

LORNE INDEPENDENT

\$2

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All emergency services ready for bush and grass fire outbreaks

Fire-fighters in Lorne are as ready as they could ever be in the face of this summer's warning of possible dangerous bushfire outbreaks.

Authorities have warned that the dangers of grass fires are extreme - because of wet weather over the last months, undergrowth and grass growth is considerable, posing a danger with hot, dry weather.

Over the last couple of months, Lorne's permanent residents, as well as those from nearby areas have participated in Police briefings, SES and CFA meetings and even the Surf Coast Shire, utilising a special Victorian Government grant, held several information sessions.

The basic message this year is to know when to leave safely in the face of an approaching bushfire or other fire emergency.

The current mantra is to have essential items for several days survival packed and ready for a possible rapid evacuation from home.

Residents and visitors to Lorne are advised to monitor fires on the Government special website and apps, listen to emergency radio stations such as 774 but most of all be vigilant of danger nearby.

For Lorne residents, the message is clear – get out as soon as danger threatens - certainly don't wait until the fire is at the back door.

Make sure you have a well thought-out fire plan and are able to implement it immediately should a fire emergency threaten.

From numerous media releases, it seems that the Sikorsky S61 helicopter, known as Helitack 347, which played such a significant role in the 2015 Christmas Day fires at Wye River-Separation Creek is one of the district's most valuable firefighting assets.

The Wye River-Separation Creek fire broke out a week before Christmas 2015 and destroyed 116 properties

It was some time before it was successfully neutralised.

At one stage, authorities ordered the evacuation of Lorne township and for residents to seek safe shelters.

Otway District Manager of Victorian Fire Management David Rourke said that the Wye

River fires are an example of why it's essential to have aerial support in fighting fires in the region.

"The steep and rocky terrain of the Otways is often difficult to access and the Helitack can cover areas that our tankers and vehicles can't easily reach," he said.

During the Wye River emergency, the heavy duty aircraft was constantly picking up water from the ocean and dropping it on the fireground.

The Helicopter will be permanently stationed at Colac; it can dump at least 3,000 litres of water in one drop.

It will be on call for fires across Victoria as well as those in the Otway District.

- Various media releases



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The Lorne Independent Inc. is produced on a non-profit voluntary basis and, as a newsletter, seeks to give in its pages open access to the community. It is important to note, however, that opinions expressed by authors of articles are their own.

Advertising and publicity for community events is free, and all other contributions are most welcome. Supplied copy and pictures must bear the name and address of the author and/or organisation.

The editorial committee of the Lorne Independent reserves the right to cut, alter or otherwise work the articles to make them suitable for publication. The committee also reserves the right to reject articles and/or photos if it deems the material to be unsuitable for publication. Please note: Absolute deadline for copy is five days before the end of the month.



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Take care around Surf Coast cliffs

Pedestrians and beach users are encouraged to take care near cliffs along the Surf Coast following heavy rain in winter and spring.

Great Ocean Road Coast Committee (GORCC), Parks Victoria and Surf Coast Shire Council said the start of summer was a good opportunity to remind community members and visitors about cliff instability.

Surf Coast Shire Councillor Libby Coker encouraged people to pay attention to signs and respect fences.

Visitors can also assist by staying on designated tracks, not damaging native vegetation and keeping clear of cliffs, especially at higher tides.

Great Ocean Road Coast Committee's Coastal Reserves Manager Caleb Hurrell said the heavy rains and wet weather over winter and spring have resulted in significant coastal changes to cliff structures and dunes.

"Many cliff areas, particularly in the area between Jan Juc and Point Roadknight, and at Aireys Inlet, are susceptible to instability," Mr Hurrell said.

"The extent and severity of cliff failure can increase over the summer period due to the drying effects of hot weather, resulting in increased cracking and fracturing of cliff faces."

- Various media releases



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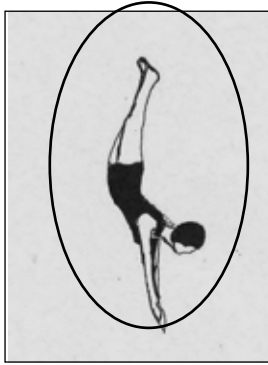
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GO WHERE THE TRADIES GO

Lorne Independent 3

The Louttit Loop



Lorne is chocka. Welcome you lucky people having a day, a week or a month here in “summer”. Sorry about the rain which started the season for us – but which nicked off just as the Falls Festival began! Locals relished peaceful Christmas meals on THE day, unlike last year’s evacuation c/w cooked turkey in the boot. Our sympathies are still with the folk of Wye River and Separation Creek and we encourage you to take this magnificent drive and visit the Store or the Pub, drop a few much needed \$

and count your blessings.

Special screenings of the film ‘Red Dog True Blue’ at the Lorne Cinema on 16th Dec. raised funds for the bush fire victims in Wye and Sep. 350 school kids came from all surrounding towns and Lorne P-12 College provided a great sausage sizzle lunch. In the evening the film ran again for a big fund raiser for the same excellent cause. Heaps of hard work behind the scenes by the usual culprits.

If you are missing the now-closed Fish Co-op, despair no more. Schmickly renovated Foodworks Supermarket has damn fine fish fresh daily. There’s also a refrigerated truck run by the Castle family’s Natural Otways company. You’ll see it parked near the Pier dispensing fresh seafood. This local enterprise operates from Koallah Farm up Deans Marsh Road selling free range meats, cheese and some booze both online and to many Lorne outlets.

We who devour the odd crayfish also miss Gary Norton who has retired from the commercial side of the business and we thank him for all the wonderful crustaceans he supplied us with.

Mega thanks to Alex at Foodworks Supermarket who donated a big box of plastic bags to our Op Shop. The shop is doing a roaring trade (what’s new?) and appeals for folk to donate towels, crime books and shopping bags to fill the huge demand for these at the moment.

One well respected local raised eye brows by making a dramatic entrance at the Bowls Club Restaurant with a burkiah-like face cover. A collision with a door jamb necessitated this religious disguise.

