

LORNE INDEPENDENT

\$2

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Memorial Archway at Fairhaven 'disgusting' with no toilets

There are good indications that the Great Ocean Road could come under its own administration, thereby focussing its many problems to one overall authority.

Now, the GOR is administered by a hotchpotch of government and municipal authorities – VicRoads, the Great Ocean Road Coast Community, the Surf Coast Shire with money provided mainly by the state and federal governments.

And that's only the stretch between Torquay and Lorne. There are more authorities with responsibilities for the GOR as it heads towards the west.

Federal MP for Corangamite Sarah Henderson told a recent forum on the Road in Lorne that there was 'talk' at a political level for the creation of an all-embracing authority to administer the total roadway.

The forum held at the Lorne Bowls Club had capacity attendance with heads of various regional tourism bodies, plus CEO's from the SCS, GORCC and others also making up the front row. Gayle Tierney, the MP for Western Victoria also attended.

Catch-phrases such as the world's longest war memorial, Australia's most significant tourist icon and centre piece of this area of Victoria's \$2 billion tourist industry supporting 10,000 jobs were thrown about with great enthusiasm.

But the reason so many people crowded into the Bowls Club was that the grand old lady was in serious trouble.

As the meeting progressed, it heard of the need for upgrading basic infrastructure – extra car and bus parking, picnic tables, pedestrian crossings, signage and much, much more, and that on top of urgent need for road repairs as some sections were a danger to motorists.

Ms Henderson, who shared the podium with Liz Price, the general manager of GOR Regional Tourism, heard complaints and suggestions from a range of people, many of them from regions to the west of Lorne.

The lack of toilet facilities at the Memorial Arch, in Fairhaven, came under fierce criticism.

Sarah Henderson called the situation 'disgusting' and various people commented on tourists just heading into the bushes to relieve themselves.

The overall smell is nauseating and this situation exists at the place which is supposed to be a memorial to the feat of building the road and the contribution of World War I ex-soldiers who did most of the work.

There used to be a toilet block some years ago but it vanished when GORCC and the Surf Coast Shire could not agree on the meeting expense of maintenance.

The large number of tourist buses also present a problem with the inadequate provision of spaces. Buses often parked on the side of the road with people spilling out, thereby causing safety concern with other road users.

Concern was also voiced by people taking selfies and group photos, oblivious to the traffic stream.

From the way Sarah Henderson spoke, it was clear that the Victorian and the Turnbull Governments understood the urgent need to maintain the road and infrastructure, and money has been pumped into various authorities over the last years, ultimately adding up to more than \$50 million.

The article continued in the middle pages with a number of photos. Pages 16-17



The beauty of the Lorne Point Grey Precinct as seen from the walkway at the Lorne Angling and Aquatic Club. Visitors are welcome to have a drink or coffee by the Club's own barista and mingle with the locals.

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

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

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Firewood collection season has started

For those who need fire wood and are handy with a chainsaw, they are now able to collect firewood legally.

The season ends on June 30. Forest Fire Management Victoria spokesperson Peter Kambouris said: "Once the firewood collection season is underway, it's important that people only collect firewood from within designated firewood collection areas and stay within collection limits."

"This includes taking a maximum of two cubic metres per person per day and a maximum of 16 cubic metres per household per financial year."

People should check where designated collection areas are in their local area.

Availability of dry firewood will vary across collection areas throughout the state. The felling of any trees for firewood is strictly prohibited.

For more information go to: www.delwp.vic.gov.au/firewood or call 136 186.

Permission from local government is needed for the collection of firewood from roadsides under their management. VicRoads does not currently allow firewood collection on roadsides it manages. Roadside collection of firewood in State forests is only allowed in a designated collection area.

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. - **Media release**



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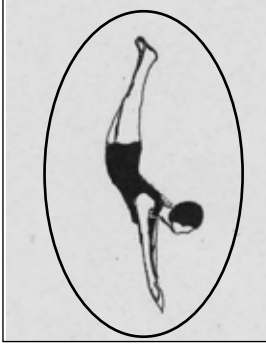
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GO WHERE THE TRADIES GO

Lorne Independent 3

The Louttit Loop



Heat and cold and rain and wind - we had the lot in February. The summer 'jamas hang on the same bathroom hook as the flanno pj's, and as for bedding - blankets and bedsocks at the ready! Very changeable. Quite fun. Some chimneys even got a workout as the Christmas packaging and wrapping filled in the fireplace, helped keep the family warm.

