

# LORNE INDEPENDENT \$2

No 160 March 2015 produced as an independent newsletter by Lorne Independent Inc. PP381624/0254

## Opposition to Lorne's Men's Shed could hold up project

A spanner has been thrown into the up to now smooth progress of Lorne joining the Men's Shed movement with a very small group protesting to the Surf Coast Shire against the structure being erected on Stribling Reserve.

President of the Lorne and District Men's Shed Association Allan Walls said that the Shire had to take into account and evaluate all objections to any project.

"However, this could delay the project for a good few months which is a great pity as we were hoping to get the Shed up and running by the middle of the year," he said.

"We hope to overcome objections as soon as possible", he added.

Please see a letter from one of the objectors on page 28.

The news of the opposition group has launched a vigorous public relations campaign by the Men's Shedders to rally the community behind the project. Mr Walls' letter to the general public follows:

**The Lorne Men's Shed needs your support**

The Lorne Men's Shed has been in the planning phase for eighteen months and after many frustrations and difficulties earth works began in January.

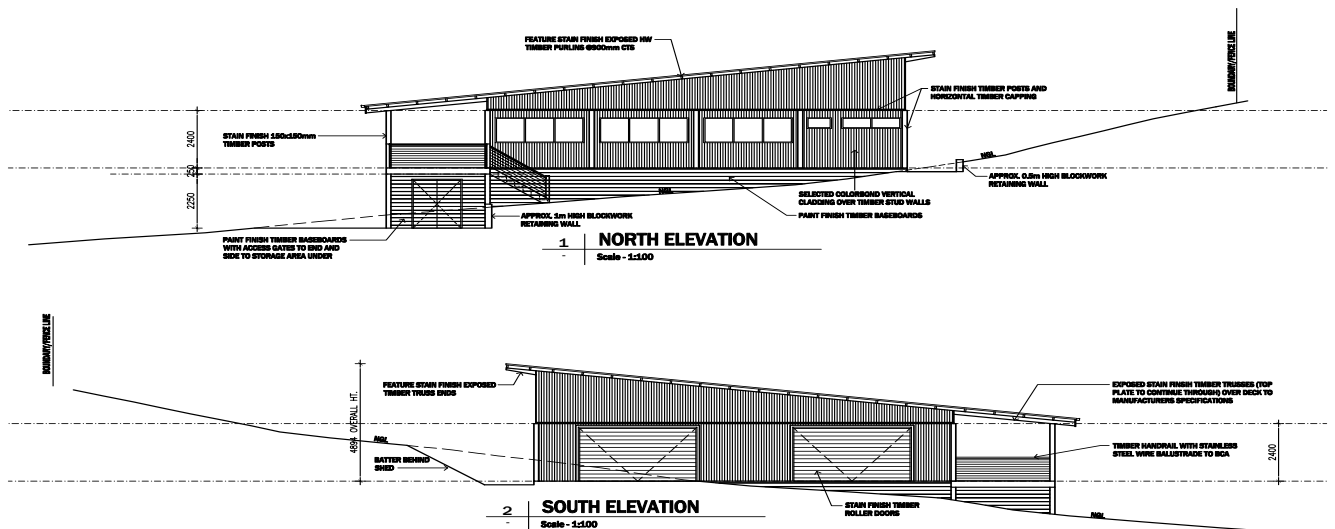
The committee, supported by over sixty members

and many of the towns clubs including, Lorne Aquatic and Angling Club, Lorne Hospital, Lorne Op Shop, Lorne Historical Society, Lorne Bowls Club, Lorne Lions Club, Lorne Country Club, Stribling Reserve Committee of Management, Committee for Lorne, Lorne Plumbing, Dawson Concreting, Lorne Electrics, G.D. Construction and many of the towns businesses representing in excess of 1000 people from a population of 1200.

The project needs the support of these businesses to ensure its viability so time is of the essence.

This is a Victorian Government health initiative which will support men in Lorne and surrounding small towns. Mental Health has been recognized as a problem across the board and Men's Sheds have been proven to be extremely helpful.

The letter continues on page 3. Below is the architect's design of the proposed Men's Shed, with more drawings on page 7



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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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## Men's Shed opposition and general letter to Lorne ratepayers, from page one

Lorne has a history of a high level of suicide and Men's Sheds are known preventatives.

In choosing a site, commercial and residential blocks were out of the question because of cost. Consequently, Council land was the only option. Several sites were inspected, but none for various reasons were suitable, except for the Stribling reserve site which the Surf Coast Shire agreed to some twelve months ago.

The building plans have been drawn with a feel to fit in with the aesthetic nature of the site, and will be landscaped to blend in and look attractive.

Stribling Reserve is for the benefit of the whole community.

The Council and the Men's Shed have complied fully with the necessary regulation for this building. It has had a sign erected on the site for several months, there have been public meetings, several articles in newspapers and a well attended Bar-be-que on site with the Minister for Transport presenting the grant money.

There are well in excess of 1200 Men's Sheds Australia wide, and they have proved a wonderful resource and healthy environment for the men in many small towns and have been credited with saving the mental health of many men and in some cases lives.

About 20 months after the initial public meeting and on the eve of the building permit being issued a small number of home owners near the site, mostly non- resident, have banded together to object on the basis of not having been informed of the project and a "not in my back yard attitude".

This is ironical as some direct neighbours to the complainants are very supportive and are signed up members.

Council has felt obliged to listen to their concerns. This has stopped works, and it may be quite a while before it is started again. Perhaps it may never get off the ground.

Council has indicated to us that the Men's Shed Committee, will have to demonstrate that a large number of the Lorne township and District is supportive of a Men's Shed at Stribling Reserve near the corner of Otway and William Streets.

If this support is not forthcoming it is highly possible this small number of home owners will prevent this project going ahead.


If this were to happen, it is almost certain a Men's Shed will never be built in Lorne.

Therefore we respectfully urge you to show your support by either writing or emailing a note or phoning your support to:

Keith Baillie C.E.O. of the Surfcoast Shire at [kbaillie@surfcoast.vic.gov.au](mailto:kbaillie@surfcoast.vic.gov.au) or ring Keith Baillie 0427 096 122 and cc [allanwalls@bigpond.com](mailto:allanwalls@bigpond.com) and phone 0418 319 533

Please note there are more architectural drawings of the proposed Men's Shed on page 7

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Authorised by S.Henderson, 3A/195 Colac Rd Waurin Ponds VIC 3216

# The Louttit Loop



Most small towns contain a few modest members who are actually quiet, down to earth, and pillars of the community. One such chap in Lorne is Bill Fulton, and of course Pam as well. The Fultons are our official wildlife rescue team. When you need them, you really need them. Recently a wallaby was found at the side of a small Lorne street, unable to use its damaged legs and in silent pain.

Despite being pretty crook himself, and even though it was extremely early on a Sunday morning, dear Bill answered the call, tootled up the big hill and took away the poor suffering creature. Thank you Bill.

*Hadyn Rickey is another solid silent worker with a set of jobs in the town - now up for grabs as the Rickeys have moved to Anglesea to more level land for dear Elizabeth's health issues. How they will both be missed! Whoever is going to go to the Arab every single Tuesday throughout the year and put out the witch's hats to reserve a spot for the Library Bus? This entire page could be filled with the voluntary jobs the Rickeys have taken on in Lorne - for which we thank them belatedly and sincerely.*

A cute baby boy for Dr David and Siobhan. Baby Fionn will be fussed over bigtime by his big brothers Lughan and Odhran! Congratulations to all. And no, they are not funny names. They are Irish names, and the letter "h" indicates that the preceding letter is not to be sounded - so names like those above sort of become Shawan, Luhan and Ohran which are much easier to Australianise - maybe to Shawny, Luey and Ohry eh?

