

LORNE INDEPENDENT

\$2

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Men's Shedders ready to fight Lorne's cockie plague

A major problem in Lorne's plague of sulphur crested cockatoos is the ability of the birds to open rubbish bins before Surf Coast Shire rubbish collection, usually on the Monday.

On Sunday and especially early on Monday before the collection, it's not uncommon to see household rubbish strewn on Lorne's streets.

Following the Surf Coast Shire's refusal to fund gravity locks for residents' bins, Lorne's Men's Shedders have now committed to help out.

The Shedders are offering to fit a thick wooden block under the bin lid for a \$20 donation to make the bins 'cockie proof'.

The Surf Coast Shire charges \$41 for the benefits. And you have to first apply and then wait for things to happen.

"People have had enough of the terrible mess cockies make when these clever birds open rubbish bins," said Shedders President Allan Walls.

"This will be our first community service by the Lorne Men's' Shedders. We hope to put other services in place once the Men's Shed on Stribling Reserve is open and fully functional."

The Shire declining to take on board the cost of the 'gravity locks' follows a letter by Sarah Henderson, MP for Corangamite, on behalf of the Lorne Community.

In a letter of reply to Ms Henderson, Peter McLean, Manager Engineering Services said that to "waive" the \$41 would provide a significant cost to Council (in the order of \$94,000) which it had not budgeted for.

"Importantly it would set a precedent across the Shire as we have similar problems in Aireys Inlet, Anglesea, Torquay and Winchelsea (but not to the same extent as Lorne)," Mr McLean wrote. "So unfortunately Council would not commit to such an action."

He said Council had already initiated signage and the production of a brochure "Don't feed the Cockatoos" (it printed 2300) which went out to property owners in Lorne and is included in the holiday rental information pack given out by real estate agents.

The letter said that the signage "is effective to all nationalities as it is pictorial and we don't want it any larger" as it would add to the signage pollution in a landscape that is already busy.

"We will however review what signs are in place as many have gone missing and we will also provide a renewed effort with shop keepers to ensure signs are visible with businesses that attract cockatoos", he added.



At the Australian Open tennis tournament - Lorne's Jillian Chapman with Polish player Magda Linette. See Sportsbriefs for John Ford's story (page 10) on Lorne being chosen as one of 256 Australian towns to have a representative in the competition.

Shedder President Allan said that a team was ready to fix the lids. "All you have to do is ring John Tuck on 0414 759 399".

He said that if people couldn't afford the \$20 donation, "well, we'll talk about it!". - JV

**No more excuses - ring Shedder-
John Tuck
on 0414 759 399
Secure your rubbish bin lid**

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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.

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Tourist town with no petrol? Negotiations continue to keep Lorne petrol bowser open

Negotiations are believed to be continuing between BP Australia and the landlord of the service station in Mountjoy Parade not to close and leave Lorne without a fuel outlet.

It is the only bowser on the Great Ocean Road between Aireys Inlet and Apollo Bay.

The closure is due to come into effect sometime this month.

Corangamite MP Sarah Henderson has demanded the decision be overturned, citing unacceptable treatment of the community during this critical bushfire danger period.

“I am outraged at BP’s actions, which show a callous disregard for Lorne residents as well as the thousands of tourists who use the Great Ocean Road,” Ms Henderson said.

“This is a disaster for the Lorne community and for tourism.”

A story in the *Geelong Advertiser* said that the decision to close was due to difficulties negotiating a tenancy agreement with the landlord and BP.

Twelve staff will be affected.

Lorne locals have told of long-running concerns over water-contaminated fuel from the station, resulting in breakdowns needing repairs of up to \$12,000, the *Geelong Advertiser* story said.

Ms Henderson estimated BP had paid at least \$150,000 to repair engines damaged by contaminated fuel.

- *Geelong Advertiser, JV, various*

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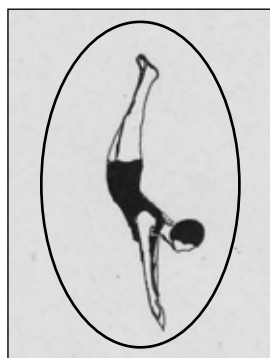


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The Louttit Loop



“RESPECT, HONOUR, VALUE your FIREFIGHTERS” proclaims the big sign on a CFA building in Geelong. We sure do! To each and every one of our firefighters we say THANK YOU, THANK YOU, THANK YOU! Whatever uniform or label you donned to fight our big fire, we Respect, Honour, Value and THANK YOU.

As we watched Leyton Hewitt battle through his final game like the legend he is, the news came

that our fire was CONTAINED!! Yippee! More than a month living with an out-of-control fire just 6km away was a weird experience. Thanks to those who started the Lorne Weekly Safety Bulletin to keep residents up to date. Also to Lorne's amazing Lions Club for generous assistance in the emergency.

A drive to Wye to support the Rookery Nook pub and the great General Store reveals a picture of what was SAVED as well as what was tragically lost. Green grass all round, kids playground booming and a few houses standing tall shouts out “business as usual” to those exploring the GOR. And of course the beach is still superb.

At Kennett the same koalas are still in the same trees surrounding the Koala Store and the amazing Glenda and Di are still cooking, baking divine pies and pasties, and preparing mega salad rolls by the busload! But they are weary. Even though the GOR was closed for so long, Glenda stayed open to feed the incredible fire fighting army!

Some unbelievable stories emerge of course. CFA worked like crazy to save one house only to see a huge eucalypt tumble on to it a week later, taking it out! Plastic water tanks melted down to big lumps of what appears to be green playdough, and the Colac Otway Shire being pedantic about helping replace these if outside some ‘line in the sand’ they must obey!

Peter Jacobs from Scully Mill Studios wrote an amazing account of the fire which was printed in Jan 4 edition of The Age Digital Edition. Tearjerking, mind boggling and well done him - and his nervous missing pair of sheep did turn up - albeit a totally different colour and in shock.

As Foodworks boss Alex evacuated on Christmas Day he apparently passed the keys over to the CFA saying “take whatever they need”. An amazing gesture which WAS needed over the following couple of days. Let’s support Foodworks and our local traders more than ever before, please. Tough times.

So our brand-new experience of a fire in our backyard for the summer has not only been pretty stressful, but also has proven to be a big learning curve. Previously most us had plans for a fire which rushed down and virtually chased us out of our homes to whichever ‘safe’ spot we’d sussed out. Now we’ve had time to refine our ‘run bags’ our ‘grab lists’ and have piles ready near the back door. At a recent North Lorne Fireguard group meeting CFA’s Mandy reminded us of the horrid power of radiant heat. She tipped out her ‘go bag’ to show and tell its contents: Protective clothing made from natural fibres (no stretch jeans thanks, woollen socks and jumper; flanno L/S shirt, cotton tshirt, spare nickers), workmen’s goggles and gloves, workboots, spare set of clothes for when one emerges from the sea, a wool blanket and a towel, a good breathing mask (P1 or P2), a brimmed hat for embers, and if poss. a builders type proper helmet. Also a terrific portable radio from Red Cross (online) with flashlight and chargers for I-things. Add water and food. Mandy suggests a separate bag for each member of the family.