Please urgently note that the 50kph zoned area has been extended to the northern end of Lorne before reaching Stirling Street. Methinks this is because the Infringement Notices stated that the speed was exceeded between Stirling St and Deans Marsh Road, and folk could dispute this as the first 10 metres from Stirling to the first 50 sign was in fact 60kph. Whatever, you have been warned.

Dear Robert Wood was farewelled at a big Mass with three out of town priests in charge, one of them his brother. Most of us got to know Robert when John Dooley and Rick Grant spoke up for him when his brother Chris and sister in law Wendy applied for him to be a resident in what we fondly call the Lions Village. Yes, Robert’s best friend had been the bottle but it gave him no joy. But he came to Lorne as a non-drinker and these two wise old Committee members successfully argued that he deserved to be given a chance here. He trotted into the Op Shop one day with his cute distinctive walk and the ladies offered him a place on their team. Robert had a ‘tribe’. Folk called out to him, tooted him, invited him round to watch the Pies play, had coffee with him, and helped him learn the ropes at this amazing little ‘therapy’ shop. He couldn’t believe it! Robert certainly was another very valuable much loved eccentric member of our community and never put a foot wrong. RIP Mate!

Lorne is also lucky to have the amazing Lesley and Clive Goldsworthy team. They always step up and help no matter what or where. Could be pulling beers or coffees, delivering stuff, or just plain helping folk who need it. It was a fantastic day when they decided to retire to Lorne. In a town where there is a shortage of hands-up for official positions at all clubs and groups, these two are taking their turn as Country Club President and Ladies’ Golf President.

Your next Great Ocean Road selfie is within arm’s reach at Aireys Inlet with the completion of the Split Point lookout upgrades. Two new viewing platforms have been constructed to sensitively complement previous works in the area, catering for increasing numbers of visitors along the Great Ocean Road. The viewing platforms have been designed to offer uninterrupted coastline views to enrich visitor experiences without impacting the natural environment. Our thanks to Surf Coast Shire, Great Ocean Road Coast Committee and the Dept. of Environment, Land, Water and Planning’s Coastal Risk Mitigation Program

The Vic. Government has released some health stats. Under “Health Risk Behaviour – Adults” we learn that 14% of adults on the Surf Coast still smoke, 56% are subject to ‘short term risk of alcohol consumption’ (Govt. gobbledegook! Cheers!) – one of the highest in Victoria! Only 45% of us eat enough fruit but only 10% drink sugar and sweetened soft drinks! Crikeydotcom.

After four months wearing the sad label of “widow” your industrious reporter with the flapping ears is horrified to reveal that she received her first email from eHarmony – “Love’s knocking at your door”. Strewth. They must keep an eye on the probate ads and ignore the funeral parlour’s ‘do not contact’ instructions. Unsubscribe Me and give us a break!

Talk about lucky! Illegal campers between Five Mile Track and Erskine Ave left their also illegal campfire smouldering when they departed. Luckily on-the-ball GORCC workers spotted it and put it out. The CFA advises folk MUST apply the rule – cool to touch, safe to leave!

And no more Wednesday and Saturday burning off or fires in open spaces thank you very much!

Ben Anderson posted some fantastic photos and words from the Lorne Pier after a large shark was spotted circling the end of the pier right near the fishermens lines, and right where silly billies leap into the Bay from said pier after standing right on top of the sign which says in big letters “NO JUMPING FROM THIS PIER!” Warning: if you see a helicopter circling quite low leave the water as it means a shark is close in. Lots have been spotted round Aireys and Anglesea so far this summer.

Wonderful to read in Ian Stewart’s excellent weekly column in the Surfcoast Times of the big group the Surf Club accommodated, fed and trained to get them their Bronze swimming badges and be able to be patrollers on our beach. Sounds like a win win situation, but the \$’s need to come from somewhere. Mind you we do have some incredibly generous traders in Lorne, especially the supermarket.

Fascinating to hear of a Council having its first meeting after the recent elections where newly elected and old sitting Councillors spent the first TWO HOURS attempting to work out who would sit where. No names, no pack drill, but could easily be our Council! Many thanks to the organizers of the excellent Carols on the Lorne, especially Irish Tara O’Neill who got all the kids singing. On such a ffreezing evening the only low spot was that all the kids with their noses face-painted RED did not get to sing about Rudolph!

“Hint of the Year” – has to be that the mere act of placing one fat rubber band or 4 thin ones in your letter box will keep the snails away!

Bring on 2017 and hope it’s a happy one for you and you and you! We lost so many beautiful members of our community in the last twelve months let’s hope that’s an end to it.

Take care.....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.

As usual, the *LorneCare* team will have cleaned up the Lorne foreshore and beach on New Year's Day from at 6am onwards.

There will be no monthly working bee in January. Working bees will recommence on February 19, 2017. See the February issue of the Lorne Independent for details

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

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Lorne - a place of natural beauty and special significance

Lorne Independent

What it all amounts to is that many people in Lorne recently using and relying on their landlines for internet and phone calls have been caught out

Not a good situation for individuals and/or businesses, especially right in the middle of the just passed Festive Season and New Year's celebrations.

Embarrassing, annoying, inconvenient and for some, loss of business.

So what happened? Why were there so many with no internet connections and no landline telephone?

What should have been a smooth, no problems change-over to NBN 'to take advantage of the door opening to Australia's new digital era', to quote a recent Sarah Henderson MP media release, has for Lorne anyway, been a bit more complicated than first thought.

There are two elements to this whole sorry incident – inadequate information from NBN Technology (MTM) to telco providers and they in turn, failing to pass know-how on to their customers.

The other element was picking an unfortunate date (a week before Christmas) to announce NBN had been formally connected.

Three weeks before Christmas, Telstra, one of the major suppliers in the Lorne area, had a caravan in front of the supermarket to provide information, but if you hadn't had purpose to shop, there certainly was no pre-warning of its presence.

And people who had an arrangement with other teleco providers – well, very few if any customers had any prior warning of the opportunity to change to NBN.

Put simply, there was an overall lack of specific information on what the individual had to do to link up.

As luck would have it, the Lorne Independent on a trip to the supermarket about three weeks before Christmas, saw the Telstra caravan, and a contract was subsequently signed for a new 'bundle' which included a landline for telephone calls and of course the new NBN.

