

# LORNE INDEPENDENT

\$2

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## Lorne starts candidates search to contest next year's council elections

Town elders and especially the Committee for Lorne have already begun work behind the scene to identify a possible contender to nominate for the Surf Coast Shire Ward of Lorne which also includes Deans Marsh.

This follows Councillor Clive Goldsworthy's shock announcement that he would not nominate for next year's council elections scheduled for the third week in October.

Although Councillor Goldsworthy has not offered an official reason why he would not be re-nominating for the Ward, it is understood personal health is a big part in the decision.

Although Councillor Goldsworthy and his wife Lesley owned property in Lorne for some time, he decided in early 2012 to move to the town full time.

A graduate in economics from the University of Tasmania, Councillor Goldsworthy spent 35 years in banking and financial services, 23 of these years working in various countries in Asia.

He is also a graduate of the Australian Institute of Company Directors.

When he was elected as Ward Councillor in October 2012, he immediately took to his responsibilities with energy and enthusiasm, and there were not many committees in Lorne to which Clive Goldsworthy didn't belong.

Much to the amusement of Lorne's citizens, he bought himself a 'tradie's' vehicle and there are many stories of him



Lorne Ward Councillor Clive Goldsworthy, with Peter Spring, President of the Stribling Reserve Committee, Ian Stewart, President Committee for Lorne Ward, Nicky Muxworthy Lorne Parent Club President, and Chris Tutungi, President of the Lorne Business and Tourism Association

moving furniture, delivering goods, and physically helping out here and there.

Not only did Lorne and Deans Marsh have its own Ward, but it had an outstanding councillor to represent its citizens where previously the town's 'responsibilities' were shared among nine councillors under the so-called un-subdivided municipal scheme.

Nelson English was our last fully Lorne-elected councillor and following his declining health, Lorne for a time had no representation on the Surf Coast Shire council, an obvious unsatisfactory situation.

Clive Goldsworthy proved to be an outstanding champion for Lorne, not only impressing with his wisdom and financial know-how, his can-do and do-it-now attitude, but also by his enormous humour and charm.

- Jo Vondra

**Why Lorne ratepayers should say  
Nope! Nope! Nope!  
to Torquay's proposed \$29 million plus  
'aquatic' and wellness centre**

**See page 12 for the reasons why!**

**Hear what the council has to say about its proposed \$29 million aquatic centre  
on Tuesday, September 15 at the Lorne Senior Citizens Centre.**

**Your attendance matters in that the proposal will affect your rates!**

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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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## GORCC answers some questions on 'Sea Bath' site

GORCC would like to provide some background information and clarification regarding the works underway at the Lorne Beach Pavilion site.

Works are being undertaken by the lessee (LandCorp) and are occurring as per the obligations of their lease.

Works adhere to relevant Surf Coast Shire planning permits approved in 2010. In response to the queries raised in letters published in the July and August editions, there is no extension of the boundary or land sales of any kind and all works are occurring within the Crown land lease footprint. No new pumping station is being installed, however the original pumping station underwent a major upgrade during another stage of works in 2011.

LandCorp has advised that the main outcomes of the current works (which are part of the final stage of development for the precinct) will be:

1. Fitness, health and wellness areas.
2. New boardwalk that will be lit at night and provide access to the main beach from the start of the Grove road carpark. This will replace the gravel track that linked these areas previously.
3. Roof spaces for solar collectors to be used to heat various pools in the precinct.
4. Refurbishment and new facade of existing plant room to integrate with new building.

A spokesperson from LandCorp the development company said "our vision has always been to have a year round facility offering a mix of hot and cold pools, health, fitness and wellness areas and our recreational areas."

"This vision is now becoming a reality and now means the facility will fully cater for the local community, business visitors and holiday makers attracted to the water's edge all year round."

GORCC's role as land manager is to work with our tenant, LandCorp, to ensure the terms and conditions of the lease agreement are met.

**Richard Davies**  
Chief Executive Officer  
Great Ocean Road Coast Committee

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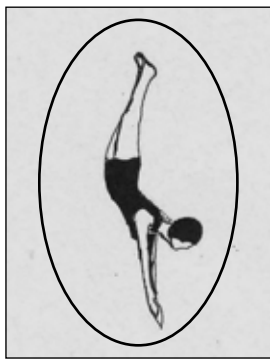
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Authorised by S.Henderson, 3A/195 Colac Rd Waurin Ponds VIC 3216

# The Louttit Loop



A belated welcome to Lorne for new Principal of our School – Karen Biggelaar. Such a big and important job. We look forward to meeting you in and about our little community, Karen. An interesting Light & Technology Art Show is happening at the School on Wed. 16/9 from 6-8.30

*Very exciting to hear that the Lorne Bowls Club restaurant is back in the hands of talented Lorne locals! Jorge Guerrero has teamed*

*up with John Boreham to create a welcoming Family Trattoria. Their opening weekend for the amazing Performing Arts Festival was a sell-out. Only open Fri/Sat until the school hols. And, yes indeed, the Swingbridge Café will continue to be the amazing venue it has developed into - same same.*

Matt and Hayley are enjoying their new little daughter and we welcome Ruby Tuesday! Interesting to read in the Surf-coast Times that Bottle of Milk (one of the stable of excellent eateries owned and manned by the brothers/cousins – well the Griffiths clan) recycles 85% of its organic matter to local compost. Some goes to the worm farm at the community garden at the ‘used-to-be-called’ Figtree House.

*It was fascinating to observe serious sorting for recycling and composting after huge breakfast buffets at resorts in Phuket recently. One shudders at how damn dumb some of OUR residents are who continue to put bottles into plastic bags in their recycling bins, and worse when their rubbish bin is full, place bagged food rubbish into the recycling bin??? Hence the entire truck full of recycling matter must then be dumped to landfill. How do we know this? Because we are continually picking up disgusting rubbish scattered by the cockies. We search in the recycling bins for heavy cardboard and bottles to wedge the replaced rubbish down. Grrrrrrr.*

If you have not yet screwed a heavy piece of wood inside the lid of your bin, our excellent Lorne hardware shop will sell you a lump of suitably heavy wood and some screws to foil the cockies. make your neighbours extremely happy and keep Lorne looking schmick!

*Eucalyptus trees are the most hardy trees around! Some totally wiped out in the big '83 bushfires sprouted new growth from their skeletons ten to fifteen years after the fire. And so when a large one suddenly carks it, we smell a rat. And we mourn. And usually we line the tree up with some great view and get a glimmer of knowledge as to why this iconic old Lorne friend has died. Some glibly call it the Otway Rot. Neighbours suspect each other. The Police are notified. They need evidence and information from anyone in the surrounding area. Arborists and tree experts are summoned as tree coroners and sadly agree that this is indeed a tree murder and should never have taken place. Doh! The trees of Lorne are part of the view and provide perches and homes to amazing wildlife and (LIKE THE KANGAROOS) are a very very important part of our incredibly special Lorne. Quit knocking them off, OK?*

Many of us know how dreadful it is when our dogs reach their use-by. Sympathies to Lindy on the demise of border collie Woogie, who has gone to the big beach in the sky. He certainly was in a very very ‘good paddock’ in Lorne.

*According to the sign in the blocked out windows, Kosta and Pam are returning to Lorne. Replacing Shells, which was*

*formerly Kosta's prior to relocation of the business to Aireys Inlet under the A La Grecque moniker.*

Bargain of the month from the Lorne Op Shop was a brown cashmere/wool Max Mara overcoat in perfect nick – snapped up for the marked price of \$20.

