

# LORNE INDEPENDENT

\$2

No 178 September 2016

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## The old Lorne is dead Long live its rebirth!

With the demise of the Lorne Fisheries on Pt Grey and the Great Ocean Road Committee (GORCC) still uncertain about what to do with the site, Old Lorne has certainly sunk in the sands of time.

The seaside village of the past 150 years or so is definitely gone and in its place we now have a full-on, vibrant and very much altered tourist resort, literally a place for all seasons.

The Point Grey Precinct, is the last piece of prime public real estate which has, so far, escaped the 'vision' of GORCC bureaucrats but plans are already under way to turn the area into a prime tourist attraction – whatever that means.

But the old building is in dire need of repairs and as the Raskatos family has announced it no longer wanted to operate the lease, the way is open for GORCC to use the situation to drastically change the area.

Because the Raskatos family own the lease for the whole building, and The Pier Restaurant is sub-leased, the future does not look too promising for the thriving eatery which each day, even in winter when most other Lorne restaurants suffer trade, is packed with tourists, especially those from Asia.

"I'm waiting for them to tell me to go," said Sammy Gazis, who runs the restaurant with his brother Angelo.

GORCC's most recent media release on Pt Grey said: "The current tenant of the Lorne Fisheries Co-Operative, Chris and Bill Raskatos, have elected not to renew their lease after it expires in October this year.

"The Fisheries has been an institution over summer for many years in Lorne and we'd like to publicly thank Chris and Bill for their service.



Christos Raskatos, with the portrait in oil that hung in the Fisheries for many years. By well-known local painter, Susan Sutton, the painting was awarded 1st prize at a previous Lorne's Easter Art Show and also won the 'Popular Choice' Award.

Continued on page 17

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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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## New Name for our P-12 College

Lorne should know the new names of its P-12 school campus and the Aireys Inlet primary school soon, following a recommendation by the Minister for Education to establish the local campus as a 'P-12 College' and make Aireys Inlet a separate 'Primary School'.

The new arrangements are to commence from January 2017.

In a letter to the general community, P-12 Principal, Karen Biggelaar wrote that the first step in the process was to confirm the school names.

The community was invited to participate in the process and guidelines said that the school names should be 'unique' and comply with the Education Department's School Naming Guidelines.

These set out that geographic elements such as towns/suburbs may be used, street names should not be used and traditional indigenous/Koorie placenames are subject to agreements from the relevant communities prior to public consultation.

There are also restrictions on commemorative names and the proposed school name must 'accurately reflect the school's educational and service provisions'.

Entries had a deadline of August 8, after which the school community working party group will meet to shortlist possible school names.

"The Lorne Aireys Inlet P-12 College Council will make the final decision about the two names to be recommended for approval by the Minister of Education," Karen Biggelaar wrote.

Planning has been under way for some time by College staff and the school communities to ensure a smooth transition to the new school.

- P-12 media release

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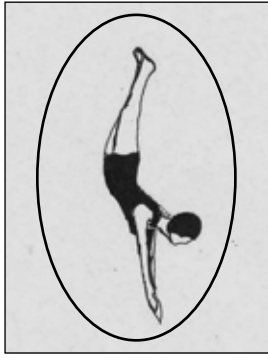
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# The Louttit Loop



Well the big flashing notices are out - Plan Your Trip: No Fuel in Lorne. Pity it wasn't in Chinese – never mind as they drive through Aireys Inlet they will be beguiled by the imaginative, and creative scarecrows that pop up in odd places in Aireys at this time of year. Particularly like the scarecrow fish popping out of

the Painkalac Creek.

*Workers are hard at it renovating our one and only petrol station on Mountjoy Parade with the new 'servo' – a Shell franchise – expected to open later this month or in early October. We've heard of a town without beer, but a tourist who's tank is dry is quite another matter.*

Our Chinese tourist numbers are increasing exponentially as the numbers through the Info Centre will show. But did you know that our own iconic Pier Restaurant's great fish dishes have got such a following among the Chinese that groups ring up from China to book their tables and crayfish dishes in advance? Not hard to believe, especially when one sees the Restaurant filled with their tour groups. Pity if the whole enterprise closed or collapsed.

*Good on the T. A.C. for sponsoring the free bus to ferry patrons from Wye River, Kennett River and Apollo Bay to Lorne for the up-coming Festival of Performing Arts – a proactive and precautionary move on a difficult and dangerous road on a wet and windy night.*

The huge coils of cables that have been seen around Lorne are all part of the NBN rolling into town but it would have been good if Telstra had warned the people whose land line phones were cut off – Telstra called it an 'Outage' when called on to explain.

*Some three racing pigeons landed in Lorne during a bleak day recently. Obviously confused, they hopped around for a while before disappearing. A few interested locals said that racing pigeons in Lorne were not unusual. The mystery? No one knows of any locals who race pigeons.*

The general store at Deans Marsh has a unique way to advertise. On both the Colac and Deans Marsh Roads an old bicycle sits on the side among the trees, spray painted in different colours at intervals. You automatically look for it driving through. Not bad PR, don't you think?



*Painting rental vans with advertising messages is good advertising and marketing but up to recently the Queensland-based company got a bit of flack for its crude and mostly obscene wording. What is obscene, that is the question? It seems from the photo above sent to us by a 'well meaning Lorne citizen' from the flesh-pots of the North that the company has drastically altered its spruiking approach. Clearly, the message is supposed to tell us something. Get it?*

With Lorne hosting a Festival of Performing Arts, a two day bicycle event, marathons, Pier-to-Pub Swims, any number of surf and boating carnivals, yes, even a mini boat regatta for those adults who have not sent their inner child out to play, clearly a new slogan would be most appropriate? This column is putting out a call. What about Lorne – full on holidays in all seasons? You won't be bored at Lorne! Come to Lorne and live a little! ... Your imagination is the only limitation.

*With more than six thousand bike riders and their support teams scheduled to take over Lorne over Saturday and Sunday, September 10 and 11, electronic signs are already in place on the Great Ocean Road, Deans Marsh Road and other places along the route warning motorists of 'Bicycle riders up Ahead'. Over the last weeks any number of 'Sunday riders' have made an appearance, getting a 'feel' for the road. And so they should. With recent rains, there are pot holes galore to test the skills of the riders.*

**Our Lillian has taken some time off but will be back soonest to again entertain with her sharp wit, uncanny power of observation and superb sense of humour.**

## **LorneCARE News**

- caring for our environment

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

This month we expect to be working with the Friends of Queens Park

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

**10am on Sunday, September 18**

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

**For more information about LorneCare contact:**

**Alain Purnell Tel: 5289 2906**

**Mobile: 0417 031 905**

**Michael Callanan**

**Mobile: 0408 891 886**

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### **Calling all prospective volunteers**

**Surf Coast Shire Council is seeking more volunteers for its Visitor Information Centres in Lorne and Anglesea in the lead-up to summer.**

**Council will host two information sessions in September, welcoming prospective volunteers who wish to find out more about volunteering.**

**The first information session is at Anglesea Visitor Centre on 13 September while the other is at Lorne Visitor Information Centre on 14 September. Both sessions are from 10am to 11am.**

**The benefits of volunteering are invaluable and include connecting with new people and the community, developing new skills and improving overall health and wellbeing.**

**Tourism and Visitor Information Centre volunteers play an important role in welcoming visitors to the Surf Coast region.**

**For more information phone the Visitor Information Centre on 5289 1152 or email [lornevic@surfcoast.vic.gov.au](mailto:lornevic@surfcoast.vic.gov.au).**

**Kate Fowles - Communications Officer  
Surf Coast Shire Council  
Ph. 5261 0564**

## **Lorne Independent**

It was a Nobel Prize winning author who said that when two people love each other, one day one of them is going to be sad.