It took seven days before Australian Post delivered a new modem, and one look at the instructions, it was obvious that without a good deal of IT knowledge, there was no way we could link it up ourselves (DIY).

To the rescue: Our IT man drove over from Apollo Bay and hooked up the modem in ten minutes – but as it happened, the Independent's office was without internet or phone connection for four days. Communications were exclusively by mobile!

Without the good fortune of seeing the Telstra caravan, the Lorne Independent would certainly have been one of the many who simply got caught out.

Cal from the IT company, Surf Coast Technology, which has a shop-front right on Mountjoy Parade, said that a day before Christmas he had about 12 individuals as well as a couple of businesses waiting for modems and connections.

With Christmas and then the New Year Festivities, you can imagine how long it was going to take for the modems to turn up in the post, and try getting an IT technician a week before Christmas or indeed over the New Year celebrations!

A Lorne Independent team member waiting for his modem, kept ringing his telco provider for help. "It's Charlie, leave a message," was all he got.

As for those people who got caught out, well, the only thing they could do was raise a fist in anger and let go a few profanities - we all know, life wasn't meant to be easy.

- Jo Vondra

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Schoolies - a definite change

One of our former Lorne Ward Councillors, the late Nelson English said it from the first: Look after the 'Schoolies' for one day they'll come back and bring their children.

Lorne was a different place some years ago. The 'Schoolies' came and Lorne did not have any formal preparations in place to deal with hundreds of testosterone-charged youngsters determined to have a good time.

The definition of a good time meant staying up late, screaming into the night and drinking lots and lots of alcohol on the understanding that booze was an important part of the celebrations.

This definition also incorporated the understanding that Schoolies didn't give a stuff about anybody except themselves. As a result of their behaviour and the portrayal by the media, Schoolies became a tarnished brand. The word Schoolies became synonymous with anti-social behavior, alcohol and drugs.

Times have changed and Lorne is now certainly a different place!

Lorne elder and Committee for Lorne member, Peter Spring explains:

Well the "Schoolies" came to Lorne, partied and then they departed, and the general commentary has been very positive. There are always going to be issues with litter, noise and pranks but it seems that in the past years, there has been a marked decline in the number of more serious incidents including violence, vandalism and groups out of control.

Commentary this year is a far cry from five or six years ago when the community felt it was being besieged by 'Schoolies'. So what's changed?

I had an invitation from our Lorne Police sergeant, Dave Cooper to come and observe for myself the organisation "behind the scenes" which has brought about this change. In summary, what's changed is an incredible effort by our local Police and the other associated groups to work together and to set boundaries and manage the impact of school leavers in Lorne.

Over the past five years the local agencies have worked tirelessly to communicate with school leavers about what behaviours were acceptable and not acceptable in our town. Even to the point of resetting the concept of the event by referring to 'School Leavers' and getting away from the negative connotations of 'Schoolies'.

Dave Cooper has contributed an enormous amount of time over several years to get to this point where 2,500 School Leavers arrived in Lorne this year and there has hardly been a negative comment.

When I met with Dave I started to get an understanding as to why this change has occurred. While driving around, Dave told me that he and his team try to visit every accommodation place where the School Leavers are staying and talk to them about expectations during their stay in Lorne. If he sees a house with a few cars with P Plates, he will "drop in" and ascertain if they are school leavers and if so, tells them how it's going to be.

During the course of the evening, I visited the station set up in the grounds of the Uniting Church and managed by the Red Frogs organisation. To quote from their website, "Red Frogs is a support program that provides direct relief from alcohol and drug related issues that are known to cause anxiety, pain,

poverty, sickness, suffering, distress, misfortune, disability, destitution, helplessness."

I met with Reagan, the co-ordinator of the Red Frogs volunteers in Lorne for this year. There were 51 volunteers in total on call 24/7 to provide counselling, support and even help with accommodation problems and supplying snacks and a place to chill out.

There was a "mission control centre" where all requests are logged and the volunteers are deployed as required. They ran two buses to transport the School Leavers to and from accommodation. It is a military style "command and control" structure designed to ensure that the right help is available when it is needed.

The area in the Church grounds was a buzz of activity for Red Frogs and School Leavers alike; everyone enjoying themselves. And everyone recognised and greeted Dave Cooper. It was a very positive atmosphere and I commented at the time on the generosity of these people to volunteer their time to be Red Frogs. I learnt that not only do they volunteer their time; they actually pay about \$300 each to participate. For them it's an important job, but is also a wonderful experience that teaches them so much about relating to others in need of support and how to manage a wide range of difficult situations. It provides life lessons, which will be with them for the rest of their lives.

I also met Lauren and Rose from YSAS (Youth Substance Abuse Services). YSAS specialises in offering treatment, support and early intervention for vulnerable young Victorians struggling with substance dependence. Red Frogs team members will refer School Leavers who experience problems with drugs to someone from the YSAS team. It's an important intermediate step, which allows the Red Frogs team to escalate support and yet do so in a way that allows police resources to maintain their presence and patrols while the person is still receiving the best care. Once again, YSAS team members are volunteers. It's disturbing to hear that they don't know from one year to the next whether they will receive Government funding which will allow them to deliver their valuable service in Lorne and Torquay and it's also concerning to hear that the funding they receive hasn't changed in ten years!

I met Paul from the security company engaged to provide resources for patrols and security services at Mantra where several hundred School Leavers stayed and at the hotels and bars which they visited. He and his team had as their number one priority the safety and security of the School Leavers.

It was a wonderful experience to meet all these people, see how they worked together, see their commitment to their job and to see how they related to the School Leavers.

They all talked about the wonderful job Dave Cooper had done in bringing the various groups together, setting expectations with School Leavers and getting everyone "on the same page". There is no doubt this approach has transformed the event. School Leavers has always provided an economic benefit to Lorne and in the past the question was, "at what cost?" That's changed now and seeing how all these teams worked together to manage the event was inspiring.

I came away thinking that the key element in this successful transformation is the "Cooper Effect" and we have Dave Cooper and his team to thank for that.



News from our Councillor for the Lorne Ward

Lorne Ward Councillor update :

Welcome back to Lorne all our non-permanent residents and welcome to all the visitors who will spend their holiday period in Lorne and its surrounds.

