of cultures by being first to build a centre of worship for all faiths.

Lorne could see a progressive leader on this coast for embracing multiculturalism. After all..... faith comes in a multitude of flavours from the same source.

Graeme Wilkie

Lorne

Lions: Art Show to go ahead despite funding shortfall

It is with a great deal of disappointment that we read the letter, 'A division within the Lorne community' in the January edition of the Lorne Independent.

The Lions Club of Lorne exists to serve the Lorne community. For nearly forty six years we have made significant contributions to Lorne and district through a wide-range of people in a variety of projects, using diverse approaches. All for the benefit of the Lorne community.

The Easter Art Show will continue. We accept the intrinsic value of the event to Lorne and to local artists. However, the reality is that we lost our major sponsor, and replacement funding is needed if we are to continue to offer prize money to artists, and cover the costs of mounting the show.

We do not wish to maximize the event's profit, but rather maximize the return a small group of volunteers can give back into the community. Over the past year we have funded:

The Lorne Community Hospital, \$8,750
The Lorne Aireys Inlet P-12 College, \$3,050
The Lorne Football and Netball Club, \$3,000
The Lorne Lifesaving Club, \$500
The Festival of the Performing Arts, \$3,000
Lorne Police – Bicycles, \$1,742
GORCC – Drinking fountain, \$2,113
The Lorne Kindergarten, \$200
Community Grant, \$30,000
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Lions International Projects: Drought Relief (500.00), Australian Lions Foundation (2,500.00), Victorian Lions Foundation (2,500.00), Lions House Foundation (1,000.00), Lions Spinal Cord Foundation ((5,000), Lions Crimewatch (800.00), Lions Operation Smile Project (1,000.00), Lions Hearing Dogs Inc. (500.00), Lions Measle Foundation (500.00), Lions Cord Blood Foundation (500.00), Odyssey House Victoria (1,500.00), Anglicare (250.00), Haemophilia Foundation Australia (500.00), Hamlin Fistula Australia Ltd. (600.00)

Total: \$75, 356.00

The writer is also critical of the 'Carols on the Lorne'. Close to 500 people attended and enjoyed a diverse program including children from the Lorne Kindergarten and the Lorne Aireys Inlet P-12 College, local singers from Aireys Inlet and professional singers from faith-

based communities in Geelong. Hardly the stuff of division!!

The directions of the Club are set by the committee, discussed and voted on in a democratic manner by club members. We welcome feedback about our work and approaches. We encourage community members to attend meetings, to have input and to contribute to our work.

We thank the people in the community who, although not Lions Club members, continue to help us run the Art Show, the Carols and the Snow-Cone - all fundraising activities are designed to give us the resources to help the vulnerable and to support worthwhile community projects.

**- Stephen Hishon,
President, Lions Club of Lorne
and for Members of the Lorne Lions Club**

Re: Lorne Independent article Jan 2015. Shame, Shame!

In principle I agree with what was in the Lorne Independent editorial, but I think the Shire needs to shoulder some of the blame.

I understand the original drop off area was Stony Creek, which was for the residents of the Great Ocean Road out to Big Hill, where a rubbish collection is not provided as it is in many other rural areas.

The population increase in Jan/Feb is enormous and the rubbish collection is simply inadequate with so many extra households. When the holiday homes are opened and contain such large numbers of visitors, one small bin per week is totally unrealistic and quite inadequate. Collections during these few weeks holiday period need to be increased.

The Shire has seen fit to fine residents if they leave their bin out for too long. The result is the excess rubbish gets "dumped." Unfortunately, the area is also being used as a hard rubbish collection point. However, moving it all out

to the tip and charging is not the answer, as it will be left along the side of the road.

The answer is to improve the collection system.
**Graeme Ballard
Balwyn**

Lynton's reflections

With Australia Day just gone and Labour Day coming up, we're living out the catchcry of being the 'Land of the Long Weekend'. Even if we're not really sure what or when the event was that we are honouring, long weekends are really part of the Australian lifestyle.

Of course experts will wax eloquent about what is 'Australian' and what makes us 'Australian' but I would vote for the long weekend as being a vital part of the formula.

Over the years I've found a few things that I had thought were pure 'Australia' - like, gum trees - but then found that they are very much part of the scenery in Israel and California. We're probably safe to claim the platypus and kangaroo and koala though.

The question gets a bit more pointed when you apply it to people. Who is 'Australian' and what makes them Australian? Our indigenous brothers and sisters, aunts and uncles, have been here for thousands of years and you can't beat that for quality. Perhaps next are those who count back several generations of residency (my mother's great-great-uncle was a doctor on a convict ship). And then, we can be acknowledged as Australian with a certificate given to us when we are naturalised and accepted into the community with the full rights and benefits of being Australian.

I've become suspicious of the need to define Australian though. And that began with our 9 year old daughter after her first day at school when we moved to Adelaide. I asked her if she had met any new friends and she said "yes." So, as an interested parent, I asked her new friend's name and she said "Ling". So, naturally, I asked where Ling's family was from. She was looking a bit puzzled now at my interrogation, and she said "Ling's family is from Adelaide". And I said, "No ... where were they born?" And she said "Australia".

I was horrified at my presumption and my prejudice. Whatever concept of race or nationality she had simply did not intrude into her allegiance to a friend. And I've seen that lived out amongst young people since then. Kids walking home from school in bunches of mixed skin colour, size and shape. Something we adults aren't so fast to take up.

I like it that Jesus had no sense of taste. He would mix with lepers and tax collectors and Samaritans and children. Anyone.

The Government could institute a long weekend to celebrate cultural diversity but I'd suggest we've already got it with Easter. By many accounts we are beginning to forget that Easter is about God loving the world so much that he gave his only Son ... for everyone.