*Cuda Bar reopened after three weeks R & R. No wonder after serving 10,438 customers in the last year! The chef reckons he also hand-rolled 4098 duck rolls in that time! If Rief thinks that's a big job, we wish him and Rachel well with their new bundle of joy – Stella! Mind you Rachel's gorgeous Mum has flown in to lend a hand. Cuda Bar will change hands next March and hopefully the lucky new owner will keep the same wonderful vibes and food going.*

John Ford and Michael Callanan (Camel) share a birthday, and a picnic usually – but this year were invited to take their wives and a big bundle of fish and chips to the Visitors' Centre staff room when rain ruined their August 7th plans!

*What a sight it is to see Camel hurtling along in his wheel chair c/w his rake and then to hear him proudly announce "I'm off to work!" The pathways round the Swingbridge look immaculate and have a Japanese touch to them now. Mind you, the Hospital has to use a tracking device to keep this active patient under their radar.*

A sweet little girl copped quite a deep burn to her cherubic pristine cheek from a careless smoker in our main street one weekend. The three-year-old was comforted and spoiled at our Op Shop, while the stupid smoker continued her stroll, quite oblivious to the damage caused. Time to quit? You betcha!

*VicRoads have invaded Lorne and are working like mad on several fronts! They advise us to ring 131170 to report rocks or other road hazards on the GOR. To check road conditions prior to travel go to the VicRoads Vic Traffic website.*

Congratulations to Doug Williams for creating a wider circle of support for our poor Men's Shed project. His excellent factual letter in the Surf Coast Times (“Shire shed efforts embarrassing”) has prompted many positive and irate responses under headings such as “Shed mateship”, “A bad day for the citizens of Lorne”, “Shed support”, “Shed beneficiaries” – all promoting the proven positives of such Sheds, and not one dissenting comment. All were totally offended by derogatory claims of the type of men who attend these wonderful Sheds. And so say all of us – well, almost all of us.

*Hey Kids! The Commonwealth Bank is holding a colouring competition from end of August until 11th September so zap in and get busy! There are five great prizes and lucky dips for those who miss out! Colouring in books for adults are all the rage now and surprisingly are listed on the best-sellers lists.*

The community thanks the usual generous locals who fed and bedded down many groups of artists at the great Performing Arts gig.

*Can you believe our Shire are so unsure about the residents living outside Torquay wanting or not wanting to fund the building and running of a \$30 million-plus pool complex in Torquay that they invested about \$40K on a phone survey to ask those of us not away on holidays? PLEASE come to the Senior Cits on TUESDAY 15TH SEPTEMBER AT 6.00 to let 'em know that we do not want our rates to go up, and certainly that we do not want a Special Charge to be levied on us for 20 years. Absolutely ridiculous. Go to testingthewater@surfcoast.vic.gov.au for more heart attack material.....*

**- 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 will be working with the Friends of Queens Park.

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

**10am on Sunday, September 20**

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

**For more information about LorneCare contact:**

**Alain Purnell Tel: 5289 2906**  
**Mobile: 0417 031 905**  
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Lorne - a place of natural beauty and special significance

# Lorne Independent

What can one say about the determined and expensive exercise to 'test the water' on building a \$29million-plus aquatic and wellness centre other than another example of our Surf Coast Shire council's single minded Torquay-centricity.

One look at the proposal and that old codger, Blind Freddy could tell you that the proposed complex will benefit mostly the people of Torquay and those in immediate surrounding areas; those living in the outer regions of the Shire will be at a distinct disadvantage.

*Discriminated against* would perhaps be better words!

What especially grates is the audacity of pro-Torquay councillors to ask others to pay for their indulgence in the form of a special charges scheme.

There are some people still bitter in remembrance of the special charges laid on Lorne when the council in its wisdom some years ago decided to force through its plans to 'freshen up' Mountjoy Parade, our main thoroughfare.

Lorne rate-payers were lumped with considerable payment in addition to their already substantial rates.

Did the Council then, invite all Shire rate-payers to share the costs of what basically amounted to a Lorne nip-and-tuck?

If Torquay feels it needs a 'wellness' centre – to be frank it can't really be called an *aquatic* centre when the actual pool area is only about one fourth of the total space occupied – then let the citizens of Torquay pay for it themselves.

It'll be a hard task to convince the people of Lorne (and those of Deans Marsh, Winchelsea, Moriac, even Aireys Inlet and Anglesea et al) to drive over an hour to reap the benefits of a 25-m six lane pool, and other parts of a complex offering gym, play areas and other 'wellness' facilities.

But it's always wise to consider why the council has already spent considerable amount (said to be more than \$60,000) of our rate money on this latest 'proposed' scheme. Few things ever happen by chance!

Is the group of Torquay denizens (believed to be about two hundred) pushing this scheme so powerful that councillors feel obliged to go through the motions? What's behind this determination focus to virtually push the concept down the throats of Surf Coast Shire rate-payers?

One Lorne fultime resident wise in the shenanigans of council and mainstream politics confessed that an 'inner voice' had suggested to him that the wellness complex will be built.

The Federal elections are coming up soon and he said he wouldn't be surprised if shortly before the vote for Corangamite a big pile of money for the complex suddenly appeared.

Generous piles of money always impress the voters, or so the political theory runs, and Torquay and its immediate surrounds with its new developments such as Armstrong Creek represent a vitally important voting bloc.

Sarah Henderson, the sitting Liberal member will have her work cut out to retain the previously held Labor seat.

Libby Coker, a present and long-time Surf Coast councillor and former mayor has heralded her intension to contest Corangamite for Labor, and with the 'Green Elephant' in the room, as well as fringe parties, voting results might not be straight-forward.

Perhaps Surf Coast Shire councillors and administration officers know more than they let on!

- Jo Vondra



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###### 1/4 Smithers Street, Lorne

- 1 brm, 1 bthrm furnished unit, \$225 p/w, available now.

## Point Grey Precinct Plan: Planning process update

A final version of the Point Grey Precinct Plan was recently submitted by the Great Ocean Road Coast Committee (GORCC) to the Department of Environment, Land, Water and Planning (DELWP) for Coastal Management Act Consent prior to its public release.

Other updates on the current status of the planning process include:

- The Committee has approved GORCC's 15/16 budget which includes \$45,000 towards the preparation of a business case for the plan. GORCC allocating funding to this step in the process is important, as it will support our efforts to secure third party grant funding for the business case preparation stage.

- Additionally, the Committee has also committed another \$450,000 to the eventual implementation of the Point Grey Precinct Plan in this year's budget, meaning GORCC has a total of up to \$1.5million set aside for this future stage (these funds can also be allocated by the committee towards the initial design development works).

- GORCC is currently working with the State Government to prepare an application for further business case funding to be added to our contribution. Preparation of a business case is critical, as it is required prior to the detailed design stage and essential for seeking implementation funding.

Next steps:

Once the funding for the business case has been secured, a project scope will be finalised and a selective tender process will be conducted to engage expert business consultants who will develop the business case on GORCC's behalf. For your information I have also prepared a broad timeline for the next steps in the project (see below):

Please note: The timeline below is approximate and subject to change.