At the expense of being somewhat over the top, many of us did fall for the charm and beauty of Lorne when it could rightly be called a small, endearing, most appealing and beloved village by the sea.

Its change of course was obvious for some years and indeed, this column mentioned more than once that our village was morphing into something else, fast and dramatically so.

We all know you can't hold back time but there is a sort of bitter taste in the mouth with the realisation that now, at this point, this is it: All gone!

At other times, crusty timber cutters would have watched in sadness as their livelihood came to an end, as probably Henry Love and the many fishermen did as the cousta boats parked up on the Pier gradually vanished, one by one.

The crane went, the new Pier was built in the place of the old, the new Cumberland complex went up, and then the historic Erskine House was transformed into almost a free-standing, independent holiday village.

With the fishermen's fibro houses giving way to increasingly more elaborate and expensive housing (who ever heard of a 'trophy house' fifteen years ago?), the dwellings steadily crept up the slopes towards the green and blue horizon of Lorne's defining ridges: change was almost palpably all around.

Lorne was a summer town to most visitors, a place to holiday with the family, surf, sun-bathe, holiday happiness, beach cricket, the young and sometimes the not-so-young falling in love, barbecues, tinnies, and noisy and exuberant end of the year celebrations.

Even the cold and rainy period mid-year offered its own charm. More than one artist, writer, lawyer, and those who just wanted to have some time in peace and quiet and be inspired, found solace before a decent fire.

With the wind cold from the south, properly rugged up and warm, there was something special in kicking sand after a solitary days' work.

Don't for one moment think that the altered and ever-developing Lorne will not offer its own beauty to generations to come, extend its hand to future permanent, part-time residents and tourists alike for them to discover their own feelings and sensibilities for a perhaps a more modern Lorne, a now full-on tourist resort by the sea.

Sitting over a coffee on the Pier Restaurant deck with its crude cypress benches and tabletops, or in front of a café on Mountjoy Parade, and watching the continuous line of buses pass and wide-eyed faces at the windows, ever-clicking iPhones, one takes a deep breath and tries not to be too nostalgic or sentimental.

There are many of us who did love old Lorne, passionately, unconditionally, perhaps even to our own detriment.

In the sentiments of Chilean poet Pablo Neruda, another Nobel laureate who knew about love:

*I no longer love her; that's certain, but maybe I love her.*

*Love is so short, forgetting so long.*

*Because through nights like this one I held her in my arms*

*My soul is not satisfied that it has lost her.*

- Jo Vondra



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

##### Flat/9 Smithers Street, Lorne

- 1 brm, 1 bthrm, \$160 p/w, available now.

##### 1/22 Otway Street, Lorne

- 4 brm, 2 bthrm, \$600 p/w, available 20/9/16

##### 3/33-35 Armytage Street, Lorne

- 2 brm, 1 bthrm, \$400 p/w, available now.

# Danny takes over (again) the reins at the Lorne Lions Club

Lorne identity, Dan Riordan has again been elected President of the Lorne Lions – the last time was from 2010 to 2012.

Dan was installed again at a recent glittering ceremony at The View, Lorne Hotel by District Governor PDG Terry Heazlewood.

Also inducted as new member of the Lorne Lions Club on the night was local Michelle Danks. **(Pictured, top right)**

In his President's vision for the next year, President Dan said that in addition to supporting many worthy local cause, "let's all hope and pray we do not need to support fire relief as we did last year.

"Another project which our Club will be working on this year will be assisting youth in our area.

"You people need help with after school hours activities and assistance when they are planning to leave school, so we will be consulting with the school and other groups to help these people to have a good future," he said.

Other office bearers for this year are Nelson Knight (Secretary), Harri Muller (Treasurer), 1<sup>st</sup> vice-president, David Johnson, 2<sup>nd</sup> vice president (Ken Hosking, membership and public relations, Edwina Walker, Tail Twister Alan Parton, Lion Tamer John Bliss, Greeter Mick Mewha, Safety Officer Nelson Knight, and Bulletin editor is Bernadette Bliss.

The first lady president appointed last year, Belinda (Billy) Lance stepped down from her position.

**(Right, the newly inducted team under the presidency of Danny Riordan.)**



## Stribling Reserve

On Sunday last the Committee for Lorne, in partnership with the Surf Coast Shire, hosted the first Stribling Reserve Master Plan Community Workshop. After months of preliminary work, preparation and appointments of consultants the community discussions and requests for input are now well underway. The opening session focused on background to the project, current usage and the likely future needs.

With just under thirty in attendance, participants were encouraged to "think outside the square" in what the future of the Reserve may look like and to whom it may cater for. Those in attendance included a cross section of existing user groups of the Reserve, adjoining property owners, interested community members and the Project Control Group.

It was a very productive session that produced a number of innovative ideas for consideration by the consultants in their master planning process. The common thread of all was the need to ensure the green open space of the Reserve was preserved for future generations. For those that were unable to attend and want to be involved, or if you have any questions about the project or you want to receive project updates please ensure you contact Susan Green, the Project Manager at Surf Coast Shire at [sgreen@surfcoast.vic.gov.au](mailto:sgreen@surfcoast.vic.gov.au).

**Ian Stewart**  
Project Owner, Stribling Reserve Master Plan Project  
Chairman, Committee for Lorne



## News from our Councillor for the Lorne Ward

### Local Council Elections

It's nearly four years since the last Council elections were held and the Surf Coast Shire entered a new and exciting phase with the introduction of the Ward structure. As the Lorne Ward councillor I believe the new structure has provided a much more focused approach to many issues across the whole Shire and has certainly benefited the Lorne Ward. I have thoroughly enjoyed my time as your Councillor and believe, as a community we have achieved significant milestones.

Due to health issues last year I was not intending to stand for a second term, however the family and community support I have received has encouraged me to stand again.

I recently spoke with the Victorian Electoral Commission in regard to a Ward not being able to put forward a candidate in the election e.g Lorne. In the event of this happening a by-election would be called around two months after the elections seeking nominations. Any rate-payer in the Surf Coast Shire would be eligible to nominate, potentially placing Lorne Ward in a position of not having a local councillor, an interesting situation which could occur throughout the next council term or at the next election in four years.

Now is the time for our Community to begin the discussion on succession planning for our next Council representative.

### Crime Statistics

In early August I attended a Law & Order Forum in Torquay. A very disturbing trend in increased crime rates was highlighted to the forum. More importantly Surf Coast crime rates are nearly double the Statewide number with even more dramatic increases in Torquay & Anglesea.