A trip to the firewood storage area is always a bit fearful when a fire is needed in Lorne in summer - but since using the fruit netting to cover the stacked wood and securing a big tangle of it at ground level with a few logs, we feel safer. No snakes caught up in it yet, but it has happened.

Sarah Henderson's "Great Ocean Road Summit" packed out the Bowls Club and no! it was NOT a Liberal Party Fest! Caring folk who love our area came from Apollo Bay and Torquay and all places in between to listen and make fantastic suggestions for the future of our special Road. Sarah was extremely impressive and spoke without notes. She seems to have an incredible handle on the coast. Cheryl from Kennett suggested a \$5 surcharge on all event entrants to go to the GOR fund, \$2 for every hire car, and \$1 per bus passenger. Comments were also made about over signage, and Peter Spring gave the horrific stats on the number of signs along the road - none in other languages! Kennett River folk asked for help as they have over 30 buses a day and nowhere to park them and only the caravan toilets for their tourists. One great suggestion was for an APP akin to the old RACV Strip maps for the GOR trip, and available in 15 or however many needed languages, especially drawing attention to 'slow driver turnouts' and their importance to enjoying the trip!!

Henry Love asked the meeting if anyone had heard the rumour the GOR Arch was to be moved to Torquay? He was v concerned because after it burned down in '83 his father had worked on its reconstruction. This rumour was declared as just that - a rumour with no basis.

We farewelled two special darlings this last month. Sweet Mary Ritchie passed away in our wonderful Nursing Home and sympathies go to her daughter Lyn and son Allan and her five Grandkids and five Greats, all of whom she was so very proud. Mary was a canny golfer (goes with the Scottish accent maybe?) and as the years went by and the Lorne golf course felt longer a seat was erected and dedicated to her near the dam on the 8th tee. We loved calling her "Wee Mary" until we discovered she hated it. Woopsy.

Joan Robbins also died last month aged 93. Joan was one of the most beautifully dressed elegant ladies to grace Mountjoy Parade. She had a very deep voice and a serious turn of phrase. Her family was her main interest and was she ever proud of them? Despite only having a few pots on a balcony, Joan was a keen member of the Lorne Garden Group in the past - maybe because her daughter Jill owns one of the best gardens in the area at Birregurra. A highlight of her Memorial Service was when her Great Grandson Lachie Davine (about seven yo) sang the first verse of Amazing Grace alone, before the emotional crowd joined in. Our sympathies to the families.

We are also two dogs short on the beach! Gordon Bannister's 11-year-year old 'girlfriend' Kassie - a former

trainee guide dog - finally succumbed to her health problems and gave Gordon the message by refusing to get out of the back of the car. She knew it was time, and the subsequent trip to the vet at Colac confirmed this. And Jen Dulloo's darling little Humphrey has also moved on after using up as many lives as your normal cat! Humphrey and Kassie are really missed and both were very lucky to have such caring, loving owners.

Gotta love the work the Men's Shed is doing! The Shire gave them the contract for installing cocky-proof locks on about 2,000 brown bins in Lorne. Most residents had screwed a heavy bit of hardwood inside the lid and this worked OK until these clever birds decided to work in pairs to lift the lid and get the rubbish out! Well, as one who was sceptical - let me tell you the locks are easy and a great solution. Suggestion: remove the spare key and hang it on a hook in the house! Mega thanks to this group of volunteer cheerful guys who load the bins into Gazza's ute (more than eight at a time) and take them to the shed on a Monday morning, and return them the same arvo, with clear instructions on the lid.

Just like at Government House, when the flag is flying at the Shed, someone is there and will welcome you for a cuppa and a tour and invite you to join this positive and happy tribe!

I fell into The Pier Restaurant for a delicious lunch of whiting with a vino and was fascinated to observe the "waiter". Miguel told me he'd been working there for four years and loved it. That showed! His friendly approach, his eye for detail, his ability to backload after delivering meals, his happy attitude and his great knowledge of the menu etc. enforced what a difference this makes. Made me remember Greg in the days far gone who seemed to run the Arab single handed! If anyone wants their staff to see how waiting should be done send them to The Pier to check out this professional friendly lad.

The Thursday arvo shift at the Op Shop happily sold a tourist some slacks for \$5. She returned later in the afternoon with a small pile of large notes which she'd found in the pocket! Now there's an honest person that's for sure.