- July 2015: Final plan submitted for Coastal Management Act consent
- July 2015 – Sept 2015: Application process: Business case funding.
- Sept 2015 – Feb 2016: Business case development (includes scoping, selective tender & approval process)
- March 2016 – TBC: Detailed design development (this stage is inclusive of a broad consultation process and discussions with the CRG and site stakeholders)
- TBC: Approval process – detailed design
- TBC: Funding sought for plan implementation (additional to GORCC funding allocation)
- TBC: Implementation

- **GORCC media release**

## Queens Park Caravan Park Master Plan Update

The Great Ocean Road Coast Committee is currently undertaking a planning process for the Queens Caravan Park (QPCP), Lorne.

In 2014 a draft master plan for the Lorne Foreshore Caravan Park was released. This included a QPCP Preliminary Draft Master Plan, which was released consultation in January 2014.

Feedback received was considered in the development of the QPCP Revised Draft Master Plan, which was released for consultation in January 2015.

A consultation report summarising the feedback received on the Queens Park CP Revised Draft Master Plan has now been published. You can view the full report on the GORCC website [www.gorcc.com.au](http://www.gorcc.com.au).

All submissions have been considered by the GORCC Committee, and revisions are currently being made as part of the development of a final plan. Once the final plan is approved by the Committee, it will be submitted to the Department of Environment, Land, Water and Planning for Coastal Management Act consent, prior to its public release

GORCC will be in touch with further updates and will keep all stakeholders informed on the next steps in the process.

- **GORCC media release**

## Great Ocean Road upgrade in Lorne

Tourism traffic volume is expected to increase by 5 percent each year to at least 2030 and this is the reason the Federal Government is pouring money into upgrading the Great Ocean Road.

Construction has begun to rebuild two kilometres at Lorne, between Stony Creek and the roundabout at Deans Marsh Road.

The \$1.3 million in works is part of the \$50 million Great Ocean Road Upgrade, which the Australian Government is delivering \$25 million to build.

Federal Member for Corangamite Sarah Henderson said the Great Ocean Road Upgrade would ensure the longevity of the coastal road for years to come.

The project will be delivered by RECivil Pty Ltd to ensure this infrastructure continues to be one of Victoria's major tourist routes into the future.

"Road pavement rehabilitation—which is also underway nearby at Anglesea—will provide an enhanced driving experience along the Great Ocean Road that will benefit Victoria's tourism industry and grow our local economy," Ms Henderson said.

Pavement works at Lorne are expected to be complete by the end of 2015, while the overall Great Ocean Road Upgrade is expected to be completed in mid 2018.

Miss Henderson made the announcement during a recent visit to Lorne.

- **Sarah Henderson media release**



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## News from our Councillor for the Lorne Ward

### Time to pass the Baton

Over the past couple of months I have been giving serious consideration as to whether I would stand for another term as your Lorne Ward councillor in the forthcoming October 2016 election. I have decided not to stand for another term and feel it is time to pass on the baton.

The primary reason for announcing my decision 12 months before the Local Government elections is to allow the Community to begin the process of identifying suitable candidates. I am very keen to assist in this process in whatever capacity needed, mentoring, guiding and assisting candidates to prepare for the forthcoming election and life afterwards.

I shall continue to work for and serve the community in my capacity as your Ward councillor until October 2016 and intend to remain very active in our community.

### Aquatic centre and wellness complex

The independent phone survey of Surf Coast ratepayers seeking feedback on the need for an Aquatic centre and the funding model proposed has been completed. The random survey has been organised to provide a snapshot of views from across the Surf Coast including non-permanent residents. The findings of the survey will be released shortly on the Council's website and emailed to registered subscribers. More information is available online at [www.surfcoast.vic.gov.au/testingthewater](http://www.surfcoast.vic.gov.au/testingthewater).

Community Forums are being held throughout September across the Shire.

Lorne Community Forum

6.00 pm Tuesday 15<sup>th</sup> September 2015

Senior Citizens Centre

This is your opportunity to have your say and not to be missed.

**Cr Clive Goldsworthy,**

**Lorne Ward,**

**0400 756 854**

**lorneward.information@gmail.com**

### Council releases aquatic survey results

A survey of Surf Coast ratepayers has found a majority of ratepayers oppose the building of an Aquatic and Health Centre with 69% of all surveyed believing the proposal would be an excessive drain on finances.

Surf Coast Shire Council has released the findings of the survey which sought the views of 600 ratepayers selected at random according to the spread of population across the Surf Coast and ratio of permanent to non-permanent residents.

The survey's release comes in the lead-up to public forums being run across the shire in September at which Council will seek further community feedback.

Overall, 37% of people surveyed supported the centre while considering the financial model proposed to fund building and operation of the centre as well as its community benefits, while 54% across the shire oppose the centre; 40% strongly so. A slight majority of ratepayers within 5km of the proposed site in Torquay North supported the centre's construction.

The survey also found that nearly two-thirds of ratepayers appreciate the water safety benefits, with 57% agreeing the centre would provide community health and wellbeing benefits.

Also among the findings:

- 37% of people surveyed agreed that building a centre in Torquay North would reduce their travel time to access aquatic and health services.
- 53% of people surveyed believe residents have sufficient access to similar facilities.

Mayor, Cr Margot Smith, said Council was releasing the survey results to the public to ensure transparency of the consultation process.

"This is an issue that a lot of people feel passionately about, Cr Brian McKitterick, Chair of the Aquatic and Leisure Taskforce said, "Now that the phone survey has finished, we are releasing the full report publicly so people can review and understand the results and the process. I encourage anyone with an interest to read the report on Council's website."

"There is a second stage of consultation running in September with community forums across the Shire and the opportunity for people to make submissions and I really encourage people to get involved so Council can decide the next step with the best available information which includes an understanding of community views."

Community workshops are being held in Torquay, Anglesea, Winchelsea, Lorne and Jan Juc during September. To RSVP and find more information, visit

[www.surfcoast.vic.gov.au/testingthewater](http://www.surfcoast.vic.gov.au/testingthewater)

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# Sportsbriefs with John Ford

## Football and Netball

Lorne's senior football team finished the season on a high after winning its last three matches of the season, against: Apollo Bay, Western Eagles and Otway Districts. In the final match Lorne recorded an impressive 12.11.83 to 8.8.56 win at home on a difficult wet and sticky surface. Lorne received great drive from John Leontiades and Ryan Evans was in good form kicking five goals. The senior team finished sixth on the CDFL ladder with seven wins, and the reserves team sees Finals action finishing fourth after the home and away season. This is a really good result for the Club after both senior and reserves teams finished last in 2014.

The Dolphins netball teams have missed out on seeing Finals action, even though all grades played well at various times throughout the season. Many of the under-age players will be stepping up to senior levels next season and this suggests a strong future for the Club.

## Football Finals Action

The Dolphins have three teams that have made the CDFL finals. As mentioned above, the reserves team has finished fourth on the ladder and has now won its Elimination Final against Birregurra 8.15.63 to 3.2.20. The match was quite close until half time, but from that point on Lorne kicked five goals to one to dominate the second half. This team has a balance of youth and experience and should continue to perform well in the finals. Lorne next meets Alvie in a knockout 1<sup>st</sup> Semi Final at Central Reserve Colac on Sunday 30<sup>th</sup> August, at 12.00 midday, and we wish them the best of luck.