- Lynton Wade

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Osteoporosis means porous bones. This chronic condition occurs when our bones lose minerals, principally calcium, and the body can't replace the minerals quickly enough to keep the bones healthy. The result is bones becoming fragile and brittle, causing them to break and crack more easily. All bones are at risk, but the most common fractures occur in the spine, hip, and wrist.

According to Osteoporosis Australia (www.osteoporosis.org.au), 7.5 million Australians have low bone density which puts them at risk of a bone fracture with serious, sometimes fatal, consequences. The message from Osteoporosis Australia is to know your bone density and stay fracture free. For more information visit the website www.howdenseareyou.org.au.

The statistics on osteoporosis are frightening. Every 5–6 minutes someone is admitted to an Australian hospital with a fracture as a result of osteoporosis. This is likely to increase to every 3–4 minutes within the next 10 years.

About 50% of people with one fracture due to osteoporosis will have another. The risk of future fractures rises with each new fracture – known as the 'cascade effect'. This 'cascade effect' means that women who have suffered a fracture in their spine are more than four times more likely to have another fracture within the next year, compared to women who have never had an osteoporotic fracture. Osteoporosis is most common in postmenopausal women.

The challenge remains in identifying these fractures. Osteoporosis often presents no symptoms until a fracture occurs, and often not diagnosed until after a person has experienced their first fracture. It is very important for anyone over >50 who experiences a fracture from a minor bump or fall, to be investigated to check if the fracture was caused by osteoporosis. It is estimated that two-thirds of fractures of the spine are not identified or treated, despite the fact they nearly all cause pain. People can mistakenly believe that the symptoms of spine fractures – back pain, height loss or rounding of the spine – are just due to 'old age'.

Fractures can lead to chronic pain, disability, loss of independence and even premature death. Therefore preventing fractures and managing bone health is a priority for our health system.

For patients diagnosed with osteoporosis, loss of bone density may have taken place over many years. It takes time to re-build bone strength. Using the right medicine, in the right way, is critical for bone health.

In Australia, medicine to treat osteoporosis has been prescribed for many years. Australians have benefited from the long-term use of osteoporosis medicines to slow bone density loss and reduce the risk of fracture. Your pharmacist is your medicines expert. Talk to your pharmacist if you have any questions or concerns about your medicine for osteoporosis, including dosage (how much), frequency (how often), mode of action (how it works), interactions with other medicines and even food!

Your local pharmacy is your health destination. Your pharmacist is there to provide advice, counselling and professional services along with dispensing prescription medicines and supplying non-prescription medicines. Speaking to your pharmacist about your medicines is a good way to ensure that you continue to get the maximum health benefits, including calcium and vitamin D supplementation, bone density testing, and non-pharmacological strategies to reduce the risk or further impact of osteoporosis.

You can get more detailed information about looking after your bones and bone health from pharmacies around Australia providing the Pharmaceutical Society of Australia's (PSA) Self Care health information, where you can pick up an Osteoporosis Fact Card.

For the nearest Self Care pharmacy location phone PSA 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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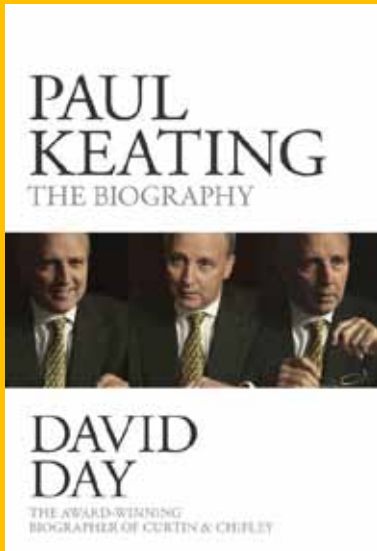
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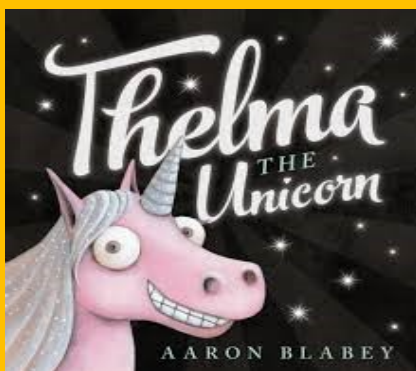
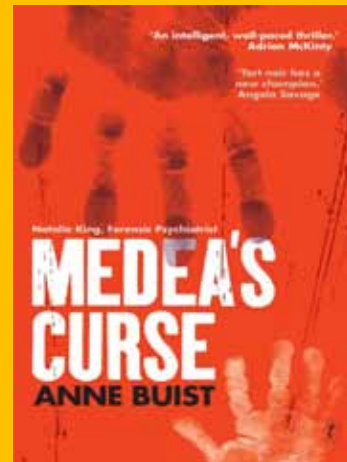


Paul Keating was one of the most significant political figures of the late twentieth century, firstly as Treasurer for eight years and then Prime Minister for five years. Although he has spent all of his adult life in the public eye, Keating has eschewed the idea of publishing his memoirs and has discouraged biographers from writing about his life. Undaunted, best-selling biographer David Day has taken on the task of giving Keating the biography that he deserves.

Paul Keating: The Biography,
David Day, \$49.99

Forensic psychiatrist Natalie King works with victims and perpetrators of violent crime. Women with a history of abuse, mainly. She rides a Ducati a size too big and wears a tank top a size too small. Likes men but doesn't want to keep one. And really needs to stay on her medication. Now she's being stalked. Anonymous notes, threats, strangers loitering outside her house.

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