The Shire’s Fire Safety and Env. Officer Darren Spicer supported putting in lots more work round our properties, especially removing wretched dangling bark and trees overhanging decks and homes.

Folk are still swapping tales of their Christmas Day 2015 experience. President Kevin Van Deuren at the Surf Club apparently was an amazing ‘mine host’ to the large group of folk who evacuated to that ‘safe’ spot; North Lorne’s Sally evacuated and took the ‘out to lunch neighbours’ brown Labrador with her; our Nursing Home’s devoted staff worked back to back shifts calming and caring for their darlings; one CFA member has the fruit for her Christmas cake still marinating; so many abandoned carefully planned and budgeted Xmas meals left to go off!

Did you know Lorne is divided into 13 sectors to make evacuation an organized and smooth operation. Thanks to the SES members who gave up family Christmas to doorknock and activate the evacuation.

The timing of the famous Pier to Pub was fairly lucky on two counts. Firstly we had seven days of enormous Easterly winds chop up the ocean something terrible – only calming down the day prior! Secondly, the accomm. operators and traders’ slow season revved up with this great gig. Thanks to the Surf Life Saving Club and all the willing volunteers who make the Run and the Swim happen.

Amazing that in all this drama, not one life has been lost. But – over the last few weeks, several really good men have passed on. A great man and benefactor of Lorne Gavin Murphy died in December, and also Geoff Sincock who was a very special man who died on New Year’s Eve. Both will leave gaps in the Lorne community as well as in their families.

And most recently dear gentle long time resident Bill Fulton lost his big battle. The summer sand sculptor created a beautiful sculpt of a huge kangaroo and an appropriate sign saying how these big brave animals will miss Fullie. As we all will. At his overflowing funeral service, it was the video of kangaroos boxing together and then gently boxing with their beloved ‘trainer’ Bill which caused the tears to flow. Sympathies to the beautiful big Fulton family, and love and sympathy to the families of all three wonderful men. Hopefully they are gathered round a heavenly campfire with David Bowie and Glenn Frey Eagles ... entertaining them!

Surf Coast Bylaws officers are rarely seen nabbing dogs on the main beach, pinging campers sleeping over at parking lots, etc etc - BUT when a desperate local parked her tiny car on one of our many underused motorcycle spaces and dashed to get her mail, she was photographed and then hunted down at the supermarket and handed a ticket with a most distinct lack of humour! Her first fine in 20 years in Lorne!

Many many long-married couples abide in Lorne. Is it the air, the ocean, the bush, the feng shui? Congratulations on celebrating their 50th Anniversaries to the Addisons, the Rickeys and the Grants.

When one of a couple dining at the Fairhaven Surf Club decided to go home to Lorne earlier than his beloved, she decided to catch the 9.00 V-Line back to Lorne. A good plan, except that the bus was a no-show! What the ..? Surf Club Courtesy bus driver Michael Leonard stepped up and showed some real Surfcoast spunk to transport the deserted V-line passenger home to Lorne!

At the oversold Footy/Netball Club fundraiser at The View in January some extremely generous bidders responded to the smart quick thinking auctioneering skills of Australia’s Lambassador Sam Kekovich - resulting in a further \$20K+ being added to the large sum raised! Fanbloodytastic. Thanks and Happy Safe New Year to all...Lillian

LorneCARE News

- caring for our environment

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

This month we will be working on the Lorne foreshore near the Erskine River.

We will meet in the car park near the Swing Bridge cafe at:

10am on Sunday, February 21

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

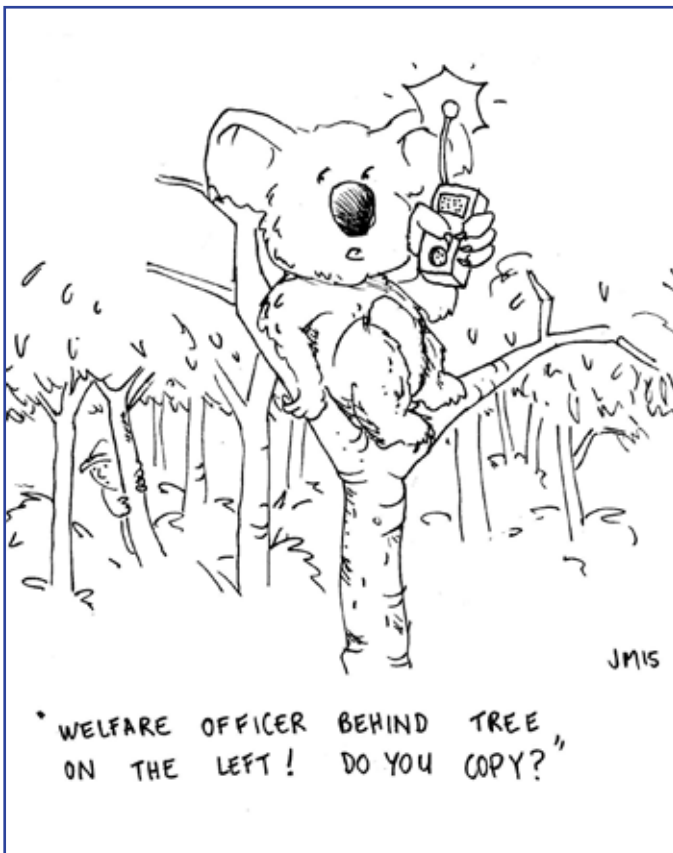
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Lorne - a place of natural beauty and special significance



This is what happens when you equip Lorne koalas with radio collars to monitor their movements.

Lorne Independent

Back two or three decades ago when we were all much younger, I was able to accommodate in Lorne a German relative, Dr Walter Kubicka and his wife Kathe during their stay in Australia.

Walter had just retired as a Lufthansa executive and as I had business in Melbourne, the house was theirs for three weeks.

A convert to health foods, Walter fell in love with Bill Fulton's Otway-sourced honey sold at the supermarket, and after just one taste immediately made contact with Bill and invited him for a drink.

Bill became a regular visitor during their Lorne stay.

During the course of their conversation Walter became 'Wally' and there they sat, two kindred spirits, talking about this and that while sipping duty-free whisky.

By the time Walter aka Wally and Kathe left Australia to continue their round-the-world flight, it had all been arranged – an 'Airlift' of Bill's Otway honey.

Bill would prepare honey in metal tins (Milo containers, as I recall), weld them shut, and the whole package totalled about 20kg. I would then drive to the Lufthansa freight depot at Tullamarine Airport.

Under a special 'employees' arrangement and documentation, Bill's honey would then wing its way to Frankfurt where Walter would take delivery.

All legitimate, dinkie-die and above-board!

The reason why Walter and his fellow health food fanatics were so crazy about Bill's honey was that it had not been centrifugally filtered, and still contained all the 'impurities' of natural honey.

Commercial honey is 'cleaned' – the natural 'elixir' removed – and topped up with glucose.

Bill's honey had a rich, glorious golden colour and the heavy, heady aroma was distinct: you could instantly recognise the eucalypts of the Otways.