Lorne's Under 14 team had a close Qualifying Final against South Colac. Lorne came from nine points down at three-quarter time to win 6.6.42 to 5.8.38. Lorne had quite a spread of good players and thoroughly deserved the win. Lorne now meets Irrewarra-Beeac in the 2<sup>nd</sup> Semi Final on Saturday 29<sup>th</sup> August, at 9.00am, at Colac's Central Reserve. Lorne has a very good chance of winning this match and going on to the Grand Final.

Unfortunately the Dolphins Under 17 team lost their Elimination Final. However this team had a very good season and many of the players are eligible to play in this age group again next year.

## Presentation Night

The Presentation Night for the Dolphins junior football and netball teams will be held on Sunday 13<sup>th</sup> September at the Lorne Country Club. This begins at 5.30pm, includes dinner, and promises to be a great night.

The Presentation Night for the senior football and netball teams will be held at the Grand Pacific Hotel on Friday 2<sup>nd</sup> October. For bookings and more information about this night, telephone 0409 320 132. This would be an ideal opportunity to show your respect to the players, officials and volunteers who have helped the Dolphins on their climb up the ladder.

The Club is very grateful to the efforts by all coaches and officials, but as with most seasons, is reviewing all coaching positions in football and netball. These positions are now being advertised for 2016.

## Cricket disappointment

I have just learned that Lorne will not be fielding either a junior or senior cricket team this summer. This is despite the efforts over recent months by co-ordinator, Darren Balderas, to

encourage and enlist players for this summer. While initially many players had expressed interest, only a handful were prepared to make themselves available for the upcoming season. Naturally Darren is very disappointed with players, and helpers, failing to commit to the summer season. This failure to commit to a team means that other willing players will miss out - as we all know that a team cannot be built around just a few keen players. Sportsbriefs praises Darren for his great enthusiasm, attitude and commitment to cricket over many years - and this is a very disappointing outcome.

However, Darren does wish to express his thanks to those players and officials offering to help.

## Summer Tennis

Names are required NOW for junior summer tennis teams. The season begins in early October and teams have to be submitted to the Geelong Coast Junior Tennis Association in the next week. You can let Dean Goldsworthy know on 5289 6889, or John Ford on 5289 5060. Matches are on Saturday mornings and the season runs from October until March, with a break over the summer school holidays.

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

## News from the Lorne Angling and Aquatic Club

### LAAC Commodore's Report

The August general committee meeting scheduled Bob Sinclair (Architect) to present proposed drawings of a new clubhouse. The conceptual drawings show the importance of the location through the external facade and the internal layout, whilst aiming to be similar to our current design which helps to provide the unique LAAC atmosphere. On Saturday, August 29<sup>th</sup> the sub-committees will again meet to further discuss finances and design.

The GORCC has committed \$45,000 of the 15/16 budget towards the preparation of a business case for the plan. This is an important step in securing extra funding for the project. Additionally, GORCC has allocated another \$450,000 to the eventual Pt Grey Plan from this year's budget. IN TOTAL \$1.5 MILLION HAS BEEN SET ASIDE FOR THIS STAGE. Please go to [www.gorcc.com.au](http://www.gorcc.com.au) for further information.

Footy Tipping - Jamie Kerr continues to lead our competition. He is 5 ahead of his nearest rival.

Bendigo Community Bank - Lorne Branch is our major sponsor for 2015 - 16.

### Winter Fishing Comp No 4.

Many thanks to Hillec Electrical Services for their support of our competitions.

The senior winner was Steve Bacvar with a large salmon and the junior winner was Ben Moran with a grass whiting. Many thanks to Mick Carlton for the BBQ lunch and to those who helped to make this a great day.

No changes to the leader board in the Club annual fishing competitions -

Steve Muir Garfish - Tony Gallaher; Snapper Competition - Andrew Clarke; Bream Competition - Harvey Atwell

**Graeme Norton**  
Commodore

## Men's Shed activities: Meetings with council officers, final quotes, money coming in ...and lots of waiting

It is with pleasure that I present this report on the activities and status of the Lorne Men's Shed.

Since July 2013 the Committee comprising myself as President, Gary Fenton as Vice President, Don Baldwin as Secretary and John Barber as Treasurer together with John Tuck, Tony Peddie and St John Sutton have had countless meetings with Council and their representatives.

We have inspected Sheds in Winchelsea, Torquay, Anglesea, Buninyong, Ballarat East, North Geelong, East Geelong, Coleraine and Forrest to gain a better understanding of costs and layouts.

Not surprisingly we settled on our original design prepared by Colleen Lewer back in 2013.

In the finish after approaching a number of Shed Builders the final quotes that were acceptable were from Fair Dinkum Sheds and Drysdale Garages. We are yet to make the final decision.

Our finances received a magnificent boost when the Lorne Op Shop donated \$50,000.00 accompanied by \$15,000 from the Geelong Foundation, \$10,000 anonymously plus windows from Ross Mc Gregor of West Coast Windows, Glass from Phil Menzel Geelong Glass and Paint from David Haymes of Haymes Paints. We have also received support from Len Tank of Lorne Electrics, Lorne Plumbing, Lorne Country Club and many others

These magnificent donations together with the \$60,000.00 from DHS and \$30,000.00 from the Surf Coast Shire had enabled us to commence stage 1 of the Men's Shed. Basically Stage 1 is lockup stage with all services connected ready for a fit out.

I wish to thank George Dragovitch from GD Constructions in Lorne. George had been able to source many quotes and materials at cost or no charge including labour from his own work force.

We had completed the BAL Rating Structural Engineering, Computations, Soil Tests and all was well awaiting the outcome of a Surf Coast Shire Council Meeting held in Lorne of 28<sup>th</sup> April 2015. Council resolved in favour of Constructing the Shed on Stribling Reserve after an extensive search of any available sites in Lorne.

We have already paid for the building permit so all that was necessary was the final selection of the shed Builder and we were ready to build with our finances (albeit tight) in place.

A previous 40 page arborist report had been commissioned by Peter Spring the President of the Stribling Reserve Committee. The report had confirmed that there were a number of trees on the Reserve that were unsafe and as a result of this report were removed. Peter Spring and the Committee of

Stribling reserve have supported the Lorne Men's Shed and we are most grateful for their support.

Finally we were ready to go or so we thought. There are about 8 or 10 protestors from a population of around 1000 and it seems to me that the Surf Coast Shire officers gave them disproportionate attention, and again the matter of location of the Shed was for Council to consider on the 23rd June.

The result of this meeting, after a presentation by the Men's Shed Committee and Peter Spring the President of the Stribling Reserve Committee of Management was extraordinary - Council was deadlocked on the relocation and then the final result was that we were to shift the Shed 6 metres closer to the netball Court to appease the protestors or the Shed would not be built. At the insistence of Council they are now managing the project. Two months later we do not have DEPI approval to move the shed (The 1<sup>st</sup> submission was 180 pages), engineering drawings are not completed and it will be Christmas before you blink.

During this frustrating process we were required to apply for an extension of our DHS funding which was duly granted for a further 12 months.

Sadly a condition of this extension is that we are unable to apply for any further DHS Grants for a period of 5 years.

It would be remiss of me not to say that we have had outstanding support from Councilor Clive Goldsworthy. Thank you Clive and I can't imagine the frustration this has caused you. This coupled with the 100's letters of support give us the strength to continue.

Currently we are co-operating with the Surf Coast Shire but I am sure that you can sense my frustration.

I would also like to acknowledge the support we have had from the Torquay, Anglesea and Winchelsea Men's Sheds, together with the Victorian Men's Shed Assoc. and the Australian Men's Shed Assoc.