**A very large percentages of theft offences took place where houses & cars were left unlocked.**

Post Code	Suburb	Apr 2014 – Mar 2015	April 2015 – Mar 2016	Increase 14-15 to 15-16
3220	Geelong	4,111	4,396	+6.9%
<b>LGA</b>	<b>Greater Geelong</b>	<b>19,002</b>	<b>22,400</b>	<b>+17.9%</b>
3228	Torquay	697	991	+42.2%
3230	Anglesea	111	162	+45.9%
<b>LGA</b>	<b>Surf Coast</b>	<b>1,271</b>	<b>1,555</b>	<b>+22.3%</b>
<b>All</b>	<b>Statewide</b>	<b>461,796</b>	<b>519,130</b>	<b>+12.4%</b>

### Amy's Gran Fondo

Amy's Gran Fondo will be held on Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> September. The 3 major road closures on Sunday are :  
Mountjoy Parade – between Bay Street & Otway Street 5.30am – 9.00am  
Mountjoy Parade – between Bay Street & Grove Road 5.30am – 4.30pm  
Lorne to Deans Marsh – Deans Marsh Road 6.30am – 11.00am

Additional road closure information can be found at : [www.amysgranfondo.org.au](http://www.amysgranfondo.org.au) under EVENT INFO tab.

### SCS Events Grant Program

The 2017-18 Events Grant Program opens on 5 September and closes on 10 October 2016. An information session will be held at the Shire Office on Wednesday 7 September from 6pm to 8pm.

To register go to : <http://surfcoasteventgrants.eventbrite.com.au>

Cr Clive Goldsworthy,  
Lorne Ward,  
0400 756 854  
lorneward.information@gmail.com

# Clive Goldsworthy to stand for another council term

Our councillor Clive Goldsworthy has decided to stand again in the forthcoming October elections.

This means that if there are no other candidates registered by 20<sup>th</sup> September 2016, Mr Goldsworthy will be elected unopposed; Lorne Ward, which includes Deans Marsh is the only ward on the Surf Coast with only one representative.

The council election for the Surf Coast Shire will be conducted as a postal vote. All ballot papers must be received by the Victorian Election Commission 6pm on October 21.

Many of the present nine councillors have indicated that they would stand again, including Carol McGregor and Heather Wellington from the neighbouring Winchelsea Ward, and Anglesea's Libby Coker is likely to return to keep up her public profile as she will probably again put her name up for the seat of Corangamite at the next federal elections.

Long time councillor Rose Hodge will also no doubt renominate as she had proven to be a popular mayor and a very hard-working, dedicated representative.

Others who will probably renominate are Brian Mc Kiterick, David Bell and Margot Smith.

As sure as little green apples in the summer time someone is bound to

nominate for council under the "Swimming pool for Torquay" banner.

The issue is not dead and buried, and the Lorne Independent understands that someone will show a hand sooner or later.

The Lorne Independent understands there is a quite powerful lobby in Torquay, ready to revisit the issue for Torquay to have its own swimming pool, possibly in conjunction with a general public so-called 'Wellness Centre'.

Surf Coast Shire's municipal election will be held by postal vote and ballot packs will be sent out to all Surf Coast Shire ratepayers between October 4 and 6.

Clive Goldsworthy was elected unopposed as the Lorne Ward Councillor in October 2012.

- JV

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# Sportsbriefs with John Ford

## Netballers Win Semi

Lorne's A Grade Netball Team had an exciting 'come from behind' win over Irrewarra-Beeac on August 21<sup>st</sup> in their Elimination Final. It was a cold, wet, windy day at Colac's Central Reserve and the large contingent of local supporters who braved the icy conditions were thrilled with the result. Lorne also had junior football teams and the B Grade netball team competing on the day – but it was the A Grade netballers who stole the show.

Trailing by three at quarter time and by five at half time, the Dolphins played a strong third term to trail by only one at the beginning of the final term. Lorne then had a very powerful final term where they displayed wonderful system and accurate goal shooting to win clearly by 41 to 33. The match was of a very high standard, especially in the wind and steady rain. Coach, Carly Enticott praised the team for their persistence and 'level-headedness' especially when they had not defeated Irrewarra-Beeac this season. Unfortunately Lorne's B Grade team lost their Elimination Final to Alvie and so their good season has now come to an end.

## Junior Football Teams Eliminated

As already mentioned, the day was wet and windy, and the surface of Central Reserve made conditions difficult for all players. Firstly Lorne's Under 14.5 team met Colac Imperials and struggled in the poor conditions on the big ground. The Dolphins played well and only fell short of the mark by six points – thus being eliminated from the finals. This match was followed by the Under 17.5 Elimination Final where Lorne was also outplayed bringing their season to an end. Well done to both Dolphins teams for playing such good football throughout the season and reaching the finals.

## Netballers Power On

Lorne's A Grade Netball team has now gone on to win their next semi final, this time against Birregurra, on 28<sup>th</sup> August. This match was played in better conditions, even sunny at times, but still the Dolphins had to come from behind to win. At times through the first half the Dolphins trailed by as much as six goals, but an emphatic second half saw Lorne overcome their opponents to win 39 to 31. Despite the slow start, the win was due to a very even team performance and now sees the Dolphins power on to the Preliminary Final on Saturday 3<sup>rd</sup> September. Go Dolphins!

## Dolphins Football Team Falls Short

Lorne's senior team went into the finals in third place on the ladder behind Birregurra and South Colac who both have had dominant seasons. Lorne's campaign came to an end on 28<sup>th</sup> August when they lost to Simpson by just two points. Lorne had trailed by as much as 30 points at various stages of the match but after a solid third quarter edged to within 4 points at three quarter time. The Dolphins were missing a couple of important players and could not bridge the gap in the final quarter, going down 13.7.85 to 12.11.83. The team and the whole club can be very happy with the big improvement this season, despite being disappointed at not winning a semi final.

## Footballers Win Awards

Lorne's Oscar Coutts has won the CDFL under 17.5 best and fairest award. Oscar is the son of Michael, former dominant Dolphins forward, and Lucie who is well known

as a long distance runner. The win was matched by Simon Umbers, son of Ross Umbers, who has won the CDFL under 14.5 best and fairest award. These are truly great achievements when you consider that these awards are for the best and fairest player across the entire football league. It will be interesting to watch the development of these fine young players.



**GO ROOS**

**Kid's Soccer @ Lorne**

*Taught by GOFC Coaches*

*www.gofc.com.au*

Twelve young would-be soccer stars from Lorne and Dean's Marsh line out on Thursdays at the Stribling Reserve in Lorne.

Led by Coach Jarrod from GOFC Soccer, this "GoRoos" program got off to a stellar start, with the enthusiasm of both children and coach highly infectious. The children participating are from Prep to Grade 3, and their energy and commitment on a Thursday afternoon has to be seen to be believed. (Reportedly, children have voluntarily suggested bedtime soon afterwards!)

While the children are having fun and expending energy, they are also learning core ball, coordination, and teamwork skills. The program introduces new games and skills week by week, while retaining some familiar games. There was a bit of discussion about their favourite games; games mentioned include octopus, shark and robber. Predictably, the most popular part of the session is the match played at the end - and the weekly penalty shootout. Coach Jarrod, who travels from Geelong to run this course, ensures that the children are kept on their toes for the 45 minute sessions.

With the availability of indoor and outdoor spaces, the facilities at Stribling Reserve ensure that the fun can go on, no matter the weather.

This is the third year of children's soccer in Lorne – perhaps Lorne is not immune to the soccer epidemic!

Registrations are closed and this course concludes mid-September.