This arrangement worked well for several years with a gradual increase in the number of shipments.

I was starting to grumble against these health-food shipments in that it took most of the day to pick up the honey from Bill's in Lorne, drive to Tullamarine, fill out forms, then return to the Surf Coast.

Finally, the shipments came to an abrupt halt when German customs seized the honey, chemically analysed the product, examined the method of payments and importation documentation, and Walter had to endure several sessions of interrogation by officials.

They probably thought they had cracked a major Australian-German drug importation scheme only to find that nothing illegally had transpired.

Walter later admitted to me rather coyly: "It was a great embarrassment to me!"

Walter aka Wally only died a couple of years ago and during our frequent telephone conversations he often asked: "How is my friend the Honey man – (der Honigmann)?"

With condolence to Pam and the Fulton family!

- Jo Vondra

**More tributes to Bill Fulton
in the March edition!**



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Wye River-Separation fire tragedy: One family's story

On Christmas Day, Kate Beamish (Kate is a teacher at the Lorne P-12), husband Ben and two year old daughter Annie had driven to Lorne from Separation Creek for their traditional family lunch with Kate's Mum and Dad, Nelson and Barbara Knight.

Just as they were about to sit down, the news came of Lorne's evacuation and that Wye River and nearby Separation Creek were in the path of a severe bush fire.

Police had sealed off the area.

Nelson and Barbara had moved into Lorne only last year and it seemed like a good idea as Kate and her husband were only a short drive away at their permanent home at Separation Creek.

As with many grandparents, Nelson and Barbara were keen to help out wherever they were needed, especially with grandchildren.

Kate's brother Sam Knight works out of Lorne with Parks Victoria and had actually been involved in fighting the fire since it ignited through a lightning strike so the family knew the danger they were facing.

When the warning came to evacuate, the family moved quickly.

The Christmas dinner was stored in the fridge and the family packed a few necessities to stay with friends in Melbourne.

The fire of course raced through Separation Creek and Wye River destroying 116 houses in the two hamlets ...and unfortunately Kate's and Ben's house was one that was burned to the ground.

The family had lost everything.

Nelson said that they only had the clothes they were wearing when they drove to Lorne, a few gifts for the family and also some items of food to contribute to the festive dinner.

"Their home was completely destroyed, Ben's ute had melted and even after hours of sifting through the rubble, nothing was found including a fire proof box which obviously was not able to withstand the estimated 800 plus degrees of heat," Nelson said.

In his previous life, Nelson has been a member of Lions Club of Blackburn North for more than 20 years and one of the first things he did following the retirement move to Lorne was to join the Lions Club of Lorne.



Ben and Kate Beamish in front of the ruins of their home at Separation Creek. As the home had been built some years ago, asbestos is very much a problem, especially in clearing the debris. The family, however, is determined to rebuild and continue their life in the area.

Since his arrival he has been an enthusiastic participant in the various Club activities.

When the extent of the tragedy just a short drive from Lorne became known, the Lorne Lions sprang into action and provided cash donations for clothing, personal items and shelter with food vouchers from the local supermarket.

"The rebuilding of the family home at Wye River will take a long time," Nelson mused, "and there will probably be additional expense due to new building regulations.

"But Kate and Ben are determined to rebuild and continue their lives in Separation Creek" Nelson added.

- Story Nelson Knight



In better times: The Beamish home at Separation Creek showing daughter Annie and a friend. The photograph was taken last year.



News from our Councillor for the Lorne Ward

The beginning of 2016 was like no other. Our community was still in shock over the devastating bushfires, a very quiet and eerie New Year's Eve, the absence of the Falls Festival beach goes a distinct lack of holiday makers and day trippers made for a slow start to 2016, but life must go on.

Once again our community demonstrated the resilience and determination to move on.

Over the past month there have been so many examples of the tireless efforts, support and assistance to help others whether it be by the emergency services, local businesses, clubs and the many individuals.

Thank you to all.

Another significant impact, the closure of the Great Ocean Road has meant reduced visitation impacting all towns along the Surf Coast.

There has been a massive downturn in business across all sectors of our economy.

The Committee for Lorne, Surf Coast Shire, Colac Otway Shire and Great Ocean Road Regional Tourism are working closely together to develop and implement economic recovery programs.

The biggest challenges are to increase visitation, encourage people to stay longer and marketing capacity to profile the wonderful destinations across our region.

Additional promotion will be undertaken for our existing events and a number of new events over the Autumn period are being developed.

It is now time for everyone who loves the Surf Coast to show your support and actively promote the region in anyway possible.

A few dates for your diary and friends :

Vic Surf Life Saving Masters & Seniors Championships – Feb 6 & 7 – Lorne Beach

Lorne Sculpture – “Slow Lunch” Sunday February 14 - QDOS

Apollo Bay Seafood Festival – Saturday, February 20 – 10.00am

Melbourne Food & Wine Festival “Longest Lunch” – Friday March 4 - Mantra

Lorne Sculpture Biennale – Saturday, March 12 to Sunday April 3

Lorne Football & Netball Club – Easter Blockbuster – Saturday March 26

Memorial Arch – Eastern View

The Great Ocean Road Coast Committee (GORCC) recently released a paper identifying issues & opportunities for the Great Ocean Road Memorial Arch Precinct.

Key issues that will be considered during the planning process include

- Tourism impacts: overcrowding during peak visitation times, safety concerns associated with undefined parking areas, toileting in the nearby dunes and residential areas, littering, unsafe pedestrian practices and inappropriate beach access/dune destruction.
- The need for toilets or a viable solution
- Insufficient number of rubbish bins & patrols
- Current 80km speed limit and traffic safety.

A large range and number of stakeholders have an interest in the project, local residents, holiday home owners, local community groups, agencies & land managers. Agencies and land managers with an interest in the precinct include DELWP, GORCC, VicRoads, Surf Coast Shire, Parks Victoria, GORRT and Powercor

For more information go to:

www.gorcc.com.au/projects/418/

Councillor Clive Goldsworthy

Lorneward.information@gmail.com

0400 756 854

Council funding for Lorne Arts Festival

Surf Coast Shire Council has committed a three year funding program totalling \$75,000 to support the Lorne Arts Festival.

The Council will provide \$25,000 each year for the 2016, 2017 and 2018 edition of the festival through a Signature category event grant.

To qualify for Signature level funding an event must achieve national exposure and deliver significant economic benefits.

Lorne ward Councillor Clive Goldsworthy said the Lorne Arts Festival had become a major drawcard for visitors and had provided a significant economic boost at an historically quieter period of the year.

“Council has a particular focus on supporting events in the off peak season from post Easter to early December.

“The Lorne Arts Festival, being held in late August, meets this criteria and data shows it has resulted in a major boost in accommodation rates and visitor expenditure. In addition, the festival strongly aligns to the arts and culture brand for Lorne as a destination.

“The national pull of the festival has resulted in occupancy rates increasing significantly since the Lorne Arts Festival commenced in 2011 and retailers report visitor expenditure is well above average during the festival.

A survey of the Lorne business community found the estimated economic benefit of the festival was approximately \$3.2million.