I am very confident that by the next AGM the Shed will have been constructed.

Cheers, No Beers,  
**Allan Wall**  
**President**



**Lorne Men's Shedders boosting themselves up with coffee after the first annual general meeting.**

# Torquay aquatic and wellness centre proposal

# Nope! Nope! Nope!

**Why Lorne's answer to extra charges on top of our usual property rates for the proposed Torquay aquatic and wellness centre should be: Nope! Nope! Nope!**

## Why build the centre?

The Lorne Independent understands that there is a hard-core group of about 200 people in Torquay which has actively lobbied the council over the last couple of years for an aquatic and 'wellness' centre. The council subsequently put together a 'taskforce' to investigate the possibility and it came up with a concept for a 25m pool and at least four additional areas, to house gym, playing areas, and exercise space.

## Preliminary 'testing the water'

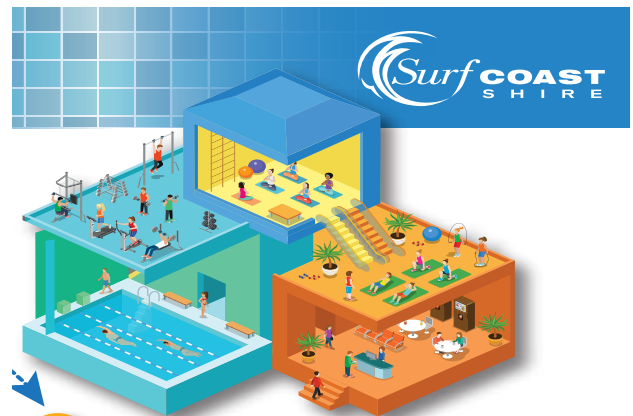
Obviously, this hard-core group has considerable influence for already the council has launched a costly awareness campaign, including employing JWS Research whose client base extends to the Victorian and Federal Governments, universities, retail giants such as Coles, and various media organisations; this month, a JWS team will conduct workshops and consultations with communities throughout the Surf Coast Shire. With graphic design images of the proposed centre, plus associated literature and consultations, all this doesn't come cheap. The Lorne Independent believes the Shire has already spent \$60,000 on the 'telephone consultation.'

## Money

The SCS in its released literature is somewhat vague of the actual cost of the project, citing more than \$29 million for the structure, in addition to more than \$1million annual operating cost. Council hopes to take out a loan, with government grants meeting about a quarter of the total sum. Ratepayers throughout the Shire will contribute a special charge according to their proximity to the complex. Final figures have not been worked out but Lorne ratepayers will have to find about \$150-\$200 annually in addition to their present rates for 15-20 years. To use the complex you will of course have to pay extra.

## The complex itself

One look at the artist's view of the complex makes it clear the design is NOT water friendly. There is one pool, 25m with possible six lanes while the rest of the complex is dedicated to 'gym and allied health facilities'. Lots of weight-lifting and pumping, yoga and other 'health' sessions but little swimming.



The 25m short course pool would not get FINA or other international/Australia accreditation, thus eliminating the complex for competitive swimming. The pool is basically a lap pool and for general use such as learn-to-swim and recreational activities.

## Other factors

The Lorne Independent understands there are three small pools already in Torquay, and the owners, we believe, have shown displeasure for not having been consulted earlier in the build-up to the proposal. With the centre presumably being situated near the present Council complex on the outskirts of Torquay, the state-of-the art Waurn Ponds Aquatic Centre (built two years ago at more than \$32 million) is a short drive down the Torquay-Geelong Highway. We also understand that the Armstrong Creek area has firm plans for the building of a public swimming pool.

## Distance

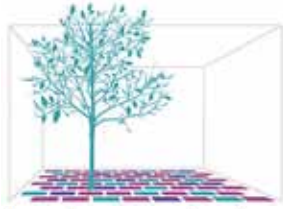
If Torquay wants the centre, so be it, but to expect ratepayers in outer regions of the Shire such as Lorne, Moriac and Winchelsea, even Aireys Inlet and Anglesea to contribute funds to a complex with little or no use is somewhat preposterous. It takes a good hour to get to Torquay from Lorne on the GOR, even more from Winchelsea, depending on the traffic. It takes less time to drive to the Colac municipal swimming pool from Lorne than it does to Torquay. And the traffic to Colac is far easier!

- Jo Vondra



## Important:

**Hear what the council has to say about its proposed \$29 million aquatic centre at Torquay. Your attendance matters in that the proposal will affect your rates. Tuesday September 15 at 6pm at the Lorne Senior Citizens Centre**



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## On mint and growing other herbs



Since they are relatively easy to cultivate, all garden design should provide for a section in which to grow herbs.

As the size of allotments shrinks and space to cultivate plants is reduced, there is still the opportunity to plant and harvest your own herbs since they can readily be grown in pots or containers, whether they be elaborate in style or not. Growing them in styrofoam boxes is a great way to have a patio garden and it is often easy to move them around to accommodate the shifting position of the sun throughout the seasons. In general herbs are not demanding of soil type so virtually any soil mix will allow most of them to grow; if you enrich the growing medium they should flourish. If you are setting aside a plot to grow them in the ground you can plant into clay soils but it is important that the soil be dug over and prepared to a spade depth and the addition of mushroom mulch will improve soil condition. The soil can be lightly fertilised and most herbs benefit from the application of a little lime to sweeten things up a little. One needn't be too fussy in soil preparation however, as in many instances the essential oils from attenuated plants are more intense. A northerly aspect is important in the culture of herbs, although having said that, parsley and mint will tolerate a degree of partial shade.

So, what should be planted in your herb garden? This comes down to personal choice and will depend on how much space you have available. The list of my top eight herbs is : mint, parsley, rosemary, oregano, sage, chives coriander and basil. These latter two are annuals, the rest can be grown year round. Let's deal with growing in containers. These should be situated near to the kitchen door for convenience. As with in-ground planting good drainage is most important. For starters we will plant mint. It is good to grow it in a container since it naturally likes to spread by sending out suckers. It can be a bit of a weed, truth be told, although is not all that difficult to control so don't be concerned. As mentioned, they will tolerate a bit of shade so they if you are pressed for positions in full sun your mint can be relegated to a secondary location and once established will motor along with minimum fuss for many years. You do not need to possess a green thumb to grow English mint. There are quite a few types of this herb, such as chocolate mint, pineapple mint, orange mint and bergamot mint. These are novelty mints yet you may find peppermint and catmint useful to have in your herb garden. The main culinary variety is English Mint, *Mentha spicata*. You may think of it as spearmint. In the kitchen it can be used in many ways. Mint is great with potatoes, with peas and also with watermelon. The plant is universally esteemed and forms part of the cuisine of Europe, the Mediterranean (tzatziki and keftedes in Greece), North Africa and the Middle East (you wouldn't, in fact couldn't prepare tabbouleh without it) and South-East Asia where it is regularly added to sauces and curries.

An infusion of mint tea is unfailingly the drink of choice in North Africa and the Middle East and it is an essential ingredient in many cocktails. Those who take their cocktail lore seriously might be interested to learn that devoted cocktail aficionados in the USA have developed a variety known as *Mentha spicata* 'Kentucky Colonel', a cultivar gazetted in 2008 and adopted as the "official herb" in the Kentucky Derby's signature mint julep drink [quote from The Herb Society of America ]. You might want to dwell on this as you prepare your drinks list for next Melbourne Cup Day.