Expressions of interest are sought for weekly soccer or school holiday programs at all age levels – if your child is interested contact Siobhán 0478 564 632 or Mike Chapman at GOFC via their website [www.GOFC.com.au](http://www.GOFC.com.au)



## Ladies Golf Report

Unfortunately the weather has not been kind to the golfers recently. The course is quite wet and heavy under foot. A few ladies ventured out for 9 holes last Tuesday. When the sun does come out you can definitely feel spring is around the corner. Now is the time to think about having a few lessons and getting back into the "swing". Lessons are available from Vicki Thomas, you can contact her direct on 0409432045. Vicki will be commencing a 4 week golf workshop in Lorne when the weather improves. Please contact Lesley Goldsworthy if you are interested in joining the clinic on 0437028169.

Regardless of the weather our friendly group of ladies always welcome newcomers. Join us for 18 holes commencing at 9 am, or 9 holes commencing at 10 am. Please note: the spring syllabus will commence where all golfers start play at 9 am on Tuesday 6 September.

### Happy hitting

**Lesley Goldsworthy**  
**Lady President**

### Summer Tennis – Register Now!

The Tennis Geelong summer pennant competition begins in the first week of October. Lorne Country Club is looking to field a team in the Tennis Geelong competition, and junior teams in the Geelong Coast Junior Pennant competition. It is NOW time for intending players, both adult and junior, to register their availability for summer tennis. Teams must be chosen and graded early in September. Enquiries and advice on junior teams please call Alvis Svikers 0400 864 588, and for adult teams to John Ford 5289 5060.

**Remember to tell us who you would like to see in Sportsbriefs!!! Articles to John Ford at 35 George St, or email to [byswerdi2@bigpond.com](mailto:byswerdi2@bigpond.com)**



## News from the Lorne Aquatic and Angling Club

### Commodore's notes

What a difference a few thousand kilometres make!

For the past four weeks I have been enjoying 25degrees, cloudless skies and warm ocean temperatures along the Whitsunday's coast. In comparison, I believe Lorne has been experiencing cold, windy and wet days that are reminding people of winters of by-gone eras. What we do know though is that our wonderful coastal town will be bustling before we know it.

Our financial year has just come to a close and Business Manager Ange is currently preparing all documents required

by our auditors. All financial members as at December 3<sup>rd</sup> 2016 are invited to participate in the Annual General Meeting. Please note that the membership year ends on the 31<sup>st</sup> October. Close to this date, Annual Reports and membership renewals will be forwarded to all financial members either by mail or email and payment is requested before the AGM.

N.B. If your personal address has changed please email – [info@lorneaquaticclub.com.au](mailto:info@lorneaquaticclub.com.au) to register changes.

### Committee News.

1. New turf to be laid in the BBQ area shortly.
2. Our working party will reconvene in September to install the new gas barbecue, redesigning the shelter and improving the PA system.

### Point Grey Report

As a result of the Business Case meetings and an independent assessment of the current Master Plan it seems that funding from government sources will be difficult. Once GORCC receives the final report it looks as though there could be three options –

- Refurbish what the Pt Grey precinct currently offers
- Adopt the Master Plan – with some alterations
- Re-think the site to optimize the impact on Lorne's visitor economy.

More news when available and I anticipate that the Community Reference Group will be reconvened to hear the final outcome.

Winter Fishing Competition No 4 was held on Sunday 7th. Sponsor – Hillec Electrical Services  
The winners were – Senior – Steve Love; Runner Up – Rodney Tutungi; Third – Andrew Clarke.  
Junior Winner – Xavier Long  
Current leaders – Snapper Comp (Steve Bacvar); Garfish Comp (Brett Stewart); Bream Comp (Miah Atwell).

PLEASE REMEMBER - IF YOU WISH TO USE THE CLUBHOUSE FOR A FUNCTION, PLEASE CALL IAN – 5289 5108 (after 4p.m.)

**Graeme Norton - Commodore**

### Vale Rick Grant

**It is with great sadness that we  
announce  
the death of Rick Grant.  
With deep sympathy  
to Sue and family -  
we are thinking of you.**

**Lorne Independent.**



## Celebrating Women's Health Week September 5-9

**Women's Health Week is a time to focus on your health, learn more and take action.**

**Jean Hailes for Women's Health** is a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives, and to provide a trusted world-class health service for women.

In 2013, realising that there was no event dedicated to women's health in Australia, Jean Hailes for Women's Health ran the very first national Women's Health Week.

Thousands of women across Australia registered to take part in a week of online activities, videos, resources and information.

Now in its 4th year the event continues to gain groundswell nationally and Jean Hailes provides health information and free resources to support thousands of subscribers and hundreds of local events organised by communities Australia-wide.

The theme for this year is 'Am I Normal'? A question every woman at some stage asks.

Women can be good talkers, but when it comes to health, we often don't take the time to ask questions, seek out credible information and work on a sound plan of action.

Lorne Community Hospital will be supporting the annual Women's Health Week by hosting a number of exciting events that will inspire more women to have the confidence to create a healthier future.

All sessions will be FREE of charge and women of all ages are encouraged to attend. Men are most welcome to attend.



**Dr Mary Barson**

**Monday (Sept. 5):** To kick off the week Lorne Community Hospital will be running an interactive webcast which includes a panel of health professionals and speakers who will be exploring the question, 'What's normal when it comes to women's health?'

This session will run at the Lorne Community House from 7-9pm. A light supper included.

**Tuesday (Sept. 6):** Do you piddle when you giggle? Physiotherapist Cheryl Biddle will be running a question and answer session on pelvic floor issues. This session will cover all the questions you are too afraid to ask.

To be held at the Lorne Community House from 10 -11am.

**Wednesday (Sept 7):** Join Liz Bowman to learn about gut health, plus bringing balance into your lifestyle. This interactive cooking demonstration will inform you about creating a healthy wholefood diet free of processed foods. Session will be held at the Lorne Community House from 10 – 11.30am.

**Thursday (Sept. 8):** Qualified yoga instructor Carey Semple will guide you through a unique yoga sequence titled 'The Four Pillars of Stillness'. This session will help

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to rejuvenate, regulate, restore and renew the hormonal and nervous system. An opportunity not to be missed! Join Carey at the Lorne Community House from 10-11.30am.

**Friday (Sept. 9):** Lorne Medical Centre's GP Dr Mary Barson will be discussing women's health and wellness from puberty to post menopause. Covering nutrition, movement and mental health, this session will focus on your health and inspire you to take action. This session will be held from 10-11am at the Lorne Community House.

So come along to one or all of the events throughout the first week of September and find out the facts about women's health.

For further information, please contact Lorne Community Hospital on 5289 4300 or visit <http://lch.org.au/news/activities-events/> Or pick up a copy of our full program at the Lorne Community House or Lorne Medical Centre.

**Dr Mary Barson**  
Lorne Medical Centre

(Dr David Mullen's regular medical column will continue in the October issue)



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### **Petrol station closed for some weeks**

The BP Lorne petrol station is closed from Tuesday the 16th of August for at least 2-3 weeks (may be longer) due to refurbishments and to reopen as Shell.

There will be no petrol available in Lorne over this time, so please advise travellers to fill up in neighbouring towns prior to arrival in Lorne.

The closest petrol station is at Aireys Inlet general store (19km away) with unleaded petrol and diesel open 7am until 6pm, the next closest is at Anglesea, Apollo Bay, Colac and Winchelsea.

The reopening timelines will depend on the work that is required once refurbishments have begun.