“The appointment of a new director Naomi Daly and the commencement of a new five year business plan for the festival is expected to result in further growth of the Lorne Arts Festival,” said Cr Goldsworthy.

“Over the coming years attendance is envisaged to approach 5,000 resulting in an estimated economic benefit to Lorne of some \$4.8 million annually,” he added.

- SCS media release

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Sportsbriefs with John Ford

January Tennis

Lorne Country Club Tennis Section held a range of exciting events during January with many members and visitors taking part:

A Coaching Clinic was held during the week beginning 11th January and it culminated with a barbecue on the Friday. Generally the pupils were of school age, but a few experienced players also attended to learn some of the finer points of the game from Alvis Svickers. Alvis, and Jillian Chapman are to be congratulated on the success of this program.

A 'Free Tennis Day' was held on Saturday 23rd January. This is a Tennis Victoria initiative as part of their promoting of tennis as the 'Sport for Life'. The intention is to introduce new players and families to tennis – and to encourage former players back to the sport. Each participating club is rewarded by having an Australian Open player drawn to represent their town.

Lorne was chosen as one of 256 towns Australia-wide to have a representative. The player drawn to represent Lorne was 23 year old Polish player Magda Linette – who is seen in the photo on page one at the Open with Lorne's Jillian Chapman.

The promotional material invited our town to barrack for this young player, and to promote our Club and town through the Australian Open Championships. Lorne Country Club hosted this free day which included fun tennis, coaching for all ages, and some sets of serious tennis for experienced players. The day was a great success and will likely be an annual event.

The Australia Day Mixed Tournament held on Sunday 24th January saw players enjoying almost perfect conditions for tennis. After four sets of spirited 'round robin' tennis the winners were Dorothy Kelleher-Dixon and Esmond Pitt. The competition had been close and all players welcomed the barbecue lunch that followed.

Some of Lorne's junior players competed in the Surf Coast Tennis Tournament held in Jan Juc in December. Oscar Balderas and Liam Sayers won the 14 and Under doubles event, with Liam also being runner-up in the singles final. Jasper Atkinson won the 10 and Under singles championship and was runner-up in the doubles.

Competition resumes for these junior players in February, as well as the Thursday coaching sessions – from 3.30pm.

For coaching contact Dean Goldsworthy on 5289 6889 or Jillian Chapman 0407 338 904.

Ladies Golf

Welcome to 2016 and an exciting year ahead for the Lorne Ladies Golf. Golf recommences on Tuesday 2 February.

No more procrastination "JUST DO IT". All levels welcome.

Dust off the cobwebs from any clubs you can get your hands on and join the very friendly group of ladies every Tuesday morning. This year we will be running a 9 hole and an 18 hole competition.

Play commences at 9 am, (times may vary in February due

to hot weather conditions, please call Caz on 0419 317 011 or Lesley on 0437 028169 prior to arriving at the club).

Golf Lessons: Vicki Thomas will be available for golf lessons on Monday 8 February from 1 pm.

If you are interested in lessons, contact Vicki on 0409432045, or Lesley 0437 028169.

Happy hitting
Lesley Goldsworthy
Lady President

Pier to Pub and Mountain to Surf

Lorne Surf Lifesaving Club held the annual Mountain to Surf run on Friday morning 8th January. Conditions were very good and many runners achieved their 'personal best' times, along with other who ran with family or friends. Fastest times were recorded by Nicholas Wightman of Ocean Grove (23m 48s) and Tarli Bird from Echuca (27m 27s).

The Pier to Pub swim saw Sam Sheppard again win the event – his time this year being an amazing 10 minutes and 2 seconds. Harriet Brown won her fifth women's title in the record time of 10 minutes 51 seconds. The events were very well supported by locals, visitors and a group from Geelong Football Club.

Send articles to byswerdi2@bigpond.com
Or post to: 35 George St, Lorne 3232.

Lorne Anglican-Uniting Church is flipping for a good cause

Lorne's ladies and a few men will be busy on Tuesday February 9 dishing up pancakes from the stall in front of St Cuthbert's Church in Mountjoy Parade from 10am to early afternoon.

UnitingCare Pancake Day is an annual fundraising event that encourages local to flip for a good cause.

This year all the money raised will support UnitingCare – one of the largest providers of community services in Australia, assisting over two million people each year.

Local Pancake Day flipper Pamela Plum (she's been doing it for yonks!) said Pancake Day is a great way to bring the community together and have fun while making a real difference to those in need.

The Lorne Independent pancake reviewer said that from past experience, the Lorne pancakes were 'bloody delicious'.

Maple syrup is highly recommended. "Watch out you don't have too many," our expert warned.

- JV



News from the Lorne Aquatic and Angling Club

Commodore's Notes

Congratulations to all involved in further enhancing the relationship that has developed with the Lorne / Aireys P-12 College. During November and December senior students were involved in fishing programs conducted by our members. Both days were extremely successful and students caught a variety of fish on both occasions. Once again, the Club was proud to be the sponsor of the \$250 - School Dux Award which was presented to Leo Coleman (pictured below with Graeme Norton) with an excellent ATAR score of 94.2.



The \$250 LAAC Incentive Award was presented to Year 11 student Rhoanna Furneaux.

Our congratulations go to both worthy recipients

Coastal Communities Suffer

No doubt all members are now aware of the fires that have caused hardship and devastation to the local communities along the Great Ocean Road. Your Club has generously supported two families who lost their homes and all their possessions at Separation Creek and Wye River. As Commodore, I am extremely proud of the generosity of our membership who helped to support these families in their time of need.

Monies raised through raffles and special efforts in 2016, will be allocated at the discretion of the general committee/ executive.

Committee Notes

Our club has been prepared for the holiday season and we are looking forward to catching up with our non-resident

members. The club will be open from 3.00pm each day and music will be a regular occurrence.

Assistance is required to fill the driving roster of the courtesy bus. If you can help, please talk to manager Ian.

And when it comes to coffee, Jason is happily serving great coffee from the veranda. He has established a regular clientele so call in and please support this initiative

Fishing Competitions – 2016

The committee recently decided to clarify the zones in which fish may be caught to be eligible for entry into our monthly or annual competitions. The boundaries are –

North – the marine park at the mouth of the Anglesea River.
South – the Apollo Bay Boat Harbor.

All public rivers or lakes south of the Princes Highway between Colac and the Great Ocean Road.

Congratulations to those members and community businesses that have once again committed to support the club's 2016 fishing competitions. Major sponsors for our fishing competitions over the next months are: 24 January (Western Insurance Brokers), March 13 (Lorne Breakdown & Towing) and March 27 (Peter Ryan & Associates).

Coming Events –

Please remember to register your catch at the club if you wish to enter annual awards – see noticeboard in fish cleaning area.

Clean Up Australia 2016 – March 6th – meet at Club house at 9.00. As usual, we will tidy the Great Ocean Rd from Big Hill to Stoney Creek. All members and friends welcome.

Graeme Norton
Commodore



Our two photographs show lazy summer days and the pleasure of fishing.