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

**Contact number 0418 522 011**



**Lorne gets pretty cold during the winter and Pete and Jo Taylor, of Charles Street, often take delight in the warm colours of the rose-breasted cockatoos that regularly visit their sundeck .**

**Pete wrote: 'We have an extended family of six which visits. The birds can also be seen in and about the ti-trees on the foreshore.'**

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## This and that



As we all know in Lorne on 12<sup>th</sup>-13<sup>th</sup> September Wiggle Amy's Gran Fondo barrels into town on a sea of rainbow lycra – our own mini Grande route d'Océan which will soon overtake Le tour de France - but did you know that on September 5<sup>th</sup> one can PAY to join a fun run through the back roads of Lorne starting and finishing at the Sheoaks Picnic Area. One can choose a 7km, 21km, 42km or quad numbing 63km event. All enquiries at [www.trailplus.com.au/hellrun](http://www.trailplus.com.au/hellrun) or 0418557052. \$1 of each participant's fee goes to Can Teen the Australian organisation for Young people living with cancer.

For something completely different how about an afternoon of storytelling from 1:30pm – 4:30 at Di and Stuart's Countrywide Cottages, 1205 Winchelsea Deans Marsh Road. Professional storyteller, Niki na Meadhra will transport you to other times and places with stories from legend and folklore. Tickets \$25 includes Afternoon tea. Dinny Goonan's wine will be available by the glass from 1:30. There will be a raffle with local products and gifts as prizes. BOOKINGS: [www.trybooking.com/151354](http://www.trybooking.com/151354) Enquiries Di & Stuart 5288 7399 or [stay@countrywidecottages.com.au](mailto:stay@countrywidecottages.com.au)

**Above is well known Lorne identity, Hadyn Rickey with his trophy fish caught during a visit to see his son Charles and daughter-in-law Angela recently on Vanuatu. Elizabeth Rickey and Hadyn are both silent on whether the fish ended up in the oven, chopped into cutlets and fried in olive oil, or stuffed by a taxidermist and nailed to the wall of their new house in Anglesea. Ask them yourself - he works at the Lorne Information Centre on Thursday morning. The fish, by the way, is a yellow fin tuna.**

Lorne Aireys Inlet P-12 College presents Light Technology Art Exhibition on Wednesday 16 September 6-8:30pm at Lorne Campus. This should be an interesting exhibition if the poster advertising it is anything to go by. Admission is free.

Please don't forget the Deans Marsh Market on Sunday 27 September 9am – 2pm. Always a fun day out for the family with lots of activities and stalls.

- A.E.

# Close encounters with men in a shed!

Something special happens, when you close the door and offer a specialised men's-only space.

Men (as herding creatures) can let their guards down, collectively reveal their vulnerabilities and support each other without external pressures.

In that closed environment a very remarkable symbiosis emerges - that of 'mateship'.

The Men's Shed as a national umbrella organisation is dedicated to providing a safe, friendly and supportive environment for 'men's business'.

That business includes a cup of tea/coffee, a chat, repairs, or just hanging out and working on personal projects, and I am one of those rare women who worked inside the Men's Shed from 2005-2009 on the Mid-North Coast teaching yoga to a bunch of men who had an interest in their health.

The Men's Shed was that 'go-to place' for anything that needed fixing or building or doing in the community. From signage at the local park, repairs to broken furniture and appliances, to consignment pieces.

Fully equipped with a functional woodwork room and just about any tool/machine one could think of - the local Men's Shed and their skilled patrons could handle it.

I taught yoga to all men there - young men, old men, fishermen, retired builders and anyone else who wanted to hop in.

Word got out and plenty of other people wanted to join, but I kept the gate closed because it was a men's class and the one's who were asking clearly weren't one of them.

At the shed, I never tried to tidy-up or intrude on their 'mens's space' or 'private chats' and we quickly became friends.

They did a couple of woodwork jobs for me and fixed my teapot, and I taught them yoga and introduced ideas of self-care.

We talked a bit of rubbish, had few laughs and were a generally a bunch of clowns together.

Over time I earned the trust of the blokes and they gave me a set of keys to the shed, made me an 'honorary bloke', and told me how I needed one of those key holders to hang off my belt and jangle the keys like they did.

A precious and rare compliment!

Of course I had the great privilege of being let into that sanctum where information was shared and without a doubt, 'whatever happened at the shed, stayed at the shed'.

One of my fondest memories was my introduction to one of the local larrikins when he turned up for a yoga class.

A stocky middle-aged man, who clearly loved life. He was suitably dressed in his short stubbies and blue bonds tucked neatly over his belly.

He slapped a worn-out slab of foam on the floor and announced "I'm here to do yoga".

Over the years we became great mates - we would stretch, bend, relax, breathe, and he would respond with a bunch of funnies, commentary and questions from ABC radio and proudly declared that worming for 'pippies' was easier after yoga 'cause now he could bend down to get them. He loved to take the accidental phonecall during class, and say proudly "sorry mate.....can't talk, I'm in the middle of.....Y.....O....G.....A". Like a punchline in a comedy routine waiting for a suitable reaction - which he got.

Needless to say, there was also the serious side where he effectively managed his diabetes, became a little healthier and moved a few steps closer to health.

I really was one of the lucky ones, with an opportunity to see a variety of things that others rarely see - the delicacy of big brave men.

There was Big Al, a retired truckdriver who loved his chair at the tearoom table which was a 'bucket' removed from his classic car. In his chair he painted, and to my surprise his fascination was the intricate painting of wildflowers.

There was Mick who embarked on an inlaid parquetry jewelry box for his niece's birthday, with some of the most exquisite woodwork I've ever seen.

There was young Michael who was being mentored by the elders of the community and trying his hand at new tools and making a chessboard for himself.

There was Ralph, a TAFE metalwork teacher who was teaching a certificate course in basic welding and was building a mobile food van for the community.

Then there was Stu who was the big bad bearded paperwork merchant - he kept the wheels turning, showed off his shiny motorcycle and taught a few 'how-to' classes.

All in all, we talked about the difference between men and women - how women talk face to face and men talk shoulder to shoulder.

How men shared information and sought advice whilst filling a trailer, fixing someone's table or digging the vege patch out the front.

Very often this was the big stuff - prostate cancer, their wife's illness or hard times. It was the men's way.

Men's Sheds are an outstanding example of camaraderie, reputable RTO's, meeting places, substantial community contribution and of great value to their local communities.

Working there was one of the most productive times I ever had on the east coast and thankfully, some of these men are still my 'mates' today.

I owe much to the humble Men's Shed.

The fact that the recent local Lorne Men's Shed project in Lorne has been disrupted by a few with the offensive "...often stressed and lonely drunken old men in close proximity to children..." tagline is disturbing.

The initiators of such a slanderous campaign ought to be ashamed, as it is not only untrue but distasteful.

That the Surf Coast Shire has endorsed this objection at a cost of \$60,000 to the community - is truly outrageous.

Not only is it a mark of disrespect to the existing Men's Shed umbrella as the largest National Men's Health Organisation - it also sends a message of the Shire's priorities.

Obviously such funding could be used to implement further and necessary local community programming.

It seems to me that these people are clearly in great need of the 'mateship' that the Men's Shed has to offer. I sincerely hope that they all get to one soon.