One 73 y.o. lady is v proud of herself for installing her NBN. The guy came and checked the phone, and then left as the modem had not yet arrived. It was waiting at the Post Office. What to do? Follow the instructions, calmly and prior to having a wine or two and Bob's your Uncle! You'll be left with a pile of cables and splitter boxes (not needed) and the old modem! Take them down to Callan at Surf Coast Technology (old W/Pac shop) for parts.

Walked past a guy fastidiously scrubbing a frying pan on a little gas bottle with one burner heating the water. "Where ya heading mate?" "Broome" came the answer. Turns out Ryan is walking from Adelaide to Broome with no idea how long it will take, but he's loving it.

Happy BIG birthdays to Dr John (Smyth) and to both Carol and Peter Morgan.....

- Lillian

LorneCARE News

- caring for our environment

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

This month we expect to be working along the beautiful Lorne foreshore starting at:

10am on Sunday, March 19

For the exact location see the Community Notice board outside the Post Office during the previous week. A barbeque will follow the working bee at about 12.30pm. Visitors and new starters will be especially welcome.

For more information about LorneCare contact:

**Alain Purnell Tel: 5289 2906
Mobile: 0417 031 905**

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Lorne - a place of natural beauty and special significance

Lorne Independent

Our Federal MP Sarah Henderson has said that soon (hopefully) responsibilities for the Great Ocean Road could pass into the hands of one, single authority.

It makes sense as at present the GOR is in the hands of at least four 'authorities' (the 'authorities' change depending which section of the Road is referred to) and one has to be pretty naïve to think that so many voices speak in unison.

One authority with an overall responsibility for a single entity would have the ability to take care of immediate requirements, but more importantly, would be able to look to the future and form an acceptable vision for other generations.

Well, that's the theory anyway.

The state or federal governments usually appoint people to these authorities, and the responsible minister and his public servants make great effort to ensure members of the board have appropriate educational requirements and regional know-how.

But as media reports constantly remind us, so-called authorities are vulnerable to pressures from the outside as well as from within.

Members of these particular authorities are appointed to look after the interest of the people; they are in effect our representatives, authorised to make decisions on our behalf.

Trouble starts when these decision-makers grant favours, bow to various political streams and directions, follow their own agendas, fall victim to their own bullshit and commit perhaps the worse sin of all – not listening to the people's desires and wishes.

Corruption in the form of bribery, favouritism, theft and many other forms are usually safe-guarded under law with dire consequences for the recalcitrant.

Incompetence, too, by an authority and individual member can often result in disastrous consequence in the immediate short term, and especially the long term.

Often, the future is compromised.

But there is one act that is pretty well unpardonable – that of not listening and/or ignoring the very people an authority is supposed to represent.

Under our present system, authorities are supposed by law, 'to consult' with the people they represent but, as Lorne has learnt to its chagrin, 'consultations' are often nothing more than organised meetings with whatever suggestions made basically ignored.

Too many times people have been subjected to consultation via coloured dots on butchers' paper only to see an authority take its own, pre-determined path.

Unfortunately, there is little that people can do to change an unwanted decision, except perhaps to wait – because nothing is surer than change.

Be it the political climate, changes in society's expectations, a hundred and one other reasons ... what's what today may not be relevant tomorrow.

As most of the boards of these authorities are filled by volunteers and/or appointees on low remunerations, there is no reason, after they've done with the shenanigans, for them not to simply pack their briefcases and walk.

Sure, reputations do matter, but most of these appointees are tough cookies with very thick skins.

Who gives a stuff if they've failed because they didn't listen? It certainly won't appear on the CV.

- JoVondra



2017 Murray to Moyne

Fundraising Dinner

Join the Murray to Moyne Lorne Spinners for their annual fundraising dinner to raise funds for their 2017 campaign 'Living is for Everyone'.

This year we have some amazing auction items, entertainment and a special presentation. A night not to be missed.....

When: Thursday 16 March
Time: 6pm sharp
Where: The View @ the Lorne Hotel
Cost: \$95 per person - includes 3 course meal and drinks.