Lorne Community Hospital well prepared for fire emergency

A key element of a 'shelter in place' plan at the Lorne Community Hospital is to ensure there is excellent daily situational monitoring of weather and warnings, trigger points for action on extreme or code red days and a plan for responding to warnings such as 'watch and act'.

Good preparation and planning are critical and Lorne Community Hospital has a robust and well-practiced Emergency Management plan which outlines in detail the planning and response for Bushfire events.

The fire plan is to 'shelter in place', a decision that was based on key unique characteristics of the service - the building is deemed 'highly defensible' by CFA, the aged residents have high care needs and would suffer in the process of evacuation and the town has limited road access that would be impacted in a fire event.

In the aftermath of the Black Saturday fires the Health Service undertook a risk review and invested in further fire management infrastructure. This included installing water tanks, a centrally controlled sprinkler system, vegetation and ground cover changes and fire rated grill guttering.

Close vigilance will stay in place throughout this summer and the Health service will be ready to respond whenever required.

Communication and updates can be found on the 'Lorne Community Hospital' face book site.

Kate Gillan
CEO

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News from the Lorne Medical Practice

Bushfires leaving mental health issues

THE sheer scale of the damage wrought by the recent Wye, Kennett River and Separation Creek bushfires will have a profound effect on the mental health of many people.

Feelings of anxiety and distress are an understandable and normal response to the current situation and may be related to being directly at risk from the bushfires or being worried about the impact on family, friends or the local community.

People in fire-affected areas often suffer post-traumatic stress. If neglected, this can grow into larger concerns including mental health issues.

It is important for individuals to be aware of their stress levels. If you are worried, if there is a lack of sleep, anything out of the ordinary is a sign you need to do something.

It is vital people remember they are not alone and that there is help available should they need it.

How to seek help?

- Mental health support is available by calling Beyond Blue, Lifeline, Kids Helpline, State Mental Health Telephone Access Line and Victoria Rural Mental Health Support Line.
- Book an appointment with your GP to discuss any concerns or simply have a chat about your experience.
- Mental health specialist, such as a psychiatrist, psychologist or social worker.
- Community health centre
- Australian Centre for Post-traumatic Mental Health Tel. (03) 9035 5599
- Speak to a friend or family member.

Things to remember

- Post-Traumatic Stress Disorder (PTSD) develops in some people after they experience or witness an event that threatens their life or safety, or that of others around them.
- Symptoms include vivid memories, irritability, mood changes, feeling constantly on edge and avoiding reminders of the event.
- It is common for people to have some of the symptoms of PTSD in the first few days after the traumatic event. Most will recover by themselves or with the support of family and friends. Others may need professional help, especially children.

Dr David Mullen
Lorne Medical Centre



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GORCC seeks input for Memorial Arch Precinct - and hopefully also consider a toilet block

The Great Ocean Road Coast Committee (GORCC) has released and is seeking feedback on a paper identifying issues and opportunities for the Great Ocean Road Memorial Arch Precinct at Eastern View.

GORCC CEO Richard Davies said the release of the Issues and Opportunities Paper was a key step in the overall planning process for the iconic precinct.

“The aim of the overall master planning process is to produce a document that provides GORCC with a vision and plan for the management of this highly valued site into the future,” he said.

A wide range of stakeholders have interest in the precinct, ranging from the local community through to government agencies and tourism bodies.

“Input from these stakeholders and the wider community is critical to the success of the project and the final plan needs to reflect their desires and vision for the precinct.

“The final master plan will be developed through a process which acknowledges stakeholder and community interests and concerns and offers opportunities to provide input and feedback,” said Mr. Davies.

An Agency Working Group (comprising representatives of agencies and land managers with an interest in the precinct) has been established to provide input into the process.

“The AWG includes representatives from VicRoads, the Surf Coast Shire, Parks Victoria, the Department of Environment, Land, Water and Planning, Powercor and Great Ocean Road Regional Tourism,” said Mr. Davies.

Mr Davies said a Community Reference Group had also been formed to provide a structured mechanism for gaining



in-depth input and feedback from community representatives at key points in the planning process.

- GORCC media release

(The arch precinct has been subject of a string of complaints because the memorial does not offer any toilet facilities to the many visitors.

The problem of the lack of toilet facilities has been around since the administrators of the site, GORCC and the Surf Coast Shire could not agree on an arrangement to service the toilet block – so it was pulled down.

As a the result visitors have to use the ‘bushes’, and the smell and abundance of paper in the low scrub leading to the beach is a disgrace to both authorities.)

- JV



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Flowers that bloom in the night



Perhaps you are sitting out on the deck and enjoying a warm evening with friends when you pick up the subtle scent of blossoms. Why are these plants flowering at night when no one can see them, somebody may well ask. Well, they aren't doing so for your benefit. That heady fragrance you are enjoying is being picked up by other critters moving around in the shrubbery; those blooms not visible to our naked eye are being detected by other eyes peering through the undergrowth. Some bees and wasps are active at night and there are gnats, thrip and moths homing in on them and pollinating as they go from flower to stigma. Beetles, bats and even ants may be pollinators too. Generally speaking plants that rely on night pollinators have white petals, a strong scent or both. (Birds don't rely on scent to locate their food within a flower. Red petals are their favourite I believe although the staple for the many birds in my own garden are banksia flowers yet I can't seem to grow the red variety *B. coccinea* which presumably would bring in more of them.)

There are two climbers that can adorn your veranda posts and provide nocturnal fragrance: honeysuckle (*Lonicera japonica*) which is easy to grow and night blooming jasmine (*Trachelospermum jasminoides*) with small snow white flowers. I would be reluctant to have Evening Primrose introduced into my garden knowing that it is closely related to Morning Glory which can be invasive. This is *Ipomoea alba* and produces pink, white and even bright yellow flowers which will open at dusk in around a minute before closing when the sun pops up over the horizon. Given these attributes maybe we could update its common name to Zombie Flower, or have I been influenced too much by pop culture?

In choosing a shrub with fragrant flowers you could well turn to Datura. Datura is a Hindi name deriving from the Sanskrit. The long, pendulous trumpet flowers hang from a shrub which grows to about three metres tall and has the botanical name of *Brugmannsia/datura innoxia*.

It is a highly poisonous hallucinogenic which may have you talking to armchairs and which when the effect wears off can leave you blind for a number of hours. This inconvenient side effect was most distressing for a man I once knew who had to drive to the airport to meet his girlfriend. People have died after ingesting datura flowers so simply admire the fifteen centimetre blooms, don't touch them and enjoy their evening fragrance. Like a number of plants they are known as moon flowers.