**Leon Walker,**  
Visitors Information Centre

### **Annual General Meeting Stribling Reserve Committee of Management**

**Interested people are invited to attend the  
Annual General Meeting of the following  
Committee of Management**

**Stribling Reserve - Pavilion  
5pm Monday 17 October 2016  
45 Otway Street, Lorne**

**The committee is a special committee of the  
Surf Coast Shire Council and is responsible  
for the day to day management of its  
respective hall and reserve.**



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### **CONSIDERING APPLYING FOR 2017/18 EVENT GRANT?**

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Offices Wednesday 7 September 2016, 6-8pm.

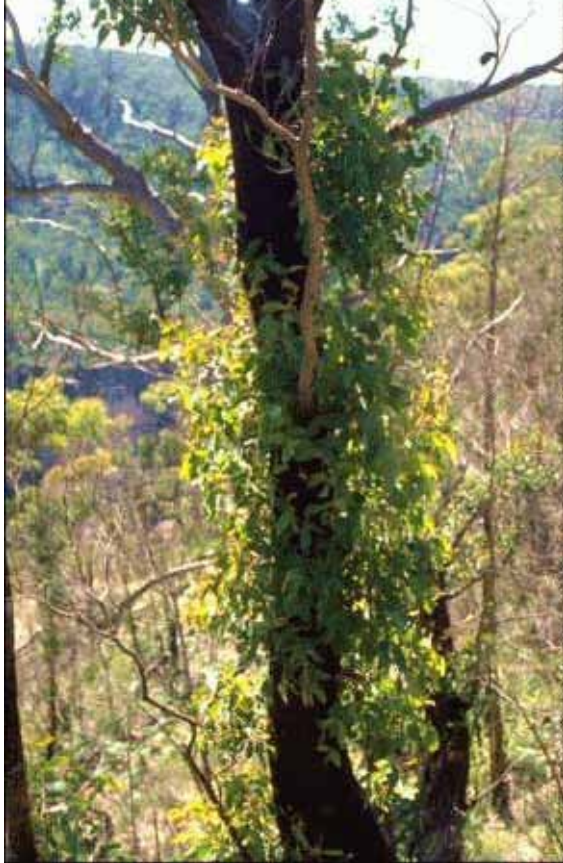
#### **FIND OUT...**

- Information on key aspects of the program, including the newly adopted 'Plastic Wise Policy' and what it means for your event
- Insights from the 2016-17 applications, why they were successful and learnings from those that were not
- How to address the eligibility criteria
- The importance of an accurate application and fully completed acquittal
- General advice on the assessment process and how to prepare a competitive application
- The answers to your questions

**Please note:** all Grant applicants need to speak to the Business Support Unit prior to submitting an application. Call the Shire office on 5261 0600.

**More info** [www.surfcoast.vic.gov.au/Tourism/Events/Event\\_Grants](http://www.surfcoast.vic.gov.au/Tourism/Events/Event_Grants)

# Fire in the landscape



**Epicormic growth in response to fire**

Of course all the wattles we see flowering so abundantly in winter and early spring would not have been growing here before the bushfires which tore through Victoria with devastating effect in 1939. Prior to this it was possible to ride a horse across country from Lorne to Deans Marsh through open forest. Many years ago Erwin Babington from Benwerrin told me that cows on a distant ridge could be identified quite readily although they were nearly a kilometre away. The dense undergrowth we see today is a result of the extreme intensity of blazes such as the 1939 and 1969 fires and generations of confused forest management. The park-like appearance of the Australian bush described and eulogised by many of the early arrivals from England was only achieved by the constant low intensity burning that prevailed under the regime of the original indigenous inhabitants. Anyway, this story is all in Bill Gammage's book<sup>1</sup>.

Fire plays a special role in the theatre of Australian flora and this role is a complex one. To come to an understanding of its impact on an ecosystem one needs to consider fire intensity, fire frequency and seasonality. A mid-winter fire (yes, we do have those) coupled with a series of high summer blazes one after the other will provide a different fire regime to fires at different times of the year and of varying frequency which may occur decades apart. We know that the incidence of high intensity bushfires has increased since the intervention of Europeans into the managed fire regime conducted for scores of centuries by the traditional owners of the land. We have seen more intense and more frequent fires during summer that are different to what, before 1800, was the prevailing fire regime. (At some point in time, the current fire managers might decide to consult the authorities on how to manage the

fire landscape. These authorities are the traditional owners of the land.)

Meanwhile the flora adapts to what it has imposed on it and finds strategies to help it survive. Banksias regenerate in three different ways. Fire-sensitive varieties such as *B. serrata* whose seedpods are protected from heat by their thick seed pods release their seeds into nutriment-rich ash after a fire. These are "seeders", banksias whose seed release is triggered by heat. In many cases the seeds are not dropped until the ground has cooled; in others this will be delayed for up to ninety days until they are dampened by rain. *B. robur* is in a group described as fire tolerant and which survive by re-shooting from the trunk or from underground lignotubers. These are also known as "sprouters". *B. rosserae* is one of thirty-six of these. The third group contains *b. marginata* and *b. integrifolia* which regenerate from dormant buds on the roots up to ten metres away. This will occur after drought or fire affects the plant.

Many other plants in the Australian landscape have adapted to fire in the landscape. Eucalypts respond to losing their leaves in a fire by pushing out epicormic shoots along the trunk and branches in order to supply nourishment to the roots and enable the tree to re-establish a new framework of branches and, interestingly, many of our sundews (*drosera* - see July column) only flower and seed after a bushfire.

<sup>1</sup> Bill Gammage, *The Biggest Estate On Earth*, Allen & Unwin 2011

**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**

**Vale Noel Russell  
With condolences to Clare and the family  
on Noel's passing.**


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## This and that

In September QDOS is getting ready for an Anagama Wood Firing Camp. Graeme Wilkie, Anna Maria Hernandez y Jensen and Andrew Allen. The camp comprises of lectures, demonstrations, group and individual instruction on planning and stoking, plus other topics covering ceramic, glazing types of clay etc. Students will be allocated an 8-hour shift with one or the other of the three fire masters. The camp runs from 26<sup>th</sup> Sept – 2<sup>nd</sup> Oct. Numbers are limited. For full program of all the topics covered during the camp and the fees please contact Graeme Wilkie on 0438742095. Course curriculum also available on [www.qdosarts.com](http://www.qdosarts.com). Or [www.woodfiredceramics.com.au](http://www.woodfiredceramics.com.au)

On Saturday 24<sup>th</sup> September the Community House is having a Car Boot Sale. Sites – only \$25 – spring clean the house, wardrobe or garage and make some money in a fun way. Last year’s sale was a great success so get in quick, have some fun, de-clutter and make some money.

Also at the Community House Celebrating Women’s Health Week 5-9 September.

Jean Hailes for Women’s Health is a national not-for-profit organisation dedicated to improving the knowledge of women’s health throughout the various stages of their lives, and to provide a trusted world-class health service for women. Lorne Community Hospital will be supporting the annual Women’s Health Week by hosting a number of exciting events that will inspire more women to have the confidence to create a healthier future. The theme for this year is ‘Am I Normal’? A question every woman at some stage asks. So come along to one or all of the events - yoga, healthy cooking demonstration, incontinence and more. An opportunity not to be missed. Women of all ages encouraged to participate. Ring the Community House for details.

- AE

### Operation Axe

The Spring 2016 Firewood Collection Season opens across Victoria from Thursday 1st of September 2016.