*The GOR speed limits heading north from Lorne have been cut from 70kph to 60kph until you run out of visible houses! You have been warned OK?*

It's terrifying to follow a driver travelling on the wrong side of our GOR, especially right here in town! From Stirling Street almost to Stony Creek a driver in "O/S tourist automatic pilot mode" tootled along on the right - despite horn blasting and flashing lights from the car behind. Made no difference. Until a 4x4 inevitably approached and a very quick correction was made prior to a very, very bad smash. And how often do we see them going round the Deans Marsh Rd. roundabout THE WRONG WAY! Some arrows on the road would be awesome.

*Frozen Chinese fruit and/or vegies? No more for this little wood-duck. Birdseye and Edgell are the only remaining Aussie manufacturers of frozen vegetables and MUST get some support or they too will be off!*

Easter is upon us, time for the grown up kids to descend on their Lorne retired parent/s and to once again ambush our well stocked pantries and discard anything which has passed its stamped on date. "Surely not the Vegemite or Custard Powder?" one granny pleads - but out it goes.

Bit of fun to be had on Monday 9<sup>th</sup> March at 5.30 at the Cumberland Auditorium for International Women's Day! Tickets from Post Office or Info Centre (\$20) - or at the door (\$25) for film "Girl Rising", a wee drink, a nibble, and some fun! Starts at 5.30 and later kicks on to the Cuda Bar for a special Reif drinky-poo for those who fancy the odd cocktail(???)! All girls/women/shielas are welcome.

*How interesting to read in the Aquatic Club Commodore's Report that our new Victorian Governor The Hon. Linda Dessau AM is a local and a member of the Aquatic Club.*

Congratulations to young and handsome Telo de Bon for winning the Under 14 AND the Under 16 Surfing Competitions, giving him a rating of 8<sup>th</sup> in the State - at the tender age of 13! Well done Telo, and good effort on behalf of the parents for supporting him and driving him to all the events - a big job in itself.

*After a divine 5km summer walk along the beach, a local couple escorted their English guests into a café for a much needed caffeine hit, and of course water! Well, no 'of course' about the water. Poor nervous waitress delivered the bad news, "no water unless you are eating". WHAT? They only asked for tap water. Come on!!*

Local lass finished cleaning a main street penthouse, loaded into the lift, doors closed, buttons pressed. Nothing. Rang the Emergency Number, and quick as a blink Fraser Buckle the CFA Chief arrives to force the door and save the day. What an amazing service these volunteers give. Fraser probably had to clamber down from a tree, rescue his chain saw, dust himself off and don his CFA gear to save the day. All in the name of community service.

*Oh dear, nothing's easy. It appears the much needed Men's Shed has become a NIMBY situation. After all this long time. Let's hope common sense and landscaping prevail and it can zoom ahead.*

A group of Lorne golfers made use of some complimentary tickets to the Vic Open at 13<sup>th</sup> Beach at Barwon Heads and followed those who do it with amazing ease and style round the pristine course.

*Some Lorne mates are heading for southern China to visit and support Mark and Julianne Trickey. Mark will take a week's break from his intensive cancer treatment regime and 'holiday' with his good buddies. Dale Ridgeway has been a constant support and great companion for the Trickeys on this journey. Fingers crossed.*

Peg Taylor has returned from spending the summer in bonny Scotland with rellies. Came home to find her phone wires dangling from the pole. Hello! Paging Telstra Tony???

*Warning to Leon at the Visitors' Centre to watch his back! A new dog on the beach is making people smile and chuckle - it's a Leonberger and judging by the size of his feet, young Kofi is gunna be a Big Mac! Resembling a lion, he may grow to between 54 and 77 kg, and Google says they are sensitive, fearless, easy to train, loyal, obedient, adaptable and loving. Well that does sound like Lorne's other Leon.*

In a town of aging retirees it is vital to remember the obvious (or not so) signs of a stroke and to ask the sufferer to Smile, Talk (a simple sentence) coherently, Raise both arms, and the new test - stick out their tongue! If it is crooked or goes to one side - or if there is a problem with any of these S.T.R. tests above - dial 000 immediately. The quicker the better. Do not delay. Our Paramedics are great.

*How great it was to have a pack of Geelong footballers visit the darlings at our Nursing Home late in Feb. Jimmy Bartel, Harry Taylor and Andrew Mackie together with some other young rookie Cats made such an impression and may have converted a few Saints fans even! See photos on page 19.*

Camel Report: our dear Michael Callanan (Camel) is still in Alfred Rehab. Caulfield, waiting for a vacancy in Grace McKellar Geelong.....**Lillian**

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- caring for our environment

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We will meet in the North Lorne car park at the northern end of the track at:

**10am on Sunday, March 15**

Our working bee will be followed by a barbeque 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**

**Michael Callanan**

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# Lorne Independent

On a recent warm Saturday I was contacted by two call centres wanting answers to their questionnaires – one related to the Victorian dangerous fire season, the other specifically to the Surf Coast Shire.

As both voices on the lines were well modulated, seemingly educated and young, the obvious thought was that these two were doing their job and for sure, Saturday penalty rates would apply. Good on them for making a go of it!

The first survey questioned reaction to bushfire and would take about 20 minutes, Stephanie the call centre operator told me.

After recording my demographic facts and figures, the questions started and from the first it was obvious that the survey was formed around the multi-media campaign already out there, especially the television clips with the fire commissioner Craig Lapsley and a worried looking family observing smoke in the distance.

On a code red, would the family leave early in the evening, late at night or early in the morning? If there was smoke on the horizon, would the family leave immediately? After an hour? Or monitor the situation? Would the family head for the declared safety zone?

On and on it went. Finally, after more than 15 minutes of this nonsense, I told Stephanie that I was going to discontinue and to make sure she put a note to her supervisor on her screen recording my protest at the questionnaire.

It didn't contribute anything to a better understanding of the public reaction to fire danger, but simply had tuned the questions to what the CFA and Government wanted to hear.

Phillip Adams has warned countless times that surveys basically produce the results the client wants to hear.

It was the second survey that really irritated – the client was the Surf Coast Shire. It was to be about SCS infrastructure.

Again, the questions were structured in such a way as to point to the obvious. Should the Shire consult more with ratepayers? Yes – one out of a possible five, the highest! How did I rate council maintenance of roads, public space ... was there a greater need for consultation by council with ratepayers ... were health services and those for the aged adequate ... on and on it went.

What really got me was a question towards the end – did I think my rates were appropriate to the various services the council provided? Did I think increased rates to cover additional services would be appropriate, or would rates remaining the same with a cut to services be the way to go?

Oh boy!

The answer was definite: cut back on non-essential services. The first to go should be useless surveys commissioned by the Shire.

Out, out, out damned spot!

It is the people of Victoria who are financing the fire service survey; it is the Surf Coast Shire ratepayers who are paying big Otway dollars for yet another quite pointless questionnaire.

A council officer, armed with a clip board, and willing to look around and talk to people without prejudice, could have answered all those questions without fuss and bother, but most of all, spared the ratepayers a heck of a lot of money.