With so many people enjoying the beaches and surrounding hinterland it is timely to remind all dog owners of their responsibilities to ensure everyone has the opportunity to enjoy our open spaces with the need for public safety and protection of environmentally sensitive areas. Dogs are required to be on a leash in all township areas including car parks, beach access tracks and all National Parks. Dogs are not permitted in public playgrounds. Timeshare restrictions are currently in force for our beaches, lookout for signs along the coast or visit the Surf Coast Shire website.

The Committee for Lorne will be facilitating consultation sessions with key members of our local community groups to help build understanding and support for the Aspirations Plan developed by the Committee. There are four two hour sessions to be held on Thursday 19th & Friday 20th January at Stribling Reserve, 1pm – 3pm and 4pm – 6pm. The sessions will assist in documenting how, now and in the future, each group's work is contributing to the overall achievement of the aspirational strategies. Further details will be forthcoming from the Committee for Lorne.

The state government recently announced an additional \$53 million to undertake the geotechnical work required to minimise the future risk of landslip and rock falls along the Great Ocean Road. The funding will include new rock fall netting, retaining

walls and armour stone to prevent erosion by waves. The deployment of permanent traffic management infrastructure will also facilitate real time traffic management and counting. Work will start early in 2017 and is in addition to the \$50 million joint funding package between the state and federal government for capital works and maintenance.

Barwon Park Winchelsea is hosting the NIGHTLIFE exhibition from the 4th January to 26th March 2017. The exhibition showcases a very dynamic and visually impressive time in Victoria's fashion history. Visit www.nationaltrust.org.au for further details.

The 2017 Deans Marsh Dog Trials will be held on the 20,21 & 22nd January at the Deans Marsh Reserve. The 2017 trials ties in with other trials in the area; Port Fairy, Cressy, Koroit over a four week period consequently a larger number of competitors will be competing in comparison to past years.

Wishing everyone a Happy & Safe New Year and beyond.

Cr Clive Goldsworthy
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People were so intrigued by our mentioning last issue about Michael Dolan's football obsessions that we thought we'd better bring you the photo. We would like to introduce Chance Michael Robyn Godridge, daughter Shannan's contribution to the St Kilda FC 'army'.
-JV

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Sportsbriefs with John Ford

Leisure, Recreation or Sport?

I would like to wish all our readers a very happy 2017.

Many of us are out there trying to shed that extra kilo or two that we might have gained over the festive season, by walking, jogging, swimming, cycling or hitting balls of various types. In most cases, it does not matter how well we perform – just that we are out there doing it as often and as well as we can.

This brings to mind as to what the possible differences are between pastimes, leisure, recreation and sport. I believe that there are no clear cut differences between these activities.

Sure it will be sport if you are in a team that is striving hard to reach the finals, or if you are an athlete or swimmer trying to win a medal in an event, but for many of us it is not so clear.

For many of us it is not so much about what the activity is, but our reason for participating includes a complex number of goals. These might be about performance quality, times that we might set for ourselves, or even to improve our general health and fitness.

Lorne, with its unmatched geography and sporting clubs offering a broad range of opportunities, is the perfect place to be out there for leisure recreation or sport.

Sporting Clubs

Those of us who live in Lorne will have a very good understanding of the local clubs. However for those who are in Lorne less frequently, or for first-time visitors, I wish to impress upon you the welcome that you will receive at each of these clubs. Sports including golf, tennis, swimming, lifesaving, lawn bowls and the Angling and Aquatic Club are all here in Lorne – and football and netball in the winter months. You may also wish to walk or run along the beach, along the forest tracks, or laps of the football/cricket ground – which is in excellent condition.

Lorne's sporting clubs will not only welcome you, but they need your support after a difficult summer last season with bushfires, landslides and road closures affecting the Great Ocean Road. While you are there you might consider having a refreshing drink, coffee or a meal – you will not be disappointed and you will be helping clubs that offer a range of sporting opportunities to a small population all year round. In many cases this includes coaching of juniors (often voluntary) and competing with clubs along the coast and hinterland. A quick study of the honour boards in these clubs is always recommended as it shows not only past and current champions, but those who have given time over many years as president, secretary and treasurer of these organizations. Most of these committee people have not only loved their sport but have also had to lobby state and local government organizations for funds to enable their club's continued existence and improvement. Your visiting of these clubs over summer will be a way of acknowledging and supporting the sterling efforts over the years by these tireless committee members. Becoming a member of a club shows your ongoing support, and allows you to have a say in the future direction of the club. So please consider membership.

Events in January

Lorne's sporting clubs are hosting a number of events and the best way is to visit each club yourself or telephone – I have already indicated that you will be made very welcome.

Some of the more notable events are as follows:

The annual Mountain to Surf Run takes place on Friday 6th January at 8.30am. This is a 7.5km course that takes over 2000 runners from Smith St, up Otway St to Allenvale, along the scenic St George River and back into town along the Great Ocean Road.

The annual Pier to Pub swim is on Saturday 7th January and heats take place throughout the day. Normally in excess of 4000 swimmers participate in categories according to ability and experience. If you have not already entered this year's event then you have missed out, but it makes spectacular viewing.

Tennis and golf are available at Lorne Country Club. During January you will need to book your round of golf, but tennis will take place on Monday, Wednesday, Friday and Saturday mornings from 9.00am. Tennis visitors are welcome for a fee of \$10.00 per session, but courts may be hired throughout the day. The annual Australia Day tournament will be held on Saturday 28th January where players can enjoy mixed 'round robin' format tennis.

These are just a few of the organized sporting events throughout January, but there are many other opportunities for social sport. I am keen to see you all out there – play safely and enjoy! Above all – respect the dangers of the surf, the heat and the bush tracks.

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

Great Ocean Road driving aid

Drivers will have access to up-to-date travel times on the Great Ocean Road this summer thanks to new Bluetooth vehicle detection technology.

The smart devices, installed at different locations between Geelong and Apollo Bay, will collect traffic flow data, feeding information into electronic message boards.

These boards will provide real time travel estimates to townships further along the famous touring route.

The monitoring system will also be used for traffic management planning in the cases of emergencies, events or road works.