Everyone wants to get on the bandwagon with this enchanting name which is also used to describe the evening primrose. My favourite moonflower, aka 'Moonlight Flowers,' is the name ascribed to the yucca, the tall desert plant from Mexico which, according to my 1969 edition of P. J. Hurley's *An Encyclopaedia for Australian Gardeners*, has blooms which "shine in the moonlight". There is a reason we have plant taxonomy and use it to clearly identify and classify plants in order to avoid confusion. By doing so we know that this same plant, sometimes called Adam's Needle, is in fact *Yucca filamentosa*. This is a desert plant, the floral emblem of New Mexico and related to the Joshua tree that epitomises the Mojave Desert. It may be known as Spanish bayonet, bear-grass, needle palm, silk grass and spoon-leaf yucca but I don't care what they say about it because I think it a wonderful accent plant which produces creamy white flowers that glow in the moonlight and I like it a lot. A man called Chris Winslow is rather lyrical in saying of yuccas: Another more evocative name for them is 'ghosts in the graveyard.' This comes from the high number of yuccas growing wild in forgotten graveyards, where their large white flower clusters appear as 'ghosts' in the moonlight. Somehow while intending to raise the issue of night blooming plants I have raised the subject of zombies and graveyards! This was unintentional so to get back to yuccas: plant them where you can appreciate them after dark.

* Winslow, Chris (January 18, 2012). "[Yuccas: 'Ghosts in the Graveyard'](#)". Hays Free Press (Hays County, Texas) (Vol. 109, No. 41) (Hays County, Texas: Barton Publications, Inc). p. 1C. Retrieved 5 February 2015

Doug Williams is a retired gardener and landscape contractor who still makes himself available for consultations and specialised work as well as continuing to maintain his Mobile Nursery. Contact number 0418 522 011

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This and that

Richard Manning 's next exhibition of oil paintings Landscape with Donkey at QDOS continues until 12th Feb.

After completing a Diploma of Fine Art at Monash Caulfield in 1984 and a Post Graduate Diploma in Electronic Design and Interactive Media at RMIT, Melbourne in 2002, he had appointments as artist in residence at the Melbourne Remand Centre and curated one of the first NGV Access Gallery exhibitions 'Inside, Outside' showcasing works of Victorian prisoners.

He has recently spent an extended period of time living and working at Kennet River and his current exhibition revisits key works from his previous QDOS exhibition.

Also continuing at QDOS until 2th Feb is works by sculptor Clifford Burt who has regularly exhibited in Australia and internationally over the past 30 years. He has also been an active arts writer and reviewer for a range of publications. Trained in Victoria, he has received numerous awards and has public commissions on display throughout Australia.

On 13th Feb to 4th March Phil Doggett-Williams' exhibition titled LOOKOUT is a series of pastel drawings the artist has executed predominately in the Otways en plein air. The drawings are exploring not only the beauty of nature but also its vulnerability in an age of environmental uncertainty.

Exhibiting with Phil Doggett-Williams is sculptor Heuber White, who works in local native timber and his work promises to be interesting and perhaps revealing and enhancing the our vision of the trees that surround us in Lorne.

AE

Mangowak Amphitheatre Opening

Well known author, poet, musician Gregory Day, one of the many talented and artistic people we are so fortunate to have living in the Surf Coast Shire, has come up with the brilliant idea of reviving the small neglected bush amphitheatre at Distillery Creek Picnic Ground at Aireys Inlet.

Recently he mounted a very successful theatrical production featuring Jan Wositzky giving a very spirited performance of The Go-Between – a lively retelling of the life of William Buckley or Murrungurk as he was known for the thirty years that he lived among the Wathaurong people.



The bush setting, the minimal stage props, the closeness of the audience made for a lively, interactive and completely engaging performance.

Jan Wositsky brought alive the early dark, savage, brutal and often murderous history of the beginnings of the colony of Victoria

and the treatment of the indigenous population.

Greg has great plans to continue to produce theatrical events in this intimate and very beautiful setting and mentioned that he was negotiating for a production of Dylan Thomas' Under Milk Wood later in the year – Stay tuned - it will be the smash hit that this one was and tickets may be scarce!

- A.E



Surf Coast visual artist Susan Sutton is surrounded with unfinished paintings in her studio as she prepares for her forthcoming solo exhibition at QDOS Arts, Lorne.

Susan usually exhibits in January every second year, but this year her anticipated new collection will be opened at the gallery on Easter Saturday 26th March.

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The Aire Valley Redwoods - Otway Ranges best-kept secret

Of those travelers who do venture into the Otway Ranges hinterland from the Great Ocean Road, few visit the redwood trees on the banks of the Aire River- largely because of their relative anonymity caused by the lack of publicity.

But it is not without good reason that the Redwood grove has been described as the Otways' best-kept secret.

There is also the more narrowly defined portion of the Otway Ranges known as the Otway Uplands: an 80km-long range running parallel to the coast from west of Anglesea, through to Mount Cowley and Mount Sabine, then to Haines Junction and along Turtons Pass to Olangolah, on to Beech Forest, Ferguson, Weeaprounah and Wyelangta to Lavers Hill.

This strongly defined ridge is both the core and the backbone of the Otways.

To those with a more adventurous spirit, the classic Otway landscape is the dense forest on the higher ground of the Otway Uplands where the rainfall is heaviest, the fog is the thickest and the Mountain Ash trees are the kings of the forest.

To a tree aficionado, the Great Ocean Road is merely the watery hemline of a magnificent gown of vegetation clothing the beauty of the Otway landscape.

When the Redwoods were mere saplings, they struggled for survival amongst the bracken, blackberries and native scrub and were besieged by all manner of pest plants and animals.

Most early settlers in the Otways were beaten and heartbroken by these overwhelming forces of nature

Much of the abandoned farmland, which reverted to scrub in the upper catchment of the Aire River, one of two south-flowing rivers in the Otways, was later reclaimed by the government as Crown land for planting with fast-growing softwood trees.



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A small section was planted with coast redwoods, natives of coastal California, where they grow to prodigious heights and have a reputation for being the tallest trees in the world.

The Coast Redwoods were planted at Aire Valley as an experiment, to discover whether they would be suitable for growing as a commercially viable timber species.

These extensive plantings of exotic species from the northern hemisphere became known as the Aire Valley Plantation.

Still in their youthful phase, the Redwoods are healthy and vigorous, thriving in the rich fertility of the Otway soil.

They soak up the moisture from the winter rainfall and summer fog, and drink deeply from the trout- laden waters of the Aire River. In time, they may surpass in height the native Mountain Ash, and could well challenge the prodigious top heights and longevity of their parents, the Californian Coast Redwoods.

At 75-years-of-age, the Aire Valley Redwood stand has been classified as a site of biological and cultural significance and, ironically, due to its timber production origins, the Redwood grove has been included in the recently created Great Otway National Park.

This is the only example in Australia of a National Park boundary being extended in a linear fashion to incorporate an area of exotic softwood trees.

Given the Redwoods' attractive setting deep within the native eucalypt forest with its significant botanical, historic and cultural values, the Otways' best kept secret will not escape the eyes and the lenses of the tourism promoters for much longer.

Over the next few years it is inevitable that the Redwoods will emerge from their relative obscurity to join the list of 'must-see' tourist attractions in the Otways. When that happens, there will be the challenge not only of managing the movements and actions of visitors to this special and unique place, but of managing the redwoods themselves in a way that is sensitive to their botanical features and cultural heritage.

Extract from: 'The Redwoods of the Otway Ranges' by Roger Smith, 2015. First published by Lothian Custom Publishing, Middle Park, Victoria 3206. \$32-95 inc gst.