For bookings and payment, either contact the Lorne Community House on 5289 4383 or communityhouse.lorne@swarth.vic.gov.au or search Murray to Moyne on Eventbrite www.eventbrite.com.au



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HOLIDAY RENTALS

43 GREAT OCEAN ROAD LORNE - AZURE



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Welcome to Azure. Having recently received some cosmetic improvements, Azure has further enhanced its reputation as one of the premier holiday rental homes in Lorne. Panoramic views of Lorne beach, township, pier and Louttit Bay are enjoyed from multiple indoor living zones and outdoor entertaining areas. Walk across the road to sandy beaches. 5 minute walk to the closest cafe and supermarket. 10 minute walk into town centre along the beach. Beautiful, modern home furnished with style for comfort. Multiple spacious living areas, ensuites for each bedroom, private sun decks and master bedroom retreat. Azure is the ideal venue for locals to host family and friends for a special occasion or for those looking to enjoy the pleasures of Lorne from a luxury holiday home.

www.greatoceanroadholidays.com.au

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2/2-15 Hopetoun Terrace, Lorne

• 2 bdr, 2 bath, \$400 p/w

5/118 Mountjoy Parade, Lorne

• 2 bdr, 1 bath, \$370 p/w

Lions Easter Art Show: A showcase of paintings on the Surf Coast

Lorne Lions are again busy with paperwork to attract some of the best artists on the Surfcoast and beyond to exhibit at next month's Easter Art Show which, by early indications, is shaping up to be yet another grand window of artistic talent.

The Lorne Art Show has been the launch venue for some of the regions best-known contemporary artists and many walls of old and new houses in Lorne, Geelong and other places are decorated with paintings purchased at this annual event.

The Lions Easter Art Show will run from Thursday evening, April 13 through to Easter Monday, April 17.

This event provides artists with a showcase for their work within five categories, with prizes for each category. Art buyers can view a vast selection of work with coastal themes being a popular subject.

This year, the judge is well-known Lorne identity Graeme Wilkie.

Graeme has trained in ceramic studios around the world with over 40 years of working with clay. Exhibiting annually for the past 15 years in his own gallery, Lorne's iconic QDOS Gallery and restaurant, he has regularly participated in group and solo exhibitions around Australia.

His ongoing pursuit of aesthetics led to him establishing Qdos Arts more than 24 years ago, a gallery and sculpture garden offering the scope to bring a greater diversity of cultural events to Lorne.

Graeme is also the driving force behind the Lorne Sculpture Exhibition, a biennial three-week festival of contemporary sculpture along the foreshore of Lorne.

The Easter Art Show is the major fundraising event for the Lorne Lions each year - the entry fee for the Gala Opening on Thursday 13th April at 7:30pm is \$20, which includes finger food and a glass of champagne.

Paintings by popular artists often sell out on the opening night, so anyone interested in purchasing a piece of art should come along.

The show is open each day on Good Friday, Easter Saturday and Easter Sunday from 10:00am until 4:00pm and on Monday 17th from 10:00am until 12 noon.

The Lions Club of Lorne was formed in

1969 and chartered in 1970. Since its establishment, the club members have worked tirelessly to provide financial and other support to worthy causes within Lorne and also to initiatives of Lions International.

Prizewinners will be notified before the official opening. The categories are: Best – Oil, Water Color, Pastel, Acrylic and Other Medium. Visitors to the art show can vote on the art work they deem to be the best in the show. The winner of this category will be announced at the show at 11:00am on Easter Monday.

The Art Show offers interested parties the opportunity to sponsor all sections of the event. All money raised goes directly back into community projects. The event has an approved 46 year track record and offers sponsors a successful iconic event.

Bernadette Bliss
Art Show Coordinator
0419 320 195

**If you would like to enquire about becoming a member of the Lions Club of Lorne,
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News from our Councillor for the Lorne Ward

The 2017 Summer is nearly over although it is great to still see a steady stream of visitation occurring along the Road. Good weather, international holidays and events throughout the regional continue to support our visitor economy.

With the cooler months fast approaching the Lorne Football & Netball Club have begun their pre-season training on Tuesday & Thursday nights in preparation for the kick off of the season. Our first game is being played in Lorne on the 1st April, Thursday night community meals restart on Thursday 16th March.

Deans Marsh Memorial Hall & Reserve.

Last week I attended the Deans Marsh Memorial Hall & Reserve Section 86 committee meeting. It is fantastic to observe the Community spirit in Deans Marsh and take a look around the Hall & grounds. Members of the Cricket Club have spent the past few months brick paving around the Footy Shed a community project that was all voluntary and saved the Council a significant amount of funds. The committee have been very focused and tenacious working with the Shire to upgrade facilities and ensure asset renewal is being undertaken. The Hall and Reserve are an integral part of the community, being managed by committed & focused community members. Thankyou to all members of the Committee.