VicRoads Regional Director Mark Koliba said the innovative technology, which is already used successfully on major metropolitan roads, would allow road users to be better informed about the journey ahead.

“At its peak, more than 22,000 vehicles per day can travel along the road.

“By providing up-to-date travel time information, we are enabling drivers to plan ahead and make more informed choices.

Ten Bluetooth devices have been installed at different locations, linked to five variable message signs at Waurn Ponds, Bellbrae, Skenes Creek and two in Lorne.

This funding is part of a \$53 million package to make the Great Ocean Road more resilient into the future.

- VicRoads media release



News from the Lorne Aquatic and Angling Club

COMMODORE'S NOTES December 2016

Another year has gone as we enter the busy holiday season in Lorne. The LAAC is all prepared and the committee is expecting to conduct its operations successfully to the enjoyment of all.

The Annual General Meeting was conducted on December 3.

The following is the newly elected committee- Commodore Graeme Norton, Vice Commodore, Keith Miller, Treasurer Ian Hutchinson, Secretary Angela Quinn. Committee members are – Ric Addison, Leon Armistead, Barry Hayward, Tony Peddie, Doug Williams.

I am confident that our new committee will diligently promote our club and work for the benefit of all members and guests.

Committee News.

- The sale of bait is proving to be a very worthwhile venture for members and those who regularly fish from the pier.
- Jason – our coffee man will be operating seven days a week from Boxing Day.
- LAAC t-shirts, polo shirts, hats & stubby holders will be on sale from the club. Please ask bar staff to check out what is available.
- Credit Card Facility – our Club now has this facility which is available for the payment of membership and purchases over \$10. No cash out option is available.
- AGM motion – In response to Clive Goldsworthy's reporting of a statement made by the Great Ocean Road Committee CEO, that the LAAC has committed \$800,000 to the Pt Grey Redevelopment, the following is the CEO's response to our letter – "his intention in the multi agency meeting was to reiterate GORCC's understanding that there would be a financial commitment by the LAAC to the redevelopment of the building."

A copy of our letter and his response are available for perusal at the Club.

- 2017 sees the introduction of 3 new fish species to our annual comps. We now have an annual Snapper Comp. Garfish Comp. Bream Comp. KGWhiting Comp. Flathead Comp. Salmon Comp

All fisherpersons have to do is catch a 'whopper', using the scales in the fish cleaning area and weigh it. Have your score witnessed by another member and enter all details on the relevant sheet provided in the cleaning bay area.

Pt Grey Report

GORCC is still finalizing the Business Case for the project in order that funding sources be identified to support their \$1.5m commitment to the initial stages of the project.

Fishing Report.

Our first Major Competition is on Sunday, January 29. Lines down from 6 a.m. A great barbecue lunch will be provided after presentations at 1.00.

A timely reminder to all boaties - Please check all your safety gear and general boat maintenance before heading out this summer. I believe licence & safety checks will be prevalent during summer by Water Police, Marine Safety and local Fisheries officers.

WE NEED YOUR HELP.

If you are skilled in the process of applying for 'Grant monies' please call Graeme – 0421992207.

On behalf of your committee, I wish everyone a safe and happy holiday season.

Good fishing, Tight Lines and Safe Boating.

Graeme Norton
Commodore

**Be safe!
Don't give yourself
or our Police any grief.
Make use of our
community transport service.
The LAAC Courtesy Bus will be
operating
until the end of January -
gold coin donation.**

**Club raffles!
Meat & seafood on Wednesday, Friday
and Saturday nights.**

Asthma and Thunderstorms

Four in 10 people who experienced thunderstorm asthma during the recent storm had no previous diagnosis of asthma but most experienced symptoms of hay fever in the past 12 months.

Itchy eyes, a runny nose and sneezing are common allergic reactions to pollen at this time of year. Hay fever or allergic rhinitis affects one in six Australians, many of whom also are affected by asthma.



Dr David Mullen

What is thunderstorm asthma?

Thunderstorm asthma is thought to be triggered by massive loads of small pollen allergen particles being released into the air during some thunderstorms that have rapid changes in wind, temperature and humidity.

Not all thunderstorms, even on days of high pollen count, will cause thunderstorm asthma. These tiny particles concentrate at ground level and can easily enter the lungs and cause those susceptible to have an asthma flare up - swelling and extra mucous production in the airways causing the airways to narrow.

The symptoms of thunderstorm asthma can occur quickly and include wheezing, cough, shortness of breath and/or chest tightness.

How is it prevented?

See an ASTHMA EDUCATOR

Understanding your own asthma, knowing your triggers and maintaining good asthma control is the best way to prevent thunderstorm asthma or any asthma flare up.

Develop an ASTHMA ACTION PLAN with your doctor

Use the plan to self-manage medications according to changes in your breathing and to know what to do in an emergency.

If you have hay fever – speak to your doctor about better ways to control it and keep up to date with pollen alerts at Auspollen <http://www.pollenforecast.com.au/>

How is thunderstorm asthma treated?

Reliever medication (in a blue container) is used to treat asthma symptoms and needs to be at hand at all times. The aerosol type is more effective when used with a spacer. If you have problems breathing; call 000, remain calm and continue to take the blue puffer until the ambulance arrives. If you do not have a blue puffer with you use a preventer until help arrives.

Asthma first aid poster can be accessed at <https://www.asthmaaustralia.org.au/wa/about-asthma/resources/first-aid>

The Lorne Community Hospital and Lorne Medical Centre offer free asthma education, monitoring of lung function and development of personalised asthma action plans.

For an appointment, please phone 5289 4333.

Explore the Surf Coast and Bellarine with Summer by the Sea

More than 350 free activities will be on offer across Victoria's coastline when Summer by the Sea gets underway next month.

The 2017 program, from 2 – 26 January, gives Victorians the chance to learn more about the coastal environment on their doorstep while having fun at the same time.

Highlights on the Surf Coast and Bellarine will include stand-up paddling boarding at Lorne, snorkelling adventure safaris at Queenscliff and St Leonards, and 'beach detective' sessions for children at local beaches.