- Jo Vondra



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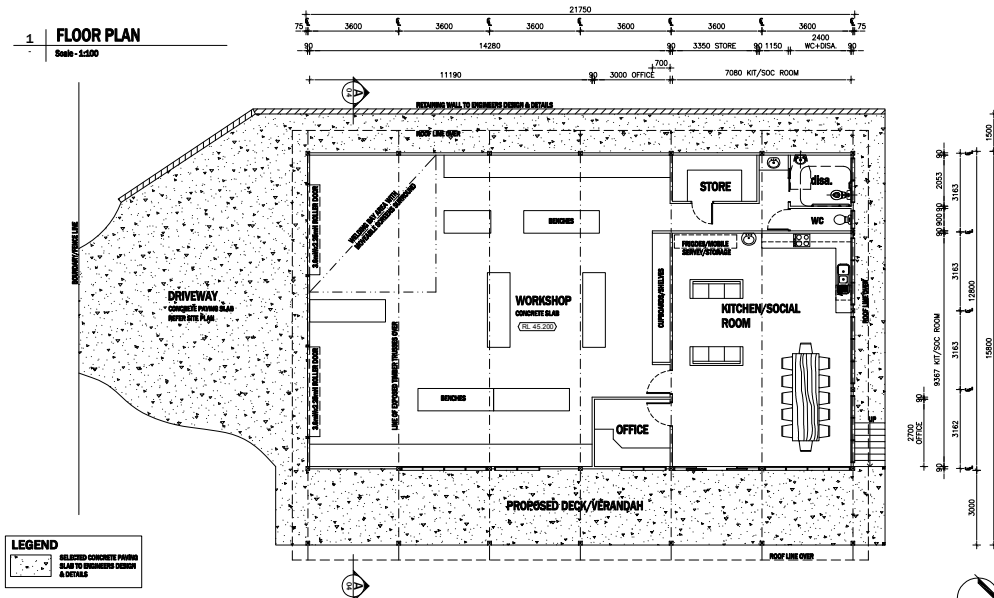
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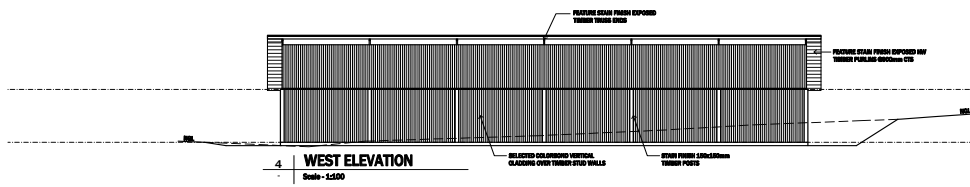
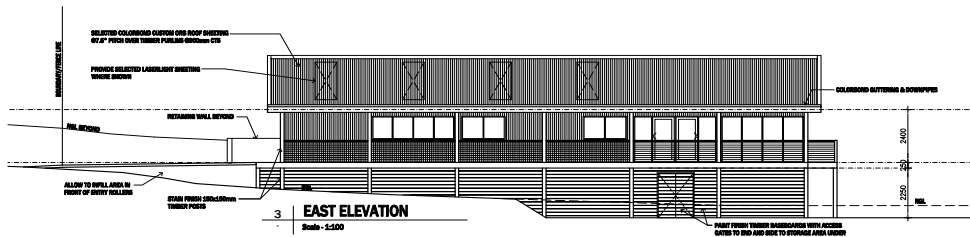
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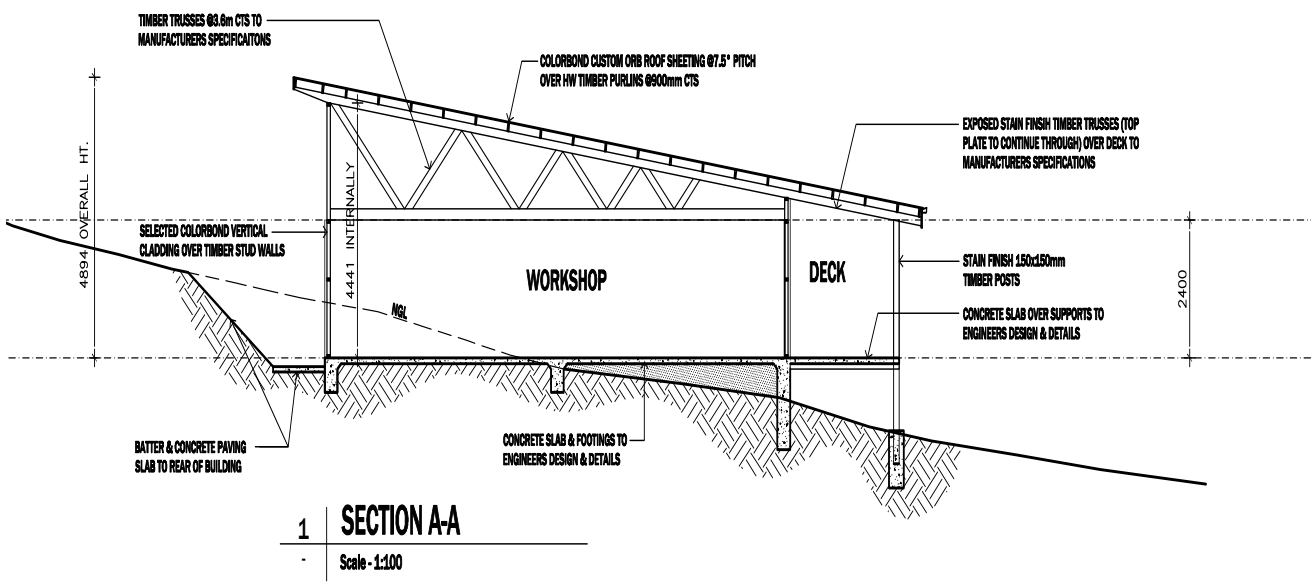
From page one and three:

The drawings should give the reader a pretty good idea on the professionally designed Men's Shed.

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**1 SECTION A-A**  
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## News from our Councillor for the Lorne Ward

### ANZAC Day in Lorne

This year ANZAC Day will be the 100<sup>th</sup> anniversary of the landing of troops from Australia and New Zealand on the Gallipoli Peninsula, Turkey, in World War 1 on April 25, 1915. The bravery of all military personnel who participated in this campaign and the lives of those who died in all military actions will be remembered.

The Lorne RSL Sub-Branch has been active in a number of initiatives for this important anniversary including:

- The installation of a memorial stone and bronze plaque to honour Lorne's 32 First World War service personnel at the ANZAC Memorial Park (due for completion early April).
- The installation of two new flagpoles to facilitate flying the Australian and New Zealand flags either side of the Obelisk.
- An interactive interpretive collection of personal stories of the 32 WW1 soldiers on a touch screen. This initiative is being undertaken by the Lorne Historical Society and the Lorne Aireys Inlet P-12 College.
- A membership drive to achieve 100 members by the 2015 Centenary Year.

### ANZAC Day Program

Many ceremonies, parades and other activities are held on ANZAC Day to remember the lives of those who participated or died in military action, particularly on the Gallipoli Peninsula in World War I. These gatherings represent the comradeship that the soldiers experienced as they rose each morning to prepare for another day of military action.

The program in Lorne will include the following community events, which are open to everyone.

7.00 am, Dawn Service, ANZAC Memorial Park Mountjoy Pde

7.30 am, Gunfire Breakfast, Lorne Bowls Club car park  
 11.00 am, ANZAC Service, Lorne Senior Citizens Hall  
 11.45 am, ANZAC Parade, March to ANZAC Memorial Park  
 12.30 pm, Community Lunch, Lorne Bowls Club  
 Following lunch enjoy the fun of participating in a traditional two up game.



The Lorne RSL has commenced a membership drive and is aiming to achieve 100 members to honour the 100 year anniversary of ANZAC Day

There are three categories of membership: **Service:** for past and present serving members of the Australian Defence Forces & Allied Armed Services, \$35.00; **Affiliate:** for relatives of a past/present service members or members of emergency services. (i.e. Police, Fire Brigade, Ambulance & SES), 25.00; **Social:** for those not eligible to be Service or Affiliate members. \$25.00

Membership forms can be obtained by contacting:

Craig Hunt: [cj.hunt@hotmail.com](mailto:cj.hunt@hotmail.com)

Peter Spring: [peter.spring@gmail.com](mailto:peter.spring@gmail.com)


Clive Goldsworthy: 0400 756 854

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## New accommodation units for Lorne Hospital

Lorne Community Hospital's new two storey building specifically designed to provide short time accommodation to meet seasonal demand for 24 hour urgent care service, was officially opened recently by the State Minister for Health, Jill Hennessy.

Hospital Board Chair, Dr Damien Smith, said that Lorne's Hospital was the only one located on the Great Ocean Road – a route which carried over 7 million people annually – and it now serviced over 2,000 urgent care presentations a year.

He said that emergency stabilisation was the key role of the service.

Hospital CEO Kate Gillan said that the new building would provide short term accommodation to meet seasonal demand.

“With rural workforce at a premium and accommodation supply often difficult, this accommodation unit will enhance the ability to attract staff and specialists to our services, along with providing comfortable overnight space for locums, students and those on short shifts,” she said.