Great Ocean Road Memorial Arch

In 2015, the Great Ocean Road Coastal Committee (GORCC) commissioned a master plan for the Great Ocean Road Memorial Arch precinct. The process has included public consultation, setting up an Agency Working Group and on-going engagement with an established Community Reference Group.

In November 2015 an Issues & Opportunities Paper was released to gain feedback from stakeholders and the community to identify any areas that haven't been addressed.

Throughout 2016 further work has been undertaken which resulted in a shortly to be released "Options Paper" The paper will be used to gain feedback to help develop a preferred option and provide direction for the draft master plan for the Memorial Arch Precinct. Three design scenarios will be presented.

At this stage I am unable to advise when the Options Paper will be released although certainly imminent. If you have not already done so I recommend you subscribe to GORCC Coast news, follow the links on www.gorcc.com.au

Surf Coast Shire International Women's Day 2017 – "Be Bold For Change"

Celebrate International

8 Lorne Independent

Women's Day at this inspiring evening with guest speakers, hosted by the bold and beautiful Catherine Deveny. Wednesday 8th March, 6.00pm - 8.30pm at Surf Coast Shire Offices, follow the links on www.surfcoast.vic.gov.au

Surf Coast Conversations

Have you visited www.surfcoastconversations.com.au an online space where your opinion matters. View Open Projects, Active Projects and Past Projects and provide your feedback in help shaping the Surf Coast Shire's future.

Get involved to help Council develop priorities for our communities for the next four years, take the survey "Surf Coast Shire The Plan 2017-2021".

Small Grants Program

The Shire's Small Grants program is designed to support community groups, projects and initiatives. The next round for applications will be open on 1st March 2017.

The program is available to new and existing groups, to develop project ideas or improve services within the local community. Funds can be provided for projects and activities which fall into the following categories: Community Initiatives, Environment, Culture and Arts, and Recreation and Leisure.

Visit www.surfcoast.vic.gov.au and go to My Community then Grants.

Lorne Independent Subscription.

Did you know that you can subscribe to the Lorne Independent electronically? Contact jvondra@bigpond.net.au for details.

Dates for the diary :

Clean Up Australia Day 5th March,
International Women's Day 8th March,
Committee for Lorne Lunch 10th March,
Lorne Spinners fundraiser 16th March,
Deans Marsh Festival 26th March
Lorne v Colac Imperials 1st April

If you would like regular community updates on the Lorne Ward, please register at lorneward.information@gmail.com

Cr Clive Goldsworthy
0400 756 854



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COMMITTEE FOR LORNE

Committee for Lorne Luncheon

- When:** Friday, March 10. 12 midday for 12.30pm start
- Where:** View Room at Lorne Hotel
- Cost:** \$25/head for meal. Drinks purchased separately
- Bookings:** Essential
- Email names and contact numbers to
nicole@greatoceanroadrealestate.com.au

On Friday March 10, the Committee for Lorne (CfL) is hosting our first Community Lunch for 2017 at the View Room at the Lorne Hotel commencing at 12 noon for a 12.30pm start. A great opportunity to catch up and learn from our community leaders about their projects over the past twelve months and what's planned moving forward.

Stephen Atkinson will provide a summary of the process that is evolving as we work to convert the objectives of the Achieving Lorne's Aspirations document into specific actions within our community. Steve has conducted a series of workshops involving 24 local clubs and organisations over the past month to help us understand and identify where we are all at and identify any gaps that exist.

Lorne Community Hospital CEO, Kate Gillan, will provide an overview of the recent and future activities at our great local health service and Cr Clive Goldsworthy will provide an update on his first year of his second term as Councillor for Lorne Ward. You will have the chance to not only congratulate Surf Coast Shire Citizen of the year Peter Spring but also listen to the journey and progress on the Stribling Reserve Master Plan of which Pete has been a major leader.

This is an RSVP only event so please accept our invitation to this \$25 per head luncheon by emailing the names of those looking to attend with a contact mobile number to nicole@greatoceanroadrealestate.com.au

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Sportsbriefs with John Ford

Junior Tennis Semi Final

Lorne Country Club's Tennis Team has had a really good summer season. This group of total beginners was selected to play as a Section 5 Team in the Geelong Coast Junior Tennis Association competition. The team comprising Alexander, Lughan, Dylan, Jack L and Jack M improved every week throughout the season which began last October. Their good form saw them make an Elimination Final on Saturday 25th February against Jan Juc.