Coastcare Victoria Coordinator Evelyn Nicholson said: "This annual program allows local volunteers to share their knowledge of Victoria's special coastal and marine environments.

"By showcasing the different elements of our fragile and precious coastline, Summer by the Sea activities develop understanding and appreciation for the landscape.

"The 2017 program has something for everyone, with activities ranging from guided walking tours, twilight fishing and rockpool rambles, to dinosaur digs, kite-making and canoeing.

"This year we are focusing on providing accessible activities for people living with special needs, including outdoor exploring on wheelchair accessible trails and snorkelling," Ms Nicholson said.

"If anyone has a special need and is interested in taking part in activities, we're encouraging them to contact Coastcare Victoria to discuss how we can help them take part.

"It may involve us hiring an Auslan interpreter for an event or simply checking if there is wheelchair accessibility at activity locations."

Summer by the Sea, in its 21st year, is supported by land managers, community groups and conservation agencies across the state.

Bookings will be opening later this month, with details to be on the Summer by the Sea Facebook page and delwp.vic.gov.au.

- DELWP media release

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Billiardiere scandens

A creeper that appears in my garden is *Billiardiera scandens*. Common appleberry may well be growing in your Lorne garden. I look at it through the window and it is draped across a grevillea, its creamy flowers open in the sunlight. Named after the French botanist La Billardiere it grows readily without cultivation and is endemic to the Otways. I have an image of a uniformed Frenchman in the late 1700s, as in a television satire wearing a tricorner hat with one hand thrust into his blue jacket and the other adjusting his monocle as he discovers for France a new plant declaring, "Mon Dieu, un billardiere. C'est moi." But this is pretty much what happened as French botanists discovered and classified the flora of Terra Australis or New Holland as it was then known since it had not yet become Australia. As for posturing like a French officer – when the crew was chosen for the La Perouse expedition a sixteen year old who missed the final cut was one Napoleon Bonaparte who left the navy thereafter and joined the army. It was good for him that he did because after leaving Botany Bay in 1788, La Perouse vanished in mysterious circumstances somewhere in the Solomon Islands.

Expeditions of this nature engaged in scientific research were granted a form of diplomatic immunity so that even if they were captured by nations at war they were allowed freedom of the seas. So Guichenot, accompanying Leschenault aboard Baudin's fleet, was free to name the Guichenotia genus. *G. macrantha* will grow in Lorne in a sheltered, well drained situation. *Grevillea gaudichaudi* is a ground cover I have planted with great success over the years and it too was named by a Frenchman – Charles Gaudichaud who visited Australia with Freycinet and was a decade later to voyage to Chile, Peru and Brazil. While these plant collection expeditions had at heart a scientific basis, the intrinsic concern was to discover a new species with commercial possibilities. The plant collectors later in the nineteenth century had a different motivation but during the Age of Discovery it was still very much about 'plant Imperialism'¹. It was from Brazil that a British adventurer employed by Kew Gardens was able to hoodwink customs and smuggle out seventy thousand rubber plant seeds in 1876. Earlier *cinchona*, the source of quinine – it's found in the bark – was acquired from its places of origin in the Andes.

As early as 1659 the Dutch brought coffee plants to Sri Lanka and a year later were planting it in Java. Pepper, cloves and nutmeg were the impetus for both the Dutch and the British East India Companies to colonise and exploit new territories and other staples such as potato and maize from the Americas, breadfruit and sugar cane were on a list of commercial plant discoveries which enriched traders and nations.

The furthering of a scientific knowledge was a factor in the Voyages of Discovery of course but the drive by the European powers was typical of the competitive nature of the times as Germany and England constantly tried to outdo each other. Despite this there was also an element of mutuality within the world of plantspeople.

Accordingly, the fuchsia was named by a French botanist and monk after the German scientist Fuchs whom he much admired. Another Frenchman gave the name to the *kennedias* in recognition of an English nurseryman called, obviously, Mr. Kennedy who hailed from Hammersmith. A German described the genus *Wahlenbergia* after his Swedish friend and the *hardenbergia* was named in honour of the Countess von Hardenberg by an English chap with whom she was romantically involved, as well as scientifically of course. Initially for me the big surprise in this cosmopolitan array of plant discoverers was of the Polish collector Hove after whom the *hoveas* were named but then I thought of the Polish explorers Strezlecki and Kosciusko who were out here. Anton Pantaleon Hove worked under Joseph Banks and while he travelled throughout Eastern Europe, India and Africa never set foot Down Under. (All the plants described in this article can be grown under Lorne conditions.)

- Doug Williams

1. A term coined by Lucile Brockway, Agriculture in the British Empire

Doug Williams is a retired gardener and landscape contractor who still makes himself available for consultations and specialised work as well as continuing his Mobile Nursery.

Contact number 0418 522 011

Give Alister a call on 0400 096 084



This and that

Lorne in summer always seems concentrated around sea, surf, sand, sun and vigorous walking hikes to admittedly very beautiful waterfall sites deep in the Otway hinterland, but if you want a change of scene, pace and food for the inner being try these few suggestions.

Barwon Park Mansion at 105 Inverleigh Road Winchelsea is worth a visit over the holidays. The National Trust property will be hosting an exhibition drawn from the fashion collection of the National Trust of Australia (Victoria).

It will feature many never before seen costumes and will transport you to a world of the 1920's and 30's glamour where film stars, sophistication and city lights influenced the fashion of the well – dressed. The evening wear showcases a very dynamic and visually impressive time in Victoria's fashion history and according to the curator 'references the night sky, stars and planets, neon lights and dreams'.

The exhibition features over 35 gowns as well as Men's wear and accessories. It reveals the changes in evening wear fashion over 20 years from the early 1920's to the Moderne style of the 30's.

Exhibition Opening Times: 4 January to 26 March – Wednesday to Sunday 11AM to 4PM. Buy tickets on line. (<https://www.trybooking.com?Booking?BookingEventSummary.aspx?eid=230282>)

Another 'different' family day out could be on the Great Ocean Road between Torquay and Anglesea - the Great Ocean Road Chocolaterie and Ice Creamery! Hand crafted chocolates, decadent desserts, chocolate making classes especially for children, play

areas for children and special menus catering for kids in the Pod Café are only some of the attractions to a place that is becoming another terrific draw card along the GOR.