The hospital site was redeveloped in 2005 and 2006 and the accommodation unit was the only remaining building left untouched, with its renovation and expansion deemed a key strategic project.

- Emily Lens

## Major Anzac grant for Lorne

The federal government will contribute \$13,500 towards the Anzac Memorial Garden and touch-screen project as part of the commemoration of the centenary of the Gallipoli landing.

Sarah Henderson, federal member for Corangamite, made the announcement during a recent visit to Lorne.

The project was submitted last year by the Lorne RSL sub-branch. Several Lorne organisations have pledged financial and in-kind support to the project.

The value of this support is \$16,000.

The project has four elements:

1. To establish a World War One Memorial Garden at Anzac Park, Mountjoy Parade Lorne, designed and named after community consultation. The garden will include the planting of 4 seedlings from Lone Pine, the planting of an appropriate number of red-flowering gum trees to represent the original Avenue of Honour at the Library Hall in Smith Street Lorne, and the commemorative plaque.

2. To upgrade the existing monument area, to commemorate the centenary of the Gallipoli landing, in time for ANZAC Day 2015.

3. To strike a plaque, mounted on appropriate stone, with the names of each serving member from Lorne (32), ready for ANZAC Day 2015. This monument will be placed in the garden when it is completed.

4. To begin the process of telling the stories of the 32 people on a touch-screen kept in the Great Ocean Road Heritage Centre. The writing of the stories and the display will be a joint project between the students of the Lorne Aireys Inlet P-12 College and the Lorne Historical Society. The launch of the project will be on April 21, at 11.00am at the Lorne Senior Citizens Centre. The celebration will involve community members and students from the Lorne Aireys Inlet P-12 College.

**Gary Allen,**  
**President,**  
**Lorne Historical Society**

**Chartered Accountants,  
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# Sportsbriefs with John Ford

## Bowlers in Grand Final

Lorne Bowls Club's Division 3 Pennant team played in the Grand Final on Tuesday 24<sup>th</sup> February. The team has had an exceptional season, but unfortunately were defeated by Simpson in the Grand Final. The following report was compiled by team member Jennifer Dulloo just after the match.

### Lorne Ladies Bowls Club final pennant report.

It is with great pride and satisfaction that I present this final report on behalf of the Lorne pennant team. Although we were unable to get across the line in the recent grand final played at Colac's City club, we had an excellent season this year. We rose from the bottom of the ladder the previous season to playing off in the grand final this season. It was a hard fought battle which was close for most of the game, but we lost to Simpson by 11 shots, so we congratulate Simpson, and wish them good luck in 2<sup>nd</sup> Division next year. We are looking forward to going one better next year, thanks to the very willing male bowlers of our club who made themselves available to play each week.

May I issue an invitation to any ladies who might be looking for a sport to play to consider bowls as a very rewarding and fun option. Come along and join us at the Lorne Bowls club next year, you would be made very welcome.

**Jennifer Dulloo**



## Dolphins Football and Netball

The Dolphins Football and Netball teams are currently gearing up for the 2015 season. You will have noticed a large group at training and they seem keen, fit and sharp. To hone their skills and teamwork they have organized two practice matches here at Stribling Reserve. On March 14<sup>th</sup> they will play old Melbourne, and on March 21<sup>st</sup> against Monash Blues. These matches will provide us supporters a chance to see our reinvigorated team, and another opportunity to purchase our 2015 memberships. Remember that a \$60 membership provides admission to all 2015 home games, and shows your commitment to the club.

The season starts in earnest with the first football and netball matches being against Birregurra at home on Easter Saturday – 4<sup>th</sup> April. The netballers are training and still recruiting and are keen to follow up their excellent 2014 season. Club Secretary Maxine Spizzica would be very happy to take your call on 0409 320 132 and answer any questions that you may have. GO DOLPHINS!!!!

## Ladies Golf

Happy New Year to everyone. It's now time to dust off

your golf clubs and enjoy the peace and serenity of the very picturesque Lorne Golf Course. The Ladies Social Competition commenced on Tuesday 2<sup>nd</sup> February at 9 am, with a very enthusiastic turn up.

We play every Tuesday at 9 am and you can play 9 or 18 holes. If you are new to Lorne or just visiting, all players of all standards are very welcome to join us.

Vicki Thomas, our lovely coach, will be commencing lessons again on Monday 16 March.

The lessons cater from absolute beginners to players wanting to improve aspects of their game.

Please contact Vicki on 0409 432 045 or Lesley 0437 465 343 for more information regarding the lessons.

We also have social golf (no scoring) every Thursday afternoon at 4 pm, weather permitting.

If you would like further information on the Ladies Golf please do not hesitate to contact me.

I look forward to seeing many more ladies on the golf course.

**Lesley Goldsworthy**

**Lady President**

**0437 465 343**

## Tennis Update

Lorne Country Club's team in the Geelong Coast Junior Tennis Association has one last home match before the Finals on 14<sup>th</sup> and 21<sup>st</sup> March. The team has had a very good season but has had trouble regaining form after the summer break. A win on 28<sup>th</sup> February will likely see the team make the finals, whereas a loss might see the team miss the action.

On Saturday 7<sup>th</sup> March (Labour Day Weekend) Lorne Country Club will be holding a Tennis Open Day. This will consist of relaxed social tennis from 9.00am until lunch time where there will be a barbecue lunch. Players of all standards are invited to participate.

Remember that Lorne Country Club's annual Easter Tennis Tournament will be held on Saturday 5 April. This is a wonderful event of mixed doubles and information can be obtained from John Ford on 5289 5060, or Lorne Country Club on 5289 1267.

## Great Ocean Road Marathon

The Great Ocean Road Marathon, and half marathon, will be held on Sunday May 17<sup>th</sup>. You will have already noticed many runners 'pounding the pavement' in order to be ready for these events. The marathon takes runners from Lorne to Apollo Bay (45km), with the half marathon (23km) being from Kennett River to Apollo Bay. Good luck to all those serious, and not so serious, runners who are preparing for the event. Detailed information and entry can be done on your computer by searching Great Ocean Road Marathon.

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

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

Or post to: 35 George St, Lorne 3232.

# Historical Lorne

## A tale of romance from the past

### The Clissold family

Over the past few months the Lorne Historical Society and students from the Lorne Aireys Inlet P-12 College began researching the stories of Lorne residents who served in the First World War. The aim of this work is to complete the stories of all thirty-two people, and to have their stories displayed on a touch-screen kept in the Great Ocean Road Heritage Centre.

We started with Sam and Les Clissold. Sam, tragically was killed when landing at Gallipoli. Les, returned from the war a shattered man. Their stories will be told at the public opening of the Anzac Commemoration Project on April 21 at the Senior Citizens Centre starting at 11.00am.

When researching the Clissold family I was fascinated by their early story in the colony. I now present an abridged version in this article.

In 1801 Mary Sarah Davies was convicted of the theft of two shoe brushes (worth two shillings) in a court in south west Wales. She received a prison sentence of seven years. At this time Sam Clissold enlisted in the army and was fighting in the early Napoleonic wars. He returned to England and re-enlisted only to find he was to sail to Port Jackson on the HMS Calcutta.

They received orders to proceed to establish a colony at Port Phillip not Port Jackson, to protect the shores from the French and in 1803 the ship accompanied by The Ocean sailed, via South America, with Lt. Governor Collins on board. At Rio de Janeiro, mutiny was threatening on The Ocean. Sam was transferred to strengthen the military presence. On October 7 1803 The Ocean arrived at Port Phillip and finally they were disembarked at an open bay on the eastern side of the entrance, near the present town of Sorrento. In 1804 they transferred to Van Diemens Land with the promise of one hundred acre of good land once they were discharged from the army.

Meanwhile Mary accepted an offer from the British government to serve the remainder of her sentence in the colony of New South Wales. "The females were issued with, one jacket, one gown, one petticoat, two spare shifts, two spare handkerchiefs, two pair of hose and one spare pair of shoes. Who could resist such generosity?" She sailed on The Experiment in 1804, arriving at the colony 24 June. Governor King decided that more women were needed in the new settlement now called Hobart Town. In his letter to Collins, he concluded, that they were a nice bunch of women who would be "good and useful".