Department of Environment, Land, Water and Planning (DELWP) Regional Manager Forest and Fire Operations Peter Kambouris said: “We want to remind people that it will once again be legal to collect firewood from designated areas on public land across Victoria from the 1st of September 2016 until the 30th of November 2016.

“Some designated firewood collection areas may not open at the beginning of the Spring 2016 Firewood Season for various reasons, including supply or accessibility due to wet conditions,” Mr Kambouris said.

“More information and updates will be available at [www.delwp.vic.gov.au/firewood](http://www.delwp.vic.gov.au/firewood) from the 1st of September.

“DELWP and Parks Victoria staff will be patrolling parks, forests and reserves to ensure people are doing the right thing.

“Firewood collection is only permitted on public land during designated times of the year and from designated firewood collection areas.

“It is illegal to sell firewood collected on public land without an appropriate permit or licence or to take more than the allowed amount.”

Infringement Notices for illegal firewood collection are \$622.00, with maximum penalties for offences under the Forest Act 1958 standing at \$7,773.00, one year imprisonment or both.

Any information the community may have about the illegal removal of firewood for sale can be reported to DELWP on 136 186 and quote Operation Axe.



## Malaysian / Chinese Cuisine

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## **My friend's filleting knife is tight in its scabbard**



**My friend's filleting knife is tight in its scabbard,  
His brother, sister in law, nephew,  
Have, with heavy hearts, hung their aprons up on a peg;  
Switches have been turned to off, windows closed, doors locked.  
So it is with sadness we watch the demise of what was Lorne's history.**

**We know "The Poet of Lorne" will always love this place  
A love we experienced through his tom-foolery, buffoonery, wit and wisdom  
A love captured by Susan Sutton in her portrait of him.  
Christos, you have made Professor Papadopolous so proud  
And us happier, healthier and wiser.  
Thank you Christos, Billy, Julie and Stephen.**

**Hadyn Rickey**

## From page one: Goodbye to the Fisheries

“We are currently exploring some short-term options for the site, given its popularity, to see if it can offer a service to the community and visitors to Lorne over the coming summer season.

“In the longer-term, we are currently working on a business case for Point Grey with the community with the aim of finalising funding options and models to enable the project to proceed.”

At the centre is the 71-year-old Fisheries building, which once processed the fish supplied from Lorne’s thriving fishing industry.

At the very peak of the industry, fishing boats – 26 at the industry’s peak – were parked on the Pier and would be lifted from the water by a crane; their catch would be transported to the processing plant.

According to Lorne’s grand man of the fishing industry, Henry Love, the fish at the core of the industry, the feisty couta, declined steady from 1974 onwards and then disappeared completely.

Henry Love subsequently turned the Lorne Fisheries Co-operative into a value adding processing plant in that it contained benches, cool storage space fitted with force-draft coolers and a comprehensive ammonia system.

It was rated as one of the best processing plants in Victoria.

The plant processed fish caught in the region, but also lobster, calamari, squid, and other ‘fruits from the sea’.

Christos Raskatos at first worked with Henry Love, and subsequently took over the lease for the whole complex.

Concrete paving was installed and one of the cool rooms was turned into the now well-known The Pier Restaurant.

The outside eating area was expanded and it became a focal point for customers wanting to taste seafood, and a favourite to this day for locals as a place to have coffee, to sit and chat and enjoy one of the best views in Lorne.

A fisheries retail outlet was created in the front of the building, managed by Christos’ brother, Billy Raskatos and his wife Julie, and the business sold fish and other products to the public.

It was a very popular place to shop - there were queues during school holidays and especially before and during Christmas and New Year festivities.

Christos, a larger than life character established the good will with his smart, cheeky repartee, his poetry pasted up on the walls outside, and the sheer exuberance of his attitude to life.

People would make a point of visiting the Fisheries to read the latest poems written in chalk on a blackboard and others taped to the windows.

Other local poets also contributed to the black board.

Due to ill-health, Christos has now walked away from the business, and Billy and Julie, and their son Stephen are no longer interested in retailing.

GORCC has indicated that it would lease out the facilities and retail outlet on a short term basis but few business operators would dare to take up an offer like that with the sword of Damocles hanging over the whole situation.

- JV



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# Cultivate bees for honey, health and fun in your own backyard

Bees have been a friend of mankind since the start of our known history – for their production of honey as a sweetener but also for many health benefits scientists are now classifying with modern technology.

Pure honey is totally sterile and it has been used in the treatment of wounds for thousands of years.

But now honey is also being analysed for large range of medical benefits, including the growth of good bacteria in the human body.

Bee-keeping and honey production is becoming popular – bee hives are even springing up on the rooftops of high rise buildings in Melbourne and yes, there are a number of apiarist enthusiasts in Lorne.

Mount Duneed apiarist John Edmonds, of Edmonds Honey fame, will share his knowledge at a specially arranged bee-keeping forum to be held at the Grand Pacific Hotel on September 25 at 2pm.

Entry is a gold coin. There will be samples and opportunity to buy a range of honey for a variety of purposes.

Local identity and registered apiarist Lawrence Knight will be on hand to help out at the forum and answer questions.

John Edmonds said that it only takes as little as \$500 for equipment and suitable clothing, plus bees, to set up a bee hive.

Lorne is, he said, ideally situated at the foot of the Otway Forest. “Honey from eucalypts have an especially high reading in terms of health benefits.”

He said that up to two hives were allowed but had to be registered under the Apiary Code of Practice only to let authorities know where the bees are in case of contamination from disease or other factors.

He also said that there is no problem with safety in that a hive can be placed in a large back-yard without fear of bees stinging humans.

“However, certain safety procedures and rules and regulations must be adhered to,” he said.

“The most important factor is to make sure the hive is ‘re-queened’ and there is no unnecessary disturbance of the area.”

In other words, don’t allow kids to stir in a hive with a stick and animals such as dogs know instinctively to keep away.

Any questions give Lawrie Knight a call on 0408 898 955.

Contact details for John Edmonds are phone 6103 5264, mobile 0412 735 179, or you can visit him at his farm at 5 Lower Duneed Road, Mount Duneed.

Email: [edmondshoney@gmail.com](mailto:edmondshoney@gmail.com)

The Australian Honey Bee Industry Council has a fantastic website to give you plenty of material on bees, bee-keeping, the honey industry, and health benefits.

- JV



**Stingless bees only produce small amounts of honey - less than one litre per year. However, this honey (known as Sugarbag) is delicious and tangy! It is possible to harvest small amounts of honey from suitable hives in warm parts of Australia.**

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**VISITING LORNE WEEKLY**

## **Gotta catch 'em all – safely - in Victoria's parks and reserves**

The reality of our times is that iPad/iPhone Zombies are taking over the world. A sign of the world we live in - there is no way our VicParks would have issued a formal media release as printed below a few years ago.

Pokémon Go fans are reminded there's no need to visit private property in their bid to become a Master Trainer – with millions of hectares of public land available to explore.

Fans of the augmented reality game are putting themselves and other members of the public at risk by entering restricted areas around important infrastructure, such as enclosed water storages, water treatment plants or energy facilities.

Instead, the Department of Environment, Land, Water and Planning (DELWP), alongside Parks Victoria, are inviting Pokémon trainers to make use of the almost 8 million hectares of public land, reserves and waterways to help with their quest to catch 'em all.