- Swami Samadhijyoti

# Big changes at Lorne Community House

The Lorne Community Hospital (LCH) has announced that it has agreed to take on the role of overseeing the administration of Lorne's Community House, formerly known as Fig Tree House.

This arrangement will provide support for the House while allowing the Advisory group to generate great ideas for House activities.

The Lorne Community House enjoys an important role in community development and takes great pride in building activities and services to meet local needs.

It also gives members of the community a safe and caring environment where they can meet people with common interests, make new friends and learn new skills.

To continue this growth and activity over the coming era, Het Ramp, LCH Health Promotion Coordinator, will be a key contact at the house, bringing her energy, creativity and enthusiasm for partnering with the community.

Het will be based at the house each day and will be supported by a group of volunteers and additional support from Hospital staff in administration, finance and marketing.

Community House and LCH Fundraising Coordinator, Katy Kennedy will focus on consolidating the changes and integrating the administrative systems.

While focusing on these priorities, Katy will be based at the Hospital.

The childcare team remains unchanged.

The Community House team invites the community to have significant input and involvement.

Feedback will be actively sought through a process of community consultations over the coming weeks and months.

Information will be distributed and communicated to inform you as to how you can be involved and we urge you to take a strong interest in your Community House.

So please drop in for a chat, a cup of coffee or contact Het Ramp on 5289 2972 if you would like to become a volunteer, tutor, member or join the Community House advisory group. Our door is always open!

"Neighbourhood houses are the heart of local communities, providing a diverse range of services that are driven by the needs of the local people," Het said.

**- Lorne Community Hospital media release**



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## **Karen Biggelaar the new principal of the Lorne Aireys Inlet P-12 College**

**The Lorne Aireys Inlet P-12 College welcomed their new principal Karen Biggelaar at the start of this term. Karen has been overwhelmed by the welcome she has received meeting the wonderful students and staff and she is greatly looking forward to learning more about the school, including getting to know all of the families and to becoming an active member of the community.**

**As an educator, she has taught students from kindergarten through to Year 9, having significant teaching expertise in literacy, numeracy and information and communication technologies. Karen is an experienced school leader with a Masters of School Leadership degree from the University of Melbourne and is very passionate about developing innovative and personalised learning pathways to support students to achieve and excel, and to discover their passions.**

Karen has been in the principal class since 2005, starting as an assistant principal at Caroline Springs College in the multicultural growing western suburbs of Melbourne. At that time, Caroline Springs College had three campuses with a fourth in planning, so she has a sound understanding of the complexities and opportunities that are presented across a multi-campus school setting.

For the last seven years, Karen has been principal at Pleasant Street Primary School in Ballarat, where she felt very privileged to be part of such a wonderful school community and she relished the innovative teaching and



**Karen with students**

learning practices that have supported excellent student achievements across the school. Karen said it was quite a heart-wrenching decision to leave; but it was definitely time for a change.

## **Victorian Certificate of Applied Learning Award**

At a recent assembly, the Lorne Aireys Inlet P-12 College had a visit from Adam Whitbread from the Victorian Curriculum and Assessment Authority.

Adam came to present the College with a state VCAL award for 'VCAL Promotion'. The award was presented

to Ms Cherie Osta, the VCAL team and the VCAL students for their work, together with Blake Edwards from Deakin University in organising and running the 'Farmed and Dangerous' Film Festival held at the Mantra Resort late last year.

The festival involved over forty schools from throughout the state.

This presentation was a follow up to a state presentation held in Melbourne a few weeks ago; the award is one of only about twenty awarded across all state schools each year and represents the College's sixth such award during the past ten years.

Congratulations to Ms Osta, the VCAL team and students for their outstanding work.

**- Gary Allen**

## **Falls Festival Fund Winners**

It's that time of year again! We've launched our line up and all wheels are in motion as we inch closer to bringing in the New Year.

The Falls Music and Arts Festival is excited to announce the winners of the 2015 Lorne Community Fund. Yes, that's right – this year the value of the submissions received totalled just under \$16000 – making everyone a winner!

### **\$5000 Dolls House Restoration –**

#### **The Lorne Historical Society**

The Lorne Historical Society aim to restore the Dolls House and ensure its long-term preservation by making it an effective and flexible space for the benefit of students, staff and parents of the Lorne Aireys Inlet P-12 College.

### **\$2000 Carols on the Lorne – Lions Club of Lorne**

Funding to assist in the production of the annual Carols on the Lorne. The traditional Christmas event offers the whole community the opportunity to come together as one.

### **\$1180.30 Lorne Kindergarten 'Wild Space' Irrigation Project**

The Lorne Kindergarten is taking a disused space and turning it into a bush kinder and edible garden. The funding of \$1180.30 will pay for an irrigation system to keep the space flourishing all year round.

### **\$4750 Netting behind the Goal Posts – Lorne Football & Netball Club**

The project is to install safety netting behind the goal & behind posts at the northern end of Stribling Reserve and replace the netting at the southern end of the ground in front of William Street.

### **\$3000 Lorne Community House Storage**

The Lorne Community House is bursting at the seams! \$3000 allocated to the restoration of the community house including the cabinetry to house the popular Lorne Toy Library as well as removal and disposal of existing bench-tops and installation of new furniture.

The Falls Festival would like to thank the above applicants for the time and effort putting together the submissions and look forward to seeing the projects underway in the coming months. For those wishing to head along to The Falls Festival, tickets will be available for purchase to Lorne residents in the coming months.

**- Ruth Blackhirst**



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Surf Coast Shire

# 2016 Calendar



### CALLING LOCAL ARTISTS

Artists who are ratepayers or live in the Surf Coast Shire are invited to submit original artwork for the opportunity of inclusion in the 2016 council calendar. All entries, including the winners, will be on exhibition during September. The community will be invited to take part in the "People's Choice vote" to select the cover image during the exhibition period.

REGISTER YOUR DETAILS ONLINE BY 8 SEPTEMBER - <https://surfcoast.smartygrants.com.au/SurfCoastShire2016CalendarCompetition>  
Enquiries to Julie Dyer on 5261 0645 (tues/wed/thurs) or [jdye@surfcoast.vic.gov.au](mailto:jdye@surfcoast.vic.gov.au)

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Katy at Community House organised Jim and Sunny to visit the Lorne Community Hospital, Lorne's playgroup and the Kindergarten and according to Anna a lot of fun was had by all and donations were most generous; Jim and Danie also lunched at the Blue Pig Café.

"People were most generous to the boys and Sunny all the way along the Great Ocean Road," Anna Armistead said.

She said her nephew and Danie made the journey to raise awareness and funds to assist Jim's lifelong friend Amy Holt who is battling cancer.

### **Amy's Ride for Happiness**

More than \$10,000 has now been raised for cancer research through the recent efforts of Jim Millington and his horse Sunny, and Jim's mate Danie Linke by riding from Peterborough along the Great Ocean Road to Torquay, spending more than six to eight hours in the saddle each day.

Jim is the nephew of long time Lorne resident Anna Armistead and on their arrival, Lorne showed just how generous it could be ... Leon and Anna provided accommodation, Peter Spring and Miah Atwell made sure Sunny enjoyed the grass and a rest on the Stribling Reserve, and the Lorne Angling and Aquatic Club raised \$100.



### **Joan Rice**

In remembrance of Joan Rice, Merv Rice and family would like to thank everyone for their kind thoughts of sympathy and remembrance with her passing.