Sam Clissold by now had left the army and had begun to farm his allotment of one hundred acres. He was looking for a wife. According to one source that I read one method of courting was for the men to enter a room of women, he would talk to each and then drop a handkerchief in front of the women he liked. If she picked up the handkerchief a match was made. When the selection commenced James Clissold thought he stood a good chance with one of the young women who did not choose the handkerchiefs dropped at her feet. He asked her name and immediately detected her accent; he spoke to her in Welsh. Mary Smith Davies peered into the

blue eyes of the blonde-haired man with the friendly smile who spoke her language and was smitten.



Sam and Sarah had two children, Sarah and John. It was John who led the family to the Geelong area after Batman had established a settlement on the Yarra. From this beginning many generations of Clissold families established their presence in Deans Marsh, Bambra and Lorne.

Samuel and Isobella Clissold built Kia Ora Guest House, Sam and Les Clissold their sons, served in the First World War. It is their story that we will tell on April 21.

(Source: Vivienne Wallace "James Clissold a Marine in Van Dieman's Land 1803-1848")

**Gary Allen**  
**President,**  
**Lorne Historical Society**

### LAAC needs you

The Lorne Aquatic and Angling Club is entering an exciting phase in its history with the Point Grey Redevelopment .

To ensure we make the most of what's ahead we need to draw on the ideas, passion, expertise and networks of our members.

We call therefore on those with expertise in finance, design and construction to express their interest to steer the club through this critical next phase by joining either the: FINANCE SUB-COMMITTEE : Budgeting, Fundraising and Sponsorship OR BUILDING SUB-COMMITTEE : Design input from Architects, Engineers, Designers, Suppliers etc. After the sterling efforts of all involved in the Save Our Club campaign of 2013-2014, the Committee would like to thank all members for their support.

Please email Angela Quinn (Secretary) on [info@lorneaquaticclub.com.au](mailto:info@lorneaquaticclub.com.au) outlining your area of expertise or the area in which you would like to lend a hand.



## Murray to Moyne Fundraising Dinner

For Lorne Community Hospital's Mental Health Project

**WHEN:** Tuesday 17<sup>th</sup> March, 2015 @ 6:00 p.m.

**WHERE:** The View @ The Lorne Hotel

**WHY:** 20 locals will be cycling 525 Kms from Echuca to Port Fairy over 24 hours on Saturday 28th & Sunday 29th March 2015

**DINNER:** 3 Course Dinner including wine, beer and soft drinks  
\$90 per person

Funds raised by the Lorne Spinners will be directed towards the Lorne Community Hospital's "Shine the Light on Mental Health" project.

We have set a target to raise more than \$40,000. We can't do it without you.

Come dressed in your best Irish green to help celebrate **St. Patrick's Day!**

We will be auctioning numerous exciting items including accommodation, go-kart passes and romantic dinners.

Bookings: <http://www.trybooking.com/117118>

Info: 0421 159 459 OR [lornespinner@gmail.com](mailto:lornespinner@gmail.com)



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## Draft Western Regional Coastal Plan

The Board released the Draft Western Regional Coastal Plan for consultation on Monday, 9th February 2015 and is inviting everyone with an interest in the coast to participate and provide feedback by the Friday, 20th March 2015.

The Draft Western Regional Coastal Plan applies to the Western coastal region from Breamlea to the South Australian border, including the municipalities from Surf Coast Shire in the east through to Glenelg Shire in the west.

It identifies challenges at a regional level, provides direction on how the coast will be managed into the future and proposes actions to address issues. The draft Plan:

- Recognises key regional environmental, social and economic values and the role of communities in caring for the coast
- Identifies and articulates key regional issues including the dynamic nature of the coastal environment and changes to the region's resident and visitor populations
- Establishes strategic directions and actions to address key challenges including visitation pressures, foreshore management and coastal flooding and erosion.

- Works with and builds on existing regional and local plans and strategies to promote an integrated approach to regional issues.

- Includes regional implementation arrangements including a monitoring, evaluation and reporting framework.

[Download a full copy of the draft Western Regional Coastal Plan here \(7.6mb\)](#)

[Download a copy of the Plan at a Glance](#), which shows the structure and chapters of the draft Plan (144kb).

[Download a copy of our map](#) showing the key economic, social and environmental values of the Western coastal region (382kb).

Consultation - Consultation is a key priority for the Board to ensure the plan meets the needs of regional stakeholders, recognises important values, identifies existing and emerging issues, and proposes realistic solutions.

The feedback we received from stakeholders in 2014 has helped inform the Draft Plan, and we now seek further feedback on our interpretation of those comments.

- WRCB media release

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The advertisement features a rustic wooden background. At the bottom, there is a photograph of a metal toolbox containing a hammer, a saw, and a plate of food (fish and chips) with two glasses of beer. The Lorne Hotel logo is visible in the bottom left corner.

*Lorne Hotel*   
**PARMI OR FISH AND CHIPS & POT OF BEER**  
*or*  
**SOFTDRINK**  
**\$15**  
**TUESDAY NIGHT**  
**BOTTOM BAR ONLY**

The advertisement has a dark blue background with yellow and orange text. It features the Lorne Hotel logo in the top right corner.

## One of thousands of fuchsia hybrids



Loosely based on an alphabetical sequence and with a focus on native plants, this columnist is clearly unable to maintain a strict adherence to such a model. Having admitted this, I have been re-visiting the hardy hakeas recently following January's grevillea column, so at least this is sequential. The hakea variety I was first introduced to was *Hakea laurina*, known in common parlance as Pincushion Plant. With its distinctive dark red and cream globular flowers shaped like a sea urchin they look quite intimidating and suggest you keep your hands well away. On closer inspection however, one finds that the flowers are soft to the touch, not spiky at all.

*H. laurina* grows to around four metres and is an open shrub with prominently veined, sickle-shaped leaves of a green and glaucous hue. It's an attractive plant to birds and as it comes into flower in late autumn one can watch the wattle birds and the New Holland Honeyeaters competing vigorously for a shot of nectar.

Another similar sized hakea that does well in relatively exposed sites is *H. suaveolens* whose cream flower heads are mildly fragrant. My notes tell me that this plant has become a pest plant in South Africa. This must be some kind of botanists' revenge given the goodly number of South Africans that have become invasive in this country. Once again, agapanthus comes to mind. (See last month's column.)

Speaking of exports, species of paper daisy – all of which are natives - have been grown as cut flowers in Germany since the 1920s and they are congenial plants for smaller gardens. Most nurseries stock them and they are undemanding to cultivate. *Helichrysum obtusifolium* and *h. scorpioides* are the local varieties you will notice most readily if you are out and about in the hinterland since they are quite easy to spot. They prefer a sunny aspect and light soils.

Speaking of re-visiting particular plants (or perhaps I am merely getting distracted, again) I have spent some time recently looking at the fuchsias my elderly father has in his garden. What a neglected plant this can be. This is unfortunate for they reward the grower with some very colourful pendulous flowers and will look semi-tropical in a protected section of your garden. They will flower without the advantage of full sun. This old-time favourite is easy to strike from cuttings taken in winter and early spring. It was

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

first discovered on Hispaniola at the end of the seventeenth century where hummingbirds are the pollinator. I have seen Eastern Spinebills taking nectar from fuchsia flowers and this makes me think that if it is good for the birds it is good for my planting scheme.

### A search for art space in Lorne

A passionate, vocal and somewhat rowdy group recently attended a workshop organised by the Surf Coast Shire to discuss future needs for art spaces.

The workshop, led by a professional facilitator, soon descended into disorder when voices were raised about the under-use of Lorne's community assets, especially the Community House (it used to be called Fig Tree House), and the Senior Citizens Centre.

Proprietor of QDOS, Graeme Wilkie, said it was a well known fact that the Community House could be used much more efficiently and offer a great range of events.