There could be an Onix up at the Cathedral Ranges, a Gyarados in the Gippsland Lakes or a powerful Magmar in the Royal Botanic Gardens.

Who knows? Maybe even a Kangaskhan – known to appear only in Australia – is enjoying the views at Mt Buffalo or taking in the late winter wattle blooms down in the Otways.

While you're trying to find all 150 Pokémon, you might also get lucky and see some of the 948 native animal species that call Victoria's parks home - just don't try to feed those any razz berries.

Victoria's parks also contain more than 4,300 native plant species, the perfect hangout for your favourite grass-type Pokémon.

Parks Victoria spokesperson Lachlan Quick said while Victorians are encouraged to make the most of our spectacular outdoor parks and reserves, there were serious penalties for those who trespass into private property, culturally sensitive areas or interfere with any state-controlled infrastructure.

"It's important people read any signage they come across and take notice of where they are at all times for their own safety."

**We're open again for advertising in the Lorne Independent pages. If you got something you want to advertising, please contact our office on 5289 1344 or 0400 805 362 Our rates are very affordable.**

Trespassing can attract a maximum penalty of \$3886 or six months' jail.

For more information on Victoria's Parks, visit [www.parkweb.vic.gov.au](http://www.parkweb.vic.gov.au).

### **New camp kitchen and amenity block for Lorne Foreshore Caravan Park**

Work has commence to renovate the Lorne Foreshore Caravan Park camp kitchen and amenities block.

Weather permitting, the Great Ocean Road Coast Committee (GORCC) funded project is set to be completed in October, ahead of the Melbourne Cup weekend.

Great Ocean Road Coast Committee Chief Executive Officer Richard Davies said local company BHD Constructions were awarded the contract for the Erskine River facility after a competitive tender process.

"The Lorne Foreshore Caravan Park will be looking better than ever coming into peak season," said Mr Davies.

"The improved facilities will include a new camp kitchen with new stoves, cookers and fridges. We are also refurbishing the male and female toilets and showers, adding a new family-friendly bathroom.

"There will be upgrades for the existing shower and toilet facilities for people with a disability and upgrades for the laundry.

"This is on top of the works we have just completed in re-turfing all of the camping sites and is in addition to the Erskine Cabin upgrades that are currently underway."

The works are part of GORCC's investment of over \$700,000 in Lorne Foreshore Caravan Park over the next 12 months.

Other works include upgrades to the Parkview and Riverview cabins, road works and landscaping, which has commenced around the park ahead of spring.

"There has been a power of work by the park team from large projects to smaller ones, including installation of split system air-conditioners, new linen and other appointments in all the cabins," said Mr Davies.

"Other projects being undertaken over the next 12-18 months will include extensive emergency services upgrades across the parks and Queens Park will receive major works following the recent master-planning process."

To book accommodation at Lorne Foreshore Caravan Park go to [www.lornecaravanpark.com.au](http://www.lornecaravanpark.com.au).

The Great Ocean Road Coast Committee (GORCC) is a not for profit organisation managing 37km of public land and coastline from Torquay to Lorne.

All dollars raised through GORCC's operations are reinvested back into the coastal environment, caravan parks and the community.

To read more about the work and projects of the Great Ocean Road Coast Committee go to [www.gorcc.com.au](http://www.gorcc.com.au).

- GORCC media release

# Glorious flora of the Surf Coast region



The annual ANGAIR Wildflower and Art Weekend returns to the Anglesea Memorial Hall on 17-18 September with spectacular shows of wildflowers and nature-themed artworks.

Now in its 51<sup>st</sup> year, the event is no ordinary garden show. It is a vivid display of the beauty of the Great Ocean Road and its hinterland. Only indigenous flora, native to the Surf Coast region, is on display.

Show visitors can marvel at the diversity of plants in the wildflower displays in the hall—from the modest Nodding Greenhood Orchid or the jaunty Leopard Orchid to the showy reds and oranges of the various Parrot-peas or the delicacy of the Tall Bluebell.

The static displays give an idea of colour and form but to see the shape of the growing plant visitors can take a guided walk around the Anglesea bushland with local experts to examine plants in situ.

For orchid-lovers, there are specialised orchid walks where you can see some of the spring-flowering species. With more than 100 species, the area is among the world's top sites for ground orchids.

Local gardeners who are thinking of changing to a native garden can get expert advice on care, growing habit, life expectancy and ideal positioning from the ANGAIR members at the plant stall.

All plants for sale have been propagated from local plants, ensuring they are genuinely indigenous to the region. If you know your weeds, you can bring up to five samples to the show and get free local plants in exchange.

Also for sale are paintings on themes of nature, gift cards featuring local flora and fauna, second-hand natural history books as well as tea, coffee and light refreshments. Proceeds go towards ANGAIR's conservation activities.

Several local environment organisations have stalls outlining their work. And the Country Fire Authority will

**The show has something for both young and not so young. .**

be on hand to show visitors how to play the life-saving Fire Game.

The show, with several children's activities, caters for families at the start of the school holidays. Specimens of local animals are on display but the best and scariest attraction for kids is the Roaming Reptiles live exhibit.

They can actually touch the live snakes, lizards and small crocodiles. But the frogs on show are strictly hands-off. Their skins are just too delicate to handle.

Where: Anglesea Memorial Hall, McMillan Street, Anglesea

When: 17—18 September from 10 am to 4 pm.

- Sally White

## Vale – Cameron Rust

It is with a great deal of sadness that I write to inform of the recent sudden death of Cam Rust.

Cam joined the Society two years ago and he was an enthusiastic supporter and contributor towards our work.

Throughout his time in Lorne he showed a keen interest in family and community history. We will greatly miss his energy, enthusiasm and knowledge.

To his family, I extend our deepest sympathy.

Gary  
for the Lorne Historical Society



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**For More Information**

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Mobile: 0423 768 979

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## Annual wildflower delight returns

The annual ANGAIR Wildflower and Art Weekend returns to the Anglesea Memorial Hall on 17-18 September with spectacular displays of wildflowers and nature-themed artworks.

Now in its 51<sup>st</sup> year, the event showcases the extraordinary natural diversity of the Surf Coast.

The Anglesea Heath has 620 plant species, about a quarter of Victoria's flora.

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Lorne SES Unit is currently recruiting for six new members to assist in keeping your community safe.

As well as emergency response, VICSES volunteers engage with the community to help them prepare for disasters.

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**Lorne's Men's Shed is now open for business and opening times are:**

**Tuesday 10.00 am to 3.00 pm**

**Thursday 10.00 am to 3.00 pm**

**Saturday 10.00 am to 12.00 noon.**

St. John Sutton has obtained shelving from Rays Tent City North Geelong which is closing this store.

The shelving needs to be setup in the Store Room and Workshop.

Help around the Men's Shed is always appreciated.

We have tea and coffee making facilities, a working oven and hot plates if anyone wishes to bring along lunch for themselves.

Thanks to Garry Fenton, we have the waiting room chairs from the Lorne Hospital.

**- DB**

**The Victorian Men's Shed Association (VMSA) is looking for local Men's Shed members that would be interested in displaying their creations or demonstrating a skill at the 2016 Conference.**

**Where: Club Italia, 515 Bellarine Highway, Moolap**

**When: Friday 14th October 2016, 10am-3pm**

**There will be tables, chairs and power available inside the venue and space outside (marques, power etc could be made available on request).**

**There will be sheds from across Victoria attending the conference and it's a good opportunity to catch up on what others are doing.**

**Displays and demonstrators will need to be there for the full day (9-4pm).**

**As a group you might want to share "manning" a display table.**

**If you are interested please contact Bruce Ward on sec@vmsa.org.au or 0401 092 769 by 30<sup>th</sup> September 2016**

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## **Vale Norma Hay**



Lorne lost one of its most able and willing volunteers with the recent death of Norma Hay.