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The Spirit Foundation – Great Ocean Road Locals Supporting Locals

People have enquired about the Spirit Foundation and it is timely to remind everyone of its origins and the work it has done and continues to do, in our community.

The Spirit Foundation is a Charitable Trust, registered with the Australian Charities and Not-for-Profits Commission (ACNC). It is also registered with the Australian Tax Office and has Deductible Gift Recipient status. In other words, the directors of the Spirit Foundation can, upon request, issue a Tax Receipt for a donation, which the donor may use to claim a tax deduction.

The Spirit Foundation hasn't always been known by this name. The Trust was originally established in 2013 and called the Casey Tutungi Future Fund. This Trust was set up to raise and manage donations, which were given to support Casey Tutungi and his family after he sustained a football injury that resulted in quadriplegia. The communities of the Surf Coast, Geelong and in fact from all parts of the country made generous donations to support Casey.

Casey, Bridget and their child Asta have just moved into a new, purpose built home which provides Casey with the mobility and independence he requires and is also equipped for his ongoing rehabilitation. Casey and Bridget elected to use the proceeds of his insurance, which he received after his injury and with the support of many building products suppliers and tradespeople, now live in a home that completely caters to his needs.

A considerable sum of money was raised and the Directors of the Fund have managed those donations in a way that will provide for Casey and his family well into the future.

The Directors of the Fund are: Cr Clive Goldsworthy, Chairman, Robert Scheiber, Senior Partner in Grant Thornton an international accounting firm, Peter Spring, resident of Lorne and Ian Stewart CEO of Great Ocean Road Real Estate. It is worthy of acknowledgement that Rob Scheiber who owns a holiday home in Lorne, arranged for his firm and one of Australia's most prominent and respected legal firms to provide their services "pro bono".

The structure of the Trust was initially established to also be able to assist other local individuals or communities should the need arise. Such a need arose in 2015 when Michael "Camel" Callanan, was in need of some support

following a lengthy heart illness which subsequently resulted in him receiving a heart transplant. Once again, the community dug deep and the Trust has managed the donations and support for Camel. The decision was taken in 2015 to change the name of the Trust to The Spirit Foundation. "Spirit" was Casey Tutungi's nickname as a footballer and we feel the name reflects to true spirit of how this community bands together to support its own.

Several weeks ago, the Spirit Foundation activated a new account and we are pleased to report that at this stage, the level of support has resulted in a substantial amount of money which will be available to the communities of Wye River and Separation Creek as they begin the long rebuilding process. Clive Goldsworthy and Peter Spring met with community leaders in Wye River to talk about the fund and to start to collate a priority list of what the community needs and to identify how the funds donated should best be allocated.

The Bendigo Bank has also established under its Community Fund, the Surf Coast Bushfire Appeal. Donations can be made online or at any Bendigo Bank branch throughout Australia. The Trustees of this Fund together with the Directors of the Spirit Foundation will assess requests for funding and direct the funds accordingly. This Foundation does have a management fee of 5%.

The Spirit Foundation has its accounts audited in accordance with ACNC requirements and the financial reports are publicly available via the ACNC website. The directors of the Fund are all volunteers and receive no compensation for their time and effort. Most importantly, you can be assured that there are no administration fees charged by the fund. 100% of what you donate will be directed to the communities of Wye River and Separation Creek.

After our visit to Wye River recently we can report that these communities need and deserve your support. If you have donated already; thank you. If not, would you consider a donation now? Bank account details are:

Account Name:	Spirit Foundation No. 4 A/C
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Thank you

**Clive Goldsworthy,
Chairman of the Spirit Foundation,
on behalf of all Directors**

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Lynton Wade's reflection

More to loss than immediately obvious

I was put back in my box last week (by God, really) when I was on duty at the Wye River CFA as a Personal Support Worker for the Victorian Council of Churches.

There's been a roster of people from VCC Emergencies Ministries attending Relief and Recovery Centres at Torquay and Apollo Bay over the past few weeks. And now at Wye River. We're there to support people as they check in to get access to their property, whether it's fire damaged or not.

The organization of agencies involved in this disaster has usually been handled by the Colac-Otway Shire and, for a good deal of the time, it has worked brilliantly. The dedication of people involved has been phenomenal – CFA, DELWP, Police, DHHS, SES, Red Cross ... the VCC Chaplains and Personal Support workers are just another small part of the overall network of agencies. Craig Lapsley, the Emergency Management Commissioner has been down most weeks. The Prime Minister even flew in.

But I got put back in my box by God.

I've been close to people who have lost everything in the past. Ash Wednesday in 1983 when newly-wed friends on Mount Macedon lost everything except their wedding album. Maybe that was easier for them because they had only lived there a few months? There weren't years of memories taken away from them?

But there! I'm doing it again! Making a judgment about what should matter to someone else. That's what God pulled me up about.

I had worked out that, while there might have been 116 houses lost at Wye and Separation, it only impacted 10 'locals' or full-time residents. Not nearly so bad as if they had all been residential homes. And I was grumpy at the media for making it more spectacular than it deserved to be.

Then, last week, I met a few of these 'absent owners' as they came into Wye River to inspect what, if anything, was left of their holiday home. I soon realized that many of these families had lost more than just a building.

For some, it was a home they had built with their own hands. For others it was a reliable and ongoing meeting place for their family who were otherwise scattered across the state or nation. There was far more here than I had deigned to allow. There were wet eyes and slumped shoulders for some as the reality of their loss was confirmed for them.

And the recovery will not be easy or quick. Challenges and difficulties in life are rarely easy or quick. For some, it may mean a re-evaluation of what is important in life and that may include a recognition of the irreplaceable nature of people and relationships (replace Bill Fulton? replace Dot Hutchings? ... I don't think so).

I thank God that the fires did not take lives.

Lynton

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Lorne Lions help out in fire tragedy

The Lions Club of Lorne was one of the first organisations to provide practical support when the tragedy of the Wye River and Separation Creek fires became known and up to this time, a total of \$72,654 was raised.

Fund raising efforts are still on-going.

Lions Lorne President Belinda 'Billie' Lance said that nearly \$34,000 was put into people's bank account for immediate necessities and more than \$30,000 was made available for water tanks, food vouchers, caravan and other accommodation.

An additional \$17,000 came from other Australian Lions Clubs.

-Lions Club of Lorne

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Letters

Comments on fire preparations

In response to Cr Goldsworthy's article in the January edition of the independent, thanks for providing such comprehensive information and advice about being prepared. It helped us improve our emergency plans.

I have heard a number of people make alarming statements about the beach being part of fire plans, and talk of flying metal and raining embers at the beach isn't really helping my family be prepared.

Our fire plan includes heading to the beach under certain conditions because it is away from anything flammable.

Under those circumstances there is no other safe place. Alarming statements about the beach have caused my family to panic and try change the plan during the emergency - and that really is dangerous.

Our emergency plans are simple but pretty comprehensive. They include what to do given different circumstances, what to take and what to leave, where to go and what backups are available. Following them is easy if your family believes in and follows the decisions that are made when everything is calm.