He said principal factor in this happening was the 'mind-set' of the Surf Coast Shire.

He also said that the Senior Citizens Centre was drastically under-used, especially for events of an artistic nature.

This observation is not a new one in that only over the last few years has the Elderly Citizens Centre hosted Lorne's iconic Lions Easter Art Show – the Show over the last few decades had been utilising the Mantra, the Cumberland and other venues.

The Senior Citizens Centre hosting the Art Show has led to considerable savings in operational costs.

Graeme Wilkie said that the precinct of the Senior Citizens Centre and Community House had enormous potential as a possible area to host artistic events – all it needed was a "bit of thought and some new attitudes."

The new Lorne Tourist and Information Centre also came under fire for not displaying more local merchandise instead of offering franchised 'tourist junk'. - **JV**



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## This and that

### 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 3 weeks and 4 weekends through Easter (12 March to 3 April 2016), thus maximizing opportunities for wide attendance.

**More info: [www.lornesculpture.com](http://www.lornesculpture.com)**

### Seafood and Bowling

Love Lorne hosts its 4<sup>th</sup> annual Melbourne Food & Wine Festival event with Matt Dempsey at the Lorne Bowls Club on Saturday 14 March 2015. A Saturday afternoon of barefoot bowls with fresh, local seafood prepared on the barbecue, this is your chance to grab family and friends for a relaxed gathering. Nothing fancy, just a perfect way to spend an afternoon in Lorne.

The BBQ will get a work out serving lobster rolls, BBQ fish cakes, grilled fish, mixed seafood skewers and fresh salads alongside Zeally Bay Sourdough. At \$15-25, the event is affordable and Lorne's only Melbourne Food & Wine Festival event. Kids won't miss out with hamburgers and sausages available for those under 12.

Visitors to Lorne will have the chance to meet Chef Matt Dempsey who opened Seastar Restaurant at the Lorne Bowls Club in August 2014. Matt Dempsey's rise to fame resulted after winning the Electrolux Young Chef of the Year in 2009, then two hats in the Age Good Food Guide for his restaurant Gladioli in Inverleigh and one hat for Tulip in Geelong. Matt says "it's been a great summer in Lorne getting to know the locals and serving up simple but tasty fare for our diners. We look forward to the year ahead at Seastar Restaurant."

The Lorne Bowls Club Bar will be open serving Austins & Co wine from the Barrabool Hills amongst a larger selection.

Lorne's Beach BBQ & Barefoot Bowls provides a great opportunity to visit Lorne in March.

Tickets are limited. To get your spot on the day book online now through the Melbourne Food & Wine Festival website. <http://www.melbournefoodandwine.com.au/event-calendar/beach-bbq-barefoot-bowls-5588>

Lobster roll BBQ package - \$25 and Seafood BBQ package - \$15. No pre-ordering required for children. Head to [www.lovelorne.com](http://www.lovelorne.com) for accommodation suggestions and make a weekend of it.

### Bendigo Bank seeks to increase Lorne trade

The Bendigo Bank is seeking to increase its trade in Lorne by emphasising that the town gained substantially from its profit sharing policy.

At a recent 'Community Bank Information night', Vaughan Lamb, chair of the Corangamite Financial Services, the company which operated the Bendigo Bank branches and agencies in south-west Victoria, said that the bank in all its operations relied heavily on a policy of providing 'local' service.

Members of its board of directors are mostly from the Surfcoast and south west region as is their overall managerial and other staff.

The Bendigo Bank Lorne agency, under its manager Dee Stewart, now has grown to doing \$12.2 million worth of business from a modest start five years ago.

However, the Lorne operation has distributed about \$70,000 to local events, including the Murray to Moyne Spinners, the P-12 College, the Lorne Kindergarten, the Lorne Football and Netball Club, the LAAC, the Festival of Performing Arts and other projects.

By far its biggest contribution was to the Lorne Community Hospital towards the construction of the new accommodation block.

Mr Lamb said that the Bank operated on the principle that more local customers means more money for distribution within the community.

- JV

A bright yellow rectangular advertisement for RMP Landscapes. The text is in bold, black, sans-serif fonts. At the top, it says 'NEED LANDSCAPING'. Below that, 'RMP' is written in large, green, stylized letters with a white outline. Underneath 'RMP' is the word 'LANDSCAPES' in smaller black letters. At the bottom, the phone number '0412 525 012' is displayed in large black digits.

**Calling all women ...and men if they dare!**

The women of Lorne and surrounding areas are to gather on March 9 to celebrate International Women’s Day...and, according to Councillor Clive Goldsworthy, men too are welcome “if they’re game!”

The evening will consist of an opportunity for meeting and sharing conversation in an informal setting over a drink and finger food. A little later, everyone will find a seat in the beautiful Cumberland Auditorium for an official address by the Mayor of the Surf Coast Shire, Cr Margot Smith, and a screening of the wonderful, inspiring film “Girl Rising”, which tells of the lives and struggles of nine girls in different developing countries and their quest for educational opportunity. Afterwards a number of Lucky Door Prizes will be drawn, and those who wish to will carry on down to the Cuda Bar for cocktails and more celebrating!

The theme of International Women’s Day this year is “Equality for Women is Progress for All”. It gets one thinking about equality for women, and how it means different things in different societies. In many of the developing countries around the world, as we will see in the film “Girl Rising”, such basic rights as equality of opportunity for an education, equality before the law and equality in terms of personal rights and freedoms cannot be taken for granted.

Our IWD celebration here in Lorne is really a “gathering” – a coming together to enjoy the relationship and sisterhood that we all share. Organisers hope that ALL the women in the Lorne area will join in. We hope to get lots of photos of people there, and one big photo of everyone together, for the town to keep for posterity – a shot of all the amazing women of Lorne together in 2015!

The gathering will take place on Monday 9<sup>th</sup> March 2015 at the Cumberland Conference Centre in Bay Street , Lorne at 5.30 pm. Tickets are available at the Lorne Info Centre and the Lorne Post Office for \$20, which includes admission, film, a complimentary drink from the bar, finger food and a chance for a lucky door prize! We hope to see everyone there.

Someone asked whether men were invited too, and our Councillor, Clive, was heard to remark “If you’re brave enough!” Are there any brave men out there?

- **Mandy Calder**



**Artistic homage to Lorne**

February is always a hiccup of a month; always short on days even when grudgingly granted an extra day every four years but at QDOS one can always be sure that there will be a special exhibition to whet the artistic appetite and particularly reference Lorne.

The current exhibition Summers in the South by Stella Clarke which continues until 14<sup>th</sup> March is not to be missed. It features an artist who brings a unique retro vision to her work. She evokes memories of a Lorne now lost.

MASTERPIECES FROM THE WARBURTON ARTS COMMUNITY

MARCH 15 - 4 APRIL

Olive Lawson  
Norma Giles  
Nola Hunt  
Christine West  
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Lynette Lewis  
Ialia West  
Betty West  
Ialla West  
Elizabeth Holland  
Madeleine Renata Jackson

QDOS arts project

Qdos Arts Allenvale road Lorne 52891989 www.qdosarts.com

Walk into the front door of the gallery and the painting 'There at Last' sets the tone and awakens an immediate emotive response to ones own inner childhood - three children lined up on the sand with the old sea wall behind them pose for a camera that would now long be discarded, the flat tones and solid colour enhance the reality of the experience.

The artist is retrieving memories of the past that touches a deep subconscious and emotional response in the viewer. With the backdrop of a Lorne long gone, a pace of life slower without incessant, instant communication the viewer looks and is reading an essay. In this vividly reawakened world there was time to be alone with ones thoughts and to be at one with the landscape – Stella Clarke's paintings spread a balm on our increasingly frenetic world.

Stella Clarke also has an academic background that includes serving as a judge for the Vogel Literary Award (2002, 2003, 2004) and literary criticism for newspapers. Perhaps this gives added depth and solidity to her work.