He said that Joan will be remembered by many organisations in Lorne which she loved being part of – particularly the Brownies and the Girl Guides movement.

Her participation in the many organisations, especially in Lorne made up a large part of her life.

- Merv Rice



## Letters

### On Deans Marsh road closures

The August Lorne Independent's front page about the Surf Coast Shire Council and Amy's Gran Fondo was a surprise.

We here in Deans Marsh have been having a similar experience with this event. While the Lorne community is perhaps understandably ambivalent about such events, some win but some lose from them, we in the Marsh have no conflict. The road closures are a major impediment to us all - businesses, workers, kids, visitors, residents, weekenders.

Like Lorne we recently held our annual community consultation and we too were 'threatened' by Simon Gillett with 'If you don't want us we'll take the race elsewhere' at which we - with one exception - smiled. The exception of course was the SCSC rep who looked horrified.

Your report that the SCSC pays Amy's Gran Fondo for the privilege of ruining our collective weekend comes as unwelcome but unsurprising news. I had heard such a rumour but was told it was inaccurate by those who should have known.

It is particularly galling that our money is being gifted to the event, given that I have been trying to offset the impact of the event here, and community hostility to it, by asking AGF to contribute \$2000 to our Deans Marsh community organisations.

The point of that proposed gift was so that at least Deans Marsh, Bambra and Pennyroyal could feel we were getting something out of all that disruption. There is precedent for such a donation, as David Hanson from Supersprint makes the gift of an expensive bike to our town every year when the Otway Classic is held. SADLY, SCSC officers refused to assist me in asking AGF for such a donation, and in fact sided actively with the organisers in responding to - that is denying - my request.

Our consultation this year may have made some progress for us, with the Council and the organisers exploring police guided entrances and exits for us and our visitors, and even considering reversing the direction of the race for 2016. While this would greatly shorten the road closures in the Marsh, neither solution would I think help you in Lorne.

Perhaps though Mr Gillett's 'threat' was empty? When he threatened us in the same way and we said 'fine!'. He then added '...there were only about three or four places in Australia where the event could be staged' - so maybe we have more leverage than we think and less need for grovelling?

Is it time then do you think that we as communities consider the role of our supposedly representative local government?

The SCSC officers seem to attempt to address our concerns only when pushed, and always in a reactive, catch-up manner.

Where, we may ask, is the strategic thinking going on among the officers and members of the SCSC? Or do they just do what they like, and wait for us to complain?

**Deb Campbell,  
Deans Marsh**

### Who said miracles never happen?

I witnessed one this week.

I have walked my dogs along the beach to North Lorne for about 30 year and readers will be aware of my ongoing battle to have the path from the tunnel to Hall Street restored after it was blocked at the Stoney Creek bridge project about five years ago.

Hallelujah! Lo and behold after much procrastination by every possible authority, four workmen are there currently constructing concrete steps.

My grateful thanks to Ken Smith's persistent and successful win against endless red tape.

**Alan Chipp  
Dorman Street**

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## Precarious path to brain injury

Soon you may notice people walking around wearing distinctive bright blue beanies. Those people are joining BANGONABEANIE – a recent national campaign to raise awareness for Brain Injury Awareness Week.

The objective of Brain Injury Awareness Week is to increase education and awareness of brain injury, raise funds, and develop sustainable and mutually-beneficial partnerships with related organisations across the country.

Brain injury is common, affecting over one in 12 Australians, often with no visible signs that they are experiencing ongoing issues. While the outcome of the injury depends largely on the nature and severity of the injury itself, appropriate treatment plays a vital role in the level of recovery.

The terms ‘head injury’ and ‘acquired brain injury’ (ABI), are widely used to describe all types of brain damage which occur after birth (with the exception of foetal alcohol spectrum disorder – FASD).

ABI is a complex and individual condition. The damage can be caused through a variety of reasons including accident or trauma, stroke or other cardiovascular disease, alcohol or drug abuse. It can also occur through diseases of the brain, such as Parkinson’s disease, multiple sclerosis (MS), and dementia. ABI is distinct from intellectual disability. People with a brain injury may have difficulty controlling, coordinating and communicating their thoughts and actions but generally retain their intellectual abilities.

One of the biggest causes of ABI is accident or trauma – known as traumatic brain injury (TBI). Such injuries are the result of a blow to the head or other external force. While traffic accidents, sports injuries and assault account for some of these cases, a significant number of these injuries are caused by falls.

Falls are the most common accidents among older people. Changes to eyesight and balance, weaker muscles, stiff joints and slow reflexes can make people unsteady as they age. This can increase the many tripping hazards at home and in public places. It is important to ensure

you have good lighting, wear supportive, non-slippery footwear and consider putting handrails around your home. Regular exercise at a moderate level on all or most days of the week is also important to improve flexibility, balance and muscle strength. As always, prevention is better than cure.

Certain medical conditions or medicines can also increase the risk of having a fall. There is a higher risk of falls when taking multiple medicines, starting a new medicine, or changing the dose of your medicine. Your pharmacist can help to identify medicine-related problems and provide advice on how to reduce or avoid side effects.

To reduce the chances of having a fall:

- manage your medicines and medical conditions
- understand the effects of your medicines
- move carefully – don’t rush
- exercise regularly
- wear supportive shoes
- keep your home environment safe
- ask for help if you feel unsteady
- limit alcohol intake.

Falls are a major cause of brain injury and preventing falls is an important health consideration. Your pharmacist can provide information on medical conditions, medicine side effects, mobility aids and other products which may assist in preventing falls. You can get more detailed information on preventing falls from the Self Care Fact Card titled Preventing falls available from pharmacies providing the Pharmaceutical Society of Australia’s Self Care health information.

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

**-John Bell**



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

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

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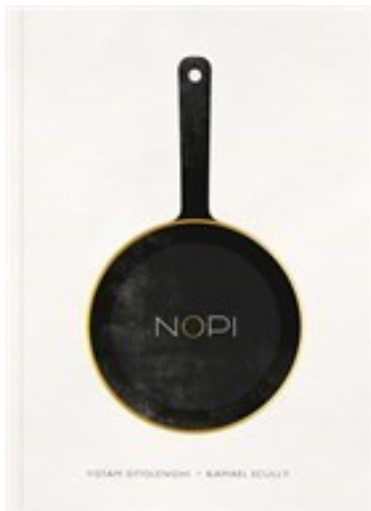
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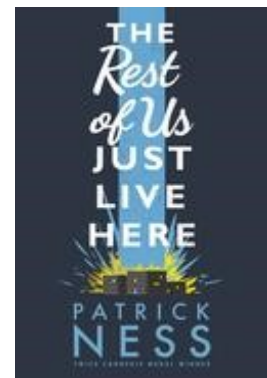


**NOPI: The Cookbook** includes over 120 of the most popular dishes from Yotam Ottolenghi's innovative Soho-based restaurant NOPI. It's written with long-time collaborator and NOPI head chef Ramael Scully, who brings his distinctive Asian twist to the Ottolenghi kitchen. All recipes have been adapted and made possible for the home cook to recreate.

***NOPI: The Cookbook,***  
**Yotam Ottolenghi and**  
**Ramael Scully , \$59.99**

Award-winning writer Patrick Ness's new novel asks what if you weren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts? What if you were like Mikey? Who just wants to graduate and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again.

***The Rest of Us Just Live Here,***  
**Patrick Ness, \$24.95**



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