It is much harder to make the right decisions in the heat of the moment as I was challenged to do on Christmas day. There are great guidelines for making emergency plans to be found in Cr Goldsworthy's article in the January edition on page 8. Make them while it's safe!

As a regular summer resident of the Caravan Park for many, many years, I'm grateful to the permanent residents, businesses, service providers and Cr Goldsworthy for making Lorne such a great place to have our summer holidays.

This year a special thanks goes to the CFA, DELWP, Police, local, state and visiting fire emergency crews.

Adam Ratcliff

Glen Iris

Are some houses just lucky?

It looked like the hand of god was protecting us this time as the incredible efforts of the firefighting teams and the weather conditions helped keep the fire away from Lorne.

The Tree Watch team went down to Wye River to help cut some of the hazard trees down making it safer for people to go back into the area. We were intrigued that some houses were relatively untouched with destruction all around them.

It appears that in the most part the fire did not hit the town with a wall of fire which destroyed everything in its path, the fire moved mostly through the undergrowth and leaf litter leaving most of the leaves on the tall trees above. Most of the leaves which are left on the tall trees have dried out and gone brown now and trees with hollows or decay have been burnt from the inside out leaving them potentially unstable. Some tree roots have also burnt and smouldered under the ground which has potentially left them unstable as well!

One unlucky house that survived the fire was cut in half by a very large decayed tree which fell after the fire front had passed. On closer inspection the tree had caught fire in a decayed hollow and the trunk had burnt through near the ground sending the tree straight onto the house. The house looks like a complete loss, photo attached.

Many of these houses that survived had been carefully prepared for a bushfire and were spared the fiery fate.

We will need to be diligent to ensure that all our trees are assessed for risk, cut back or removed where appropriate, grass cut, leaves and bark picked up, rubbish

removed and gutters cleaned out to ensure our houses have the best chance of surviving a fire or ember attack.

I am certainly having a good look around my place and completing work to improve the chances of our house surviving an ember attack.

Our hearts and minds are with the people that have been affected by the recent fire and the brave people giving their time to assist.

Stephen Bayley

Lorne



Fire cooperation has been exemplary

This last Christmas was not one to be easily forgotten.

As a community, we cannot thank enough the diligent efforts of the CFA and volunteers who have worked tirelessly to fight the fires and save lives and property. Our deepest condolences are with those who have lost homes and possessions.

These conditions have also had an adverse effect economically on our tourism traders. My office will be working with those responsible authorities to do all we can to help support these businesses.

It has been very heartening to see Victorians pulling together in this difficult time, and I would like to publicly recognise the cooperation and dedication shown by the staff at the Surfcoast Shire, Colac Otway Shire and the Corangamite Shire. The level of coordination between levels of government, emergency services and locals has been exemplary.

I make myself available for any assistance I can to all who have been affected by these devastating bushfires.

Richard Riordan MP

Member for Polwarth

Cemetery letter

For the last few years I have been hitting a brick wall trying to find out who is responsible for the board and structure at the entrance to the Lorne Cemetery.

The structure has a glass case which has a map and name guide so people can easily locate friends, relatives and loved ones.

Unfortunately the board has not been updated since I believe May 2004! Quite shameful.

While I know the Lorne Cemetery comes under the Geelong Cemeteries Trust, the building bears the name Lorne Lions Club. I have contacted people at both entities and both claimed no knowledge of it (incredibly), but would look into it, and yet still nothing has been done.

It serves a great purpose for people wanting to locate lost friends and loved ones and I find it not only sad but also disrespectful that no one wants to take responsibility for it.

Denise Rondot

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Medicine and driving

During the silly season most people will consider their alcohol consumption and how it may affect their driving. However, many people don't realise that medicines can also affect driving.

We all know alcohol can slow our reflexes, but many medicines can do this too. If your driving skills are compromised by medicine side effects, you may cause an accident and risk death or injury to yourself or others. Other risks include fines, property damage, and loss of licence, or even time in jail.

Traffic accidents are a major cause of death and disability in Australia, particularly at this time of year. In 2013 there were 1,192 road deaths in Australia. Traffic accidents account for nearly two-thirds of all serious injury. The annual economic cost of traffic accidents in Australia is estimated at \$27 billion. Traffic accidents are devastating not only for victims, but society as a whole.

One study conducted in 2009 by the National Highway Traffic Safety Administration (NHTSA) and funded by the National Institute on Drug Abuse found that 18% of fatally injured drivers tested positive for at least one illicit, prescription, or over-the-counter medicine. This had increased from 13% in 2005.

Many over-the-counter (OTC) medicines including antihistamines for allergy, and prescription medicines such as opioid pain relievers and benzodiazepines (for anxiety or sleep disorders) come with warnings against the operation of machinery – including motor vehicles – for a specified period of time after use. This is because these medicines can impair driving and make traffic accidents much more likely.

Drowsiness is just one side effect that can affect our driving skills. Some medicines can make us dizzy, light-headed or faint. They can cause us to be angry or aggressive (mood changes), or to feel sick or shaky. They may cause blurred or double vision and slow our reaction times.

Your local pharmacy is your health destination. Your pharmacist can provide advice on which medicines may

affect your driving. When starting any new prescription or over-the-counter (OTC) medicine always check with your pharmacist about the possible side effects. If the side effects of your medicine do affect driving, ask your pharmacist if there is an alternative. For example, there are now antihistamines for allergy that are less sedating.

The New South Wales Centre for Road Safety makes the following suggestions:

- Look for and follow instructions on medicine warning labels.
 - Ask your pharmacist or doctor to explain anything you do not understand about your medicine/s.
 - Read the consumer medicines information (CMI) leaflet available for most prescription medicines.
 - Arrange another form of transport – call a cab, ask a friend or relative for help, or use public transport
- For your own safety:
- Don't drive unless you are fit to do so.
 - Don't stop taking your prescribed medicine if your driving is affected – cease driving and talk to your doctor or pharmacist about an alternative.
 - Don't take more or less of the prescribed dose unless recommended by your doctor.
 - Don't take another person's medicine.
 - Don't consume alcohol with any medicine.
 - Don't drive if you have missed a dose of medicine that controls symptoms which affect your driving

For more detail, you can get an informative Fact Card titled Medicines and driving from pharmacies that provide the Pharmaceutical Society of Australia's (PSA) 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 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'.

- John Bell



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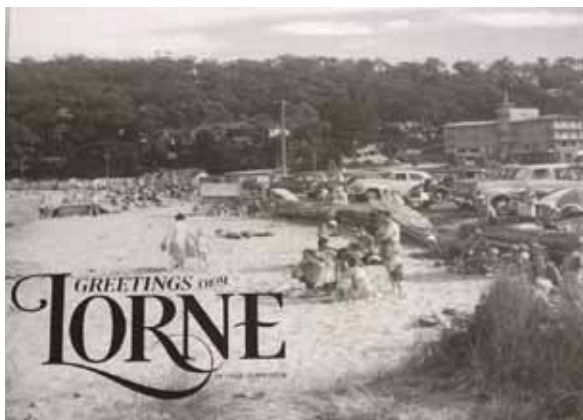
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