- PST

### Lions Easter Art Show details

Despite some rumours that the annual Lions Easter Art Show may not be held this year, plans are now in place to present a bigger and better event with a champagne opening at the Lorne Senior Citizens Centre on Thursday, April 2 at 7.30.

Awards in five categories will be announced on the night; the People's Choice award will be made public at the conclusion of the show on Easter Monday, April 6.

The Art Show will be open between 10am and 4.30pm on Good Friday, Easter Saturday and Easter Sunday and between 10am and up to midday on Easter Monday.

President of the Lorne Lion's Club Stephen Hishon said that initially the Club had problems in getting sponsorship. "But this has now been resolved with sponsors donating \$500 each for first prizes in the categories of Best Oil, Best Water Colour, Best Pastel, Best Acrylic and Best Other Medium. The People's Choice award has been sponsored for \$250," he said.

"However, we are still looking for a sponsor to help out on the \$1500 printing costs.

Held over more than 40 years, the Lorne Easter Art Show is considered to be one of the most important venues in western Victoria and on the Surfcoast for artists to display their talents.

Entry forms must be received by Friday, March 6, and paintings must be delivered to the Senior Citizens Centre by Sunday March 29 between midday to 4pm, or by Tuesday, March 31 at the Centre between 11am and 4pm.

All enquiries to:

**Bernadette Bliss, 0419 320 195**

**Marg Cartledge 0408 599 336**



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**Lorne Aireys Inlet P-12 college**

The school year has begun in very positive way for the Lorne Aireys Inlet P – 12 College. Both campuses are fully staffed, have stable enrolments and have appointed their student leadership teams for 2015.



**School Captains - Lorne Campus**  
**L to R: Louis Coates, Leo Coleman, Bridget Van Deuren and Lucia Hill.**



**School Captains - Aireys Inlet**  
**Jaiya Phieler and Lily Corrie-Smith**

The college has also launched the School Wide Positive Behaviour System, which provides an operational framework for achieving improved academic and behavioural outcomes. The college has developed a values matrix that explicitly outlines behavioural expectations from students and staff around the values of – RESPECT, CO-OPERATION and PERSONAL BEST.

The College has appointed Gary Allen as its community liaison and marketing officer.

If you would like input into the ways the College can enhance its strong connections with the community please email Gary on [liaison@lornep12.vic.edu.au](mailto:liaison@lornep12.vic.edu.au)

**The ‘Mighty’ Geelong Cats visit LCH Nursing Home and the P-12 Campus**



Residents of Lorne Community Hospital’s Nursing home got a very pleasant surprise when some of the Geelong Football Club players took time off from practice to come and say ‘hello’.

The team was training in the region and the visit was arranged under the Club’s Cats Community Camp program.

When she learned of the impending visit, Emily Lens grabbed her camera to capture the event. In the picture above, Cat Jimmy Bartel poses with Emilio and below, left to right, Dot, Hilda, Gloria and Ann had a ‘ball’ when the Cats posed for the official group photo.

Just have a look at Ann’s happy face ....!

The Cats also made a visit to the P-12 campus!

Lorne is a Cats’ town and don’t let anyone tell you something different! Com’ on the Cats!





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Member for Polwarth



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**A March reflection**

**Cowards and Heroes  
If you cannot be nice  
Be brave – be true.**

**Loyalty is blind  
Alas – in the far too many  
instances,  
Also a one-way street.**

**In a world of fugitives  
One headed in the wrong  
direction  
May appear to be running  
away.**

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Or prisoners.**

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NOTICE OF AN APPLICATION UNDER SECTION 60 OF THE TRANSFER OF LAND ACT 1958 TO BECOME REGISTERED PROPRIETOR OF LAND

The reference number is Application No. 131373A.

The applicant has applied to become the registered proprietor of land which forms part of the property located at 33 William Street, Lorne. The applicant claims to have acquired title by adverse possession.

The land is shown marked 'A' on the plan posted on the land. The plan may also be inspected at the office of Land Victoria, 570 Bourke Street, Melbourne.

The current registered proprietor of the land is Jane Louise Oyer of Surrey Hills (Folio of the Register Vol 8828 Fol 090).

If you believe you are affected by the application you should seek independent legal advice.

I may grant this application after 30 days from the date of the posting of a notice on the land if satisfied that the applicant has acquired title by possession to the land.

Anyone with an interest in the land can lodge a caveat under section 61 of the Transfer of Land Act 1958.

This caveat will lapse 30 days after lodgement unless the caveator has commenced court proceedings and given me notice of the proceedings or obtained and served an injunction on me.

If this caveat lapses or is withdrawn I may grant this application if satisfied that the applicant has acquired title by possession to the land.

Enquires may be directed to Land Victoria on 8636 2161.

CHRIS MORAE  
Registrar of Titles



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# Letters

## Critical of Men's Shed

By default, we have just learnt that Lorne plans a "BUNNING" type structure to be built opposite our home and business.

We would be interested to know what process was involved with selecting the location? Where was the consultation with the neighbouring properties? Who were the stakeholders that were consulted?

Why did we not receive plans of such a proposal? Where was the opportunity to object or discuss any issues relevant to the neighbouring properties?

Trees of significance have been removed directly opposite our house to build this large ugly structure complete with roller doors onto William St.

We are shocked at the size and scope of the project, a far cry from the tiny little wooden structure pictured here in the Surf Coast Times.



As rate-payers and permanent residents in Lorne we are shocked and disillusioned in the lack of consultation with the owners of the neighbouring houses that will be directly impacted by such a project.

We are so disappointed that we are now in the vexed position of whether or not we have a future in Lorne.

**Dr Laurel Guymer**

**Dr Susan Clements**

**La Perouse, Lorne**

*The above illustration was taken previously from the internet by the Men's Shed committee as a humorous way of attracting attention to the Men's Shed project. At no stage was it identified, even in the Surf Coast Times article, as a true image of the proposed structure. - Ed.*

## Easter art will continue

The Lions Club of Lorne was established in 1970. Since then, Club members have worked tirelessly to raise funds to provide financial and other support to worthy causes within Lorne and also to initiatives of Lions International.

Since 1970, the Lions Club of Lorne has provided funding in excess of \$500,000 to community projects and organisations in Lorne. Adjusting that amount for inflation, in today's dollars that is an amount in excess of \$1m!

For most of those 45 years, the Lions Club of Lorne has

comprised a small team of men and women working for the Community.

From 2009 until now, the Lions Club of Lorne has contributed over \$100,000 to a wide range of community projects, mostly here in Lorne. Sporting clubs, emergency services, the hospital, church groups and individuals with particular needs; all have been beneficiaries of the Lions Club. The motto of Lions is, "We Serve".

The Lions in Lorne undertake an ambitious schedule of projects in order to raise the funds necessary to support their commitment to our community.

Projects include:

- Easter Art Show – an enormous project in terms of planning, preparation and logistics.
- Markets on the Foreshore – once again, enormous effort in preparation.
- Snow Cone van – a Lorne institution on the Foreshore over summer.
- Involvement in annual events such as Christmas Carols, breakfasts for Kids with Cancer, and
- The team from Geelong Grammar fundraising run.

In 2015, the Easter Art Show will be held for the 44<sup>th</sup> time. 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, that a small group of volunteers, can give back into the community. Community volunteers required to help set up and pack up. Also volunteers required for shifts during the event - if interested please contact me directly.

If you wish to sponsor a section below your name will appear in the booklet and receive free entry to our fun opening night cocktail party. We thank you for supporting a truly local Lorne event.

Best Oil, 1<sup>st</sup> prize, \$500.00; Best Water Colour, 1<sup>st</sup> prize \$500.00; Best Pastel, 1<sup>st</sup> prize, \$500.00; Best Acrylic, 1<sup>st</sup> prize, \$500.00; Best Other Medium, 1<sup>st</sup> prize, \$500.00; People's Choice, 1<sup>st</sup> prize, \$250, already sponsored; \$1500 for printing costs.