Norma, originally from Colac and subsequently Geelong, built a home and retired to Lorne in the early '90s.

She very soon made many local contacts and friendships and became a valued member of Lorne's army of volunteers.

Norma joined the Lorne Information Centre as a volunteer when it was only an off-shoot of the Shire's local office – remember the joys of a local Shire Office?

Norma continued in that role for over twenty years and her quiet humour and easy and efficient manner with visitors to the town is still missed.

Norma was also a stalwart, much valued and hard working member of the Lorne Op Shop.

She was the queen of the Manchester section and through her efforts the sheets, towels, blankets, table linen and notions were soon organised, very well displayed and became one of the shop's best selling sections.

Norma also helped out at the Senior Citizens Centre and worked as the Treasurer for them for many years.

She also quietly and very willingly acted as a volunteer driver for many elderly, house bound, Lorne ladies and her cooking expertise found its way to many who just needed that extra touch of TLC when they were under the weather or just plain miserable.

She was never one to blow her own trumpet and was in many ways a very private person, Her family were her major pride and joy and much loved. In typical Norma fashion it was her wish to leave quietly and this she did.

She has left a big hole in Lorne: we will miss her.

**- PST**

## Oral Health

Dental Health Week, which runs from 1 to 7 August, is the Australian Dental Association's major annual oral health promotion event. It aims to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

It has three main objectives: - promote oral health education and awareness in the general community; motivate and educate dental professionals to promote good oral health; and encourage ongoing collaboration within the dental profession.

This year, Dental Health Week is focusing on the significant ways that hormones can play havoc on a woman's oral health, an especially important topic. This is in light of a recent study that revealed that many women are unaware of the significant impact that various life stages have on the health of their teeth and gums. The reality is that major life events like pregnancy, puberty, menstruation and menopause dramatically affect the state of your dental health if you are a woman. Throughout the awareness good dental health, you will be encouraged to take a more preventive, hands-on approach to your dental health as you learn more about the ways your teeth, gums and mouth are affected during each of the pivotal phases of your life.

Bleeding is usually a sign that something untoward has happened to your body, yet many people think that it's perfectly normal for their gums to bleed when they brush or floss. But, of course, it's not; bleeding gums are a sign that your gums are inflamed due to disease-causing bacteria. Ignoring bleeding which results from brushing and flossing means you stand a real risk of developing a serious form of gum disease.

The two main stages of gum disease are gingivitis and periodontitis.

This early form of gum disease occurs when dental plaque, the bacterial film that covers the surfaces of your mouth, builds up on your teeth, particularly where the gum and tooth meet. When this happens, your gums may appear red, swollen, feel extra sensitive, and bleed easily. Fortunately, gingivitis doesn't lead to a loss of the bone

and tissue that hold your teeth in place and can be reversed with twice daily brushing and flossing, as well as regular professional cleaning by your dentist or dental hygienist.

Ignoring the bleeding caused by gingivitis could lead to a more serious form of periodontitis. The reason this disease is so serious is that it causes your gums to pull away from your teeth, forming spaces (known as "pockets") that can easily become infected. Naturally your body's immune system fights the infection, but this response and the bacterial toxins generated by the infection combine to create a toxic brew that breaks down the bone and tissue that hold your teeth in place and, in severe cases, can lead to their removal.

In addition to plaque, which is largely responsible for the development of gum disease, the health of your gums can also be affected by: Smoking and tobacco use, genetic predisposition, systemic diseases like diabetes and arthritis, stress and poor nutrition, and hormonal fluctuations such as those experienced during puberty, pregnancy, menstruation and menopause.

Think about to how you brush your teeth, beyond squirting on some toothpaste, and scrubbing back and forth. But as your dentist will tell you, how you brush your teeth matters a great deal. That's because brushing plays a critical role in removing the plaque that can cause tooth decay and gum disease. How often you brush, how long you brush for, the kind of technique and toothbrush you use all have a major impact on the effectiveness of your brushing. For instance, did you know that you should be brushing for a minimum of two minutes, twice a day? Most people don't come close to brushing for that long and often brush their teeth quickly and distractedly, in the middle of many other pressing tasks.

Your local pharmacy can help too. One of the key aspects to maintaining oral care is hygiene management. Pharmacies also offer services which can help people living with dental and oral hygiene issues. Visit your local pharmacy and find out how they can help, as well as provide education and training.

- JB



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

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

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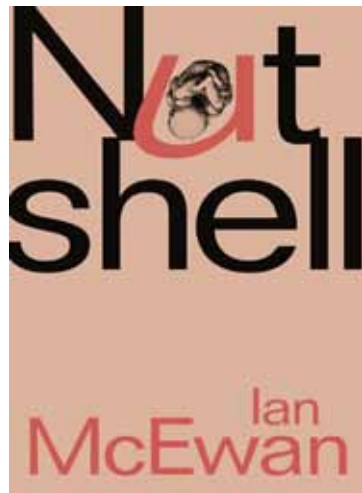
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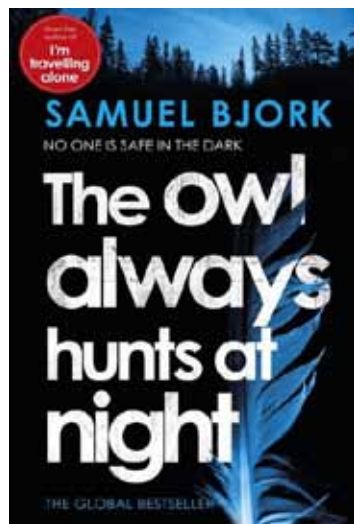
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Trudy has betrayed her husband, John. She's still in the marital home, but not with John. Instead, she's with his brother, the profoundly banal Claude, and the two of them have a plan. But there is a witness to their plot: the inquisitive, nine-month-old resident of Trudy's womb.

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***Nutshell*, Ian McEwan, \$32.99**



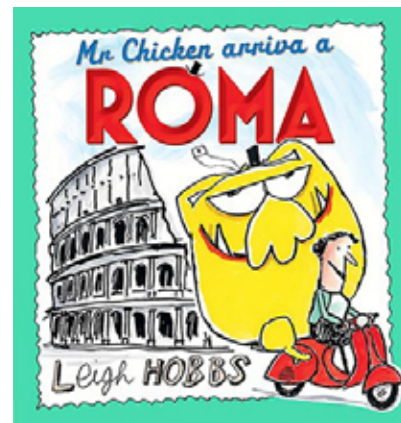
When a young woman is found dead, the police are quick to respond. But what they find at the scene is unexpected. The body is posed, the scene laboriously set. And there is almost no forensic evidence. Detective Mia Krüger has been signed off work pending psychological assessment. But her boss has less regard for the rules than he should. Desperate to get Mia back in the office, Holger Munch offers her an unofficial deal.

***The Owl Always Hunts at Night*, Samuel Bjork, \$32.99**



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***Mr Chicken Arriva a Roma*, Leigh Hobbs, \$24.99**



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