Entry is free and the Chocolaterie is open every day except Xmas day from 9am – 5pm.

QDOS as usual has a full programme over the holidays. Continuing on exhibition until the 7 January are Esther Erlich's paintings and Andrew Southall's drawings and then opening on the 8 January to 24 January are Emma Davies Sculpture and Graeme Altmann paintings.

On 10,11,12 January, Graeme Altmann is conducting a three day painting workshop for all levels. Enquiries at QDOS 52891989.

Supporters of the Lorne Sculpture Biennale 2018. On 11 January QDOS is holding a Slow Lunch as fund raising event for the Lorne Sculpture Biennale 2018. Bookings essential.

Other events - 22 January – 4 Feb. Liz Walker - Shorelines – Sculpture, Ray Firth – Coast – Paintings, Phillip Adams – Paintings. In conjunction with this exhibition on 18,19,20 January there is a three-day workshop – All Things Botanical. Participants will use recycled metal and found objects to create botanically inspired sculpture with Liz Walker. Enquiries and bookings for all the above at www.qdosarts.com or 52891989.

On Sat 28 January QDOS presents in their iconic outdoor amphitheatre from 6 – 10 pm - SUMMER GUMBO- a feast of Jazz, Blues. Food, Wine, Art. Featuring Terry "Harmonica" Bean - direct from Mississippi USA, Isuela Hingano the award winning songstress, and Jules Boulton – back by popular demand. All performing with the Redeemers and the legendary Jimmy Sloggett.

Bookings are essential. Bring a rug or seat. A free return shuttle bus will run from the Lorne Visitors Centre from 4:30pm. Tickets \$45:00 available at <https://www.trybooking.com.och> or www.trybooking.com.247611

The Lorne Community House is holding a range of school holiday programs. Check out their web site for the very exciting programs for this January! Interesting for the kids and a change from the beach - Checkout: Art Soup Melbourne on the web for full details or contact the Community House.

- A.E.



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Keep your bins locked when outside and during collection otherwise the cockies will open them

If you see a few blokes of senior years fussing about in front of your property, don't be concerned - most likely they're Men's Shedders fitting gravity locks to your rubbish bins.

You can be assured they're not the Apex Gang, or any bad people with criminal activity on their minds and there is certainly no need to call the local constabulary.

The Lorne Men's Shed has a contract from the Surf Coast Shire to fit the gravity locks by early this year and Secretary Don Baldwin said that about 400 locks had now been fitted.

"We should have all the locks fitted over the next months," he said.

Fitting the gravity locks is a major contract from the Lorne Sheddars and is the first big task undertaken since the Men's Shed was officially opened last year.

The locks are exactly what the name implies - they work by gravity.

They must be 'locked' when they are put out for the Shire's rubbish collectors with the key pulled out - when the truck clamps on the bin, lifts it up and then tips it into the compactor, the bins will pop open automatically.

"People make the mistakes of unlocking the bins for garbage collection," said Gary Fenton. "When locked, the lids open automatically with gravity".

The bins should only be unlocked when placing garbage as our wily sulphur crested cockatoos can open the lid easily and spill out your rubbish.

So, make sure you lock you bin at all times if it's placed out in the open.

Safety factor: Should a child find itself in the bin for whatever reason - there have been cases of kids playing 'hide and seek' and a bit of 'prankery' - the lid can be unlocked by activating a yellow button inside the lip of the lid.

Instead of glaring at the Sheddars when they're outside your home, why don't you offer them a cup of tea, with a biscuit - they work bloody hard on your behalf.

. - JV



Above, Gary Fenton ready to deliver bins back to their owners. Mike Anderson and Gary White busy at the Men's Shed fitting the gravity locks.

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Lorne Shedders surprised President Allan Walls a few days before the New Year by dedicating the Shed's Social Room in his honour. At a small 'spontaneous' gathering, which also included Allan's wife Audeen, son Jarren and daughter Nyree, Shedder's showed their appreciation of Allan's vision and hard work to get the Shed off the ground. The Shed took three years to make an appearance and is considered one of the finest in the State.

The Garbos of the Lorne Men's Shed

Lorne has a little story
 To tell it, oh we must
 About some unsung heroes
 Destroying cockies trust

Many overfill at Christmas
 And place on top a rock
 So when we pick their bins up
 We install a gravity lock

Mistaken we are for garbos
 We don an odd array of hat
 We wear faded denim trousers
 And live in beautiful bush habitats

We look like proper Aussie
 In our hobnail leather boots
 But it beats being city slickers
 In their navy pinstriped suits

The NIMBYS they get precious
 And to the Council wrote
 They wanted to defame our shed
 Which stuck in the local throats

Some people make a fortune
 Others earn a mint
 Men's Shedders don't glean much at all
 In fact we're almost flippin' skint

We Shedders are an inclusive bunch
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 Respecting blokes from every walk
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- Submitted by MF & GF



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Carols on the Lorne - 2016

Lorne was lucky on the carols night, in that the weather behaved and the Lorne children singing under the direction of our lovely Tara O'Neil were beautiful and brought a tear to many an eye. How lucky we are to have Tara! What she gets out of the children is amazing! (picture by Kate Beamish)

Despite the unsure weather, more than 300 people turned up for the event, spreading blankets and finding a suitable spot in front of St Cuthbert's to enjoy the evening's offerings.



With thanks to Pamela Plum for her fantastic organisational skills and Father Wally Tudor for the Christmas Blessing. Another great night for the people of Lorne.

- A.E.



MC Steve Morrison again did the honours, and Lorne was fortunate to have two professional voices for the night, Lauren Hughes and Laurie Treloar, as well as the wonderful Airstongbirds, voices drawn from Anglesea, Fairhaven and Moggs Creek, and Lorne's own Vocal Group.

The Band was made up by Melissa, Leigh, David and Jordan, all sharing the surname of Shirley.

The Lorne Lions made sure hungry stomachs were well catered for on their famous 'sizzle' grill.

- A.E.

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Gentlemen having lunch

Various wives and partners have complained that every couple of months their men folk disappear for a vaguely excused 'lunch' at QDOS with 'a few friends'.