**Stephen Hishon,**

**President, Lorne Lions**

## Underground parking for Lorne?

*How wonderful to see that parking on the foreshore has been re-introduced over the recent surf carnival days.*

*It takes the pressure off parking on the main drag and lends a certain cachet to the event with flags flying and people everywhere.*

*Ideally, one fine day we will see the long-awaited underground carpark built and increased parking options bring more people into our town.*

**Doug Williams**

**Lorne**

## Lynton's Reflections

I've experienced being lost.

And I don't particularly mean those teenage years when I didn't have a clear picture of where my life was going or anything like that. Although there was a 'lostness' there occasionally in those days.

I have an idea of what it is like to be physically lost. In the bush.

Scouting gave me the experience of being lost on two occasions. Once, doing my preliminary First Class hike, where you take part in a 14 mile hike (going back a few years) that has been planned and prepared by a colleague who is to be tested for his own First Class hike. We got lost and had to go through the whole process a second time for him to be passed.

The second occasion was on my own 14 mile hike, with a colleague doing his preliminary hike with me. We got lost and had to go through the whole process a second time for me to be passed.

Some of the getting lost was self-inflicted – not taking enough care to read the map and work out compass bearings – but some of it was 'equipment failure' – maps that weren't entirely up-to-date and didn't have logging tracks plotted.

I'd like to think the experience of having to do 4 First Class hikes has served me well through the years. Taught me qualities of patience and endurance.

Ironic that I would qualify and work as a surveyor during my time in the Army. Making maps that others would rely on.

I guess most people have experienced being lost in one way or another. Whether it's from failing to read a road map correctly or from ignoring the advice and direction of others. Some blokes just can't be told that they should turn around and go back to the last intersection.

And the 'being lost' can be a social, psychological, emotional or spiritual thing too.

I wonder if we don't all start out being lost and need to find what and where our home or our security will be. There are certainly a variety of options for us – as varied as we are as individuals! I just know that God is the unchanging reference point for me and provides a certainty and security in my life that takes away any fear or anxiety about the future.

I can still get lost, if I choose to. But, as the bumper sticker says, "If God seems far away, guess who moved."

**- Lynton Wade**

### CONNECT

Lorne Anglican Uniting Church (LAUC) commenced a special time of meditative reflection and prayer in the Celtic tradition during January. Called CONNECT it was planned to be a time to immerse ones whole self: body, mind and spirit in the beauty of our surroundings here in Lorne.

So we make a spiritual connection with God, using silence, sand, stone, sea and the ancient words of scripture. After a few moments gathering with others, we are free

to reflect as individuals. This may take us: walking by the shore, or wandering along paths dappled with sunlight and surrounded by birdsong, or sitting gazing out onto the ever-changing sea.

We meet again to reflect and to share (if we feel inclined).

Feel welcome to join us for this time of peace and spiritual refreshment.

Scotchman's Hill 8.00am Wednesday mornings

**More info from Jennifer (5289 2023), Denise (5289 1230) or Lynton (0418 831 703)**

## EASTER SERVICES

at Lorne Anglican-Uniting Church



29<sup>th</sup> March

PALM SUNDAY

10.00am Prayer & Praise



2<sup>nd</sup> April

MAUNDY THURSDAY

7.00pm Communion & Footwashing



3<sup>rd</sup> April

GOOD FRIDAY

8.00am Liturgy of the Passion



5<sup>th</sup> April

EASTER DAY

6.00 for 6.10am Sunrise Service

10.00am Communion

& Renewal of Baptismal Vows

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## Healthy heart, healthy life

The importance of doing something healthy for your heart is highlighted by the fact that 90% of Australians have at least one risk factor for heart disease. The main risk factors include a family history of heart disease, but the risk also increases as you age. Gender is important because men are at greater risk of predisposing conditions.

As a nation, we tend to take our hearts for granted but the sobering facts are that cardiovascular disease is the cause of 34% of deaths in Australia, followed by all cancers on 29%.

Research and awareness-raising is necessary in order to find cures for heart disease. As such February is designated as Red Feb ([www.redfeb.com.au](http://www.redfeb.com.au)) by Heart Research Australia – the organisation which raises funds for research into the treatment and prevention of heart disease and associated medical conditions.

Information on healthy hearts is available at Heart Research Australia's website ([www.heartresearch.com.au](http://www.heartresearch.com.au)). The site also provides four simple steps that we can undertake to make some inroads into improving the health of our hearts.

The first step is to keep moving at any age and at any level of fitness. Exercise has many benefits beyond fitness and flexibility. Exercise stimulates the body's immune system, reduces the blood's ability to clot easily, improves brain function and lowers blood pressure.

Exercise can even prevent some forms of cancer. Research in older patients with age-related muscle wasting (also called sarcopenia) has shown that strength training was found to prevent disability, slow down dementia and reduce the risk of accidental falls. In later life independence and good health are closely related to physical fitness.

The second step is to look at what we eat and to ensure we eat wisely. Good nutrition extends beyond controlling our intake of cholesterol, calories and chocolate. There is also great benefit in understanding the importance of trans fats (bad for you), and polyunsaturated and monounsaturated fats (good for you). Or how the body metabolises different carbohydrates (sugars) and the impact this has on weight, diabetes and body fat deposits.

Research consistently shows that the right balance between food intake and exercise is vital for optimum weight, fitness and health.

The third step suggested is to keep track of our health measurements. This includes cholesterol levels, blood pressure, weight, sugar levels, and exercise capacity. For years health professionals have understood the value of monitoring blood pressure, cholesterol levels, sugar level and body weight. To this we can now add the importance of measuring heart pump function (ejection fraction), exercise capacity (6 minute walk test), waist circumference, and kidney function, among many others. A close relationship between the family doctor, pharmacist and consumer will optimise the way good health is measured and monitored.

Finally, the fourth step is our mental approach and staying optimistic. Studies show our state of mind can protect, as well as damage, heart health. Important risk factors that may lead to heart disease include stress, anger and depression and these can be as damaging as high cholesterol levels in causing heart disease. Conversely, a positive state of mind, a supportive community, and personal happiness may help reduce cardiovascular problems.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support heart health. These include: prescription medicine and medicine advice; health advice such as managing your weight; blood pressure monitoring; services to help you lose weight and quit smoking.

In addition, you can get more information on heart health from pharmacies around Australia providing the Pharmaceutical Society of Australia's Self Care health information. Self Care Fact Cards available from these pharmacies include topics such as High Blood Pressure as well as lifestyle topics such as Staying a Non-Smoker.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to [www.psa.org.au](http://www.psa.org.au) 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'

- John Bell



## Your monthly health newsletter brought to you by the team at the Lorne Pharmacy & Beauty Retreat

*Renea Forsyth is our regular Wednesday pharmacist, specialising in women's health issues, mother and baby care, skin problems and fashion ... Come in for a chat any Wednesday*

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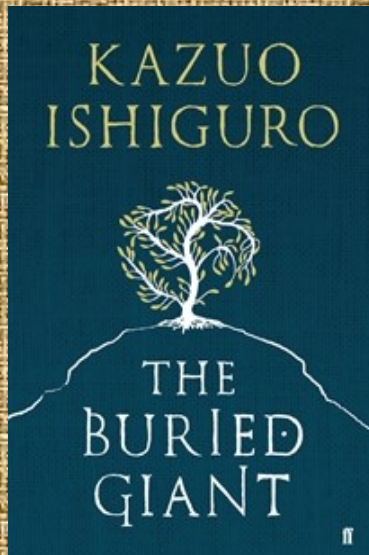
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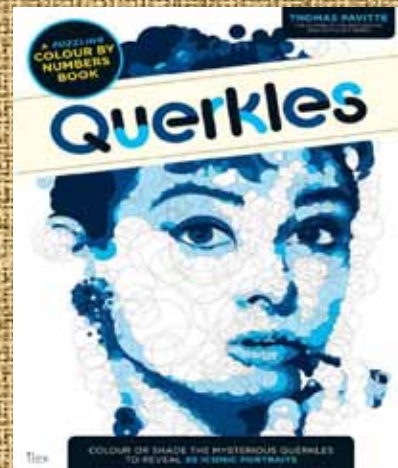
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