The Lorne Independent has faced up to the task of documenting the event and hopefully, those 'doubting' ladies, will happily identify their loved ones in one of the two pictures.

And what did the gentlemen talk about, the ladies will probably wonder?

Well, there was a lot of discussion about shares, the state of the economy, the election of the Orange One in the US of A, Mal Turnbull's performance, chainsaws and decent lawnmowers; there was also a vigorous exchange of personal health information.

Men's talk, that's what it was!

As for the bottles on the table, don't fear ladies, the lunch didn't run out of wine. There were more bottles on the side table, out of view of the camera.

And some of the bottles did contain water.

Truly!

- JV

TIME FOR A CLEAN OUT?

Do you have any great clothes hanging in your wardrobe, Lorne or in Melbourne,
that you never wear any more?

Do you have any collectibles, jewelry, good homewares, bric-a-brac, books or paintings that are
stored away and not wanted any more?

The Lorne Op Shop needs donations of undamaged, clean and preferably ironed clothing,
and other clean, undamaged goods to stock our shop over the busy summer period.

Anything you can spare will help us to generate funds to assist the
Lorne Community and Hospital.

Your donations can be brought to the Lorne Op Shop any day between 10 am and 4 pm.

(Sorry we cannot accept electrical goods or baby equipment.)

Thank you in anticipation!

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Letter

Reappearance of a winged creature

In the very early 1950's, I can recall sitting down on the nature strips in the streets close to our home in Ascot Vale during the Spring and early Summer when the clover was in flower.

I also recall seeing many light grey butterflies that were slightly smaller than a current 10 cent coin.

However, what was significant, was that these butterflies had four wings - two smaller ones on the outside and two larger ones on the inside.

This became imbedded in my memory bank and I assumed that with the general demise of dragon flies, golden finches and a range of butterflies in the Melbourne suburbs, this small critter would be extinct.

I also recently Googled its description and didn't get a hit.

On Christmas Day at our house here in Lorne, my son was taking close photos of flowers and lo and behold there were about four of these butterflies.

Later in the afternoon there were many more to be seen.

This was a great find for me, given that the huge variety of "museum" specimens of moths that used to come to our Lorne back deck light in the 1980's and early 1990's, then disappeared when fires, drought and controlled burning took its toll on them.

**David Wallin,
Lorne**



Twice a week just after nine, and braving Lorne's moody weather, a group of men of 'mature age' troop into the LCH's gym on a quest to improve their fitness.

Under the guidance of physiotherapist Cheryl Biddle and other qualified staff, the 'boys' are put through their paces.

We thought it might be time to recognise their efforts and the Lorne Independent has donated a 'Most Improved' trophy.

Above, that's Cheryl presenting the suitable inscribed drinking mug to Ken Smith.

Ken has been coming to the gym for some years and Cheryl has been suitably impressed with his improvement in general fitness for the nomination.

The LCH also holds classes for women and runs a water exercise session at the Mantra.

- JV

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* Image proudly supplied by LOU BOPP

Ageing - Quality with quantity

Australians are living longer and the country has an ageing population. In 2014, 15% of the population (3.5 million people) were aged 65 and over, and by 2054 this is projected to increase to 21% (or 8.4 million people).

So what is 'old age'? Interestingly, younger and older Australians have been found to define 'old age' differently. While younger Australians feel that age is based on a number, older Australians feel that age is not just a number, but influenced by social, emotional and relational elements. Many people over the age of 65 years do not feel that the term 'old age' applies to them. They feel that the horizon of 'old age' shifts as they age.

Officially there are numerical ages when we are deemed to be a 'senior' or an older Australian. For example, Seniors Cards are provided to people aged 60 years of age or over, and not working more than a set number of hours per week in paid employment. From a health and medical point of view you are generally considered 'older' after the age of 65 years.

The National Seniors Australia organisation gives older Australians (both working and retired) a strong national voice. One of the objectives of the organisation is to promote the interests and welfare of those over 50 years of age in Australia and recognise the contribution of those over 50. Their website contains valuable information and fact sheets on a variety of topics, including health, work and careers, finance and retirement (see www.nationalseniors.com.au).

Living longer is a great thing, however increased lifespans and older age generally lead to increased ill health. Health conditions and impairments such as arthritis, dementia and hearing loss become more common as people get older.

The good news is that most older Australians consider themselves to be in good health. This assists people to enjoy a good quality of life for longer, and fully participate in the community. For example, older people may be involved in volunteering and informal care giving. While the majority of older Australians are not using aged care services at any one time, it can be expected that more assistance and care is needed for people 85 years of age

and older compared to younger age groups. The need for assistance with cognitive and emotional tasks has been found to be four times greater for Australians aged 85 years and over compared to Australians aged 65-84 years (28% versus 7%).

Regardless of our age or physical condition, we benefit when we take control of our health. This includes making informed decisions based on the advice of doctors, pharmacists, nurses and other healthcare professionals.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support you as you age. These include:

- mobility aids
- prescription medicine
- medicine management services (e.g. Dose Administration Aids) and other medication management initiatives (e.g. Home Medicines Review, MedsCheck & Diabetes MedsCheck)
- compression garments
- health and medicines advice
- blood pressure monitoring
- services to help you lose weight and quit smoking
- services to allow you to maintain your independence, such as home delivery.

Visit your local pharmacy today and find out what they have available.

There are also Self Care Fact Cards available on topics of special interest to us as we age. Some topics available include: Osteoarthritis and Rheumatoid arthritis, High blood pressure, Osteoporosis, Prostate problems, Preventing falls, Carer support, Vision impairment and Sleeping problems. Other Self Care Fact Cards and information sources may also be useful depending on individual circumstances – ask your pharmacist.

In addition, you can get more detailed information on using medicines wisely from the Self Care Fact Card titled Wise use of medicines. These Fact Cards are available from pharmacies around Australia providing the Pharmaceutical Society of Australia's Self Care health information program.



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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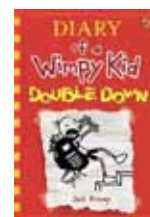
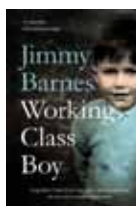
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