This Final was played at the Anglesea courts on a warm breezy morning which was ideal for tennis. Lorne started the match quite well but were pegged back and eventually overrun by their Jan Juc opponents. The young players from both teams played some great shots and participated in impressive rallies – quite an achievement when the average age of the players is around ten years! Players from both teams are to be congratulated on their efforts. Parents of the players deserve praise for their efforts in not only driving their children to the match venues, but also for umpiring the sets, praising the players and contributing to good sportsmanship.

Dean Goldsworthy has not only coached these players, but has for a great number of years been the President of the Geelong Coast Junior Tennis Association – in a totally voluntary capacity. Alvis Svikers and Jillian Chapman have co-ordinated and assisted in the development of this team. Well done!

Lorne Tennis

Lorne Country Club's senior team in the Tennis Geelong summer competition has also finished its season. The team was far from seeing finals action but played some very good sets even though their form was a little inconsistent. Many players participated in the team and all enjoyed the experience. Names of intending players for the upcoming winter season need to be supplied NOW to Alvis Svikers on 0400 864 588 or John Ford on 0418 372 709.

On Saturday 11th March Lorne Country Club will be holding an informal fun Tennis Social Day. The action will start from 9.30am, will include a light morning tea and be geared for players of all standards. For more information contact John Ford on 0418 372 709.

The annual Easter Tennis Tournament will be held on Sunday 16 April. The tournament which is a mixed 'round robin' event is always popular. Keep this date free and watch out for more details as Easter approaches.

Ladies Golf

The Lorne Ladies golf syllabus is now well on the way and we are very pleased to welcome our new members. We had 21 ladies playing a fun pre season 6 hole Ambrose and a further 23 ladies at the commencement of our syllabus. It's terrific to see our numbers now steadily increasing each Tuesday.

Caz Bartholomew, Wendy Hutchison and myself played at the Torquay Sands Bowl early February. We managed to avoid many of the crater like bunkers and came in 3rd. The Otway Pennant is now under way with 2 games being played already at Anglesea and Apollo Bay. The girls are all playing well and we are very excited to be fielding a team from Lorne.

Unfortunately our coach Vicky Thomas will be leaving Lorne mid March for sunny Queensland. We wish her all the best in her future endeavours. Vicky's support and enthusiasm for golf and Lorne has been paramount in our increase of numbers. We are very grateful to Vicky and we will miss her cheerful smiling face. Vicky and the Lorne Ladies will be running a pop up golf shop over the March labour day long weekend at the golf club. If you need new golf gear, or just a desire to update your wardrobe, come along and check out the shop. Ladies and men's wear, including shoes and accessories, will be available for sale at excellent prices.

Kingswood golf day this year is scheduled for Monday 20 March. This will be a 4BBB event for both men and ladies. Cost is \$95 which includes the bus leaving Lorne Golf Club at 8.30 am and lunch. The day is a great way for both local and non local members to get together away from Lorne. Please contact Jenny at the club for further details.

This past month saw the passing of our beloved Mary Ritchie. Mary was a great supporter of Lorne golf and played many a game over the years. In recent years Mary, when she could, still joined us for lunch and enjoyed the company and chatter of the ladies. Mary will be sadly missed and our condolences go out to her family.

If you would like to join our friendly Tuesday morning Ladies Day please contact Lesley Goldsworthy 0437028169 or Wendy Hutchinson 0419878089. We run a 9 hole or 18 hole competition and all levels of players are very welcome. Play commences at 9 am sharp.

Happy hitting
Lesley Goldsworthy
Lady President

Football and Netball

The football and netball season is about to start. The football team will again have a few new faces with the recruitment of some promising footballers. Their early pre season form looks sharp and there is a really positive 'vibe' around the club. The netball team still have some opportunities, especially for younger players. Intending players 13 and under should call Kirilee on 0475 358 706. Players 15 and under, and 17 and under should ring Carly on 0427 134 529. The best way to support the Dolphins in their 2017 campaign is by becoming a member! There are various categories of membership available including family and seniors – all are great value!

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**



News from the Lorne Angling and Aquatic Club

Congratulations and thank you to all those members who helped to make the recent festive season so successful. With no catastrophic happenings within the Otways this year our Club's trading figures show that we had the busiest and most profitable season on record.

A huge thank you goes out to Ian Hutchinson and his staff for making our Club so welcoming to members and guests. Ian congratulates all members for putting their hands up to assist with the running of our club – driving the courtesy bus, collecting glasses, cooking bbq's, signing in guests and a myriad of other jobs.

THANKS FOR SHARING THE LOAD!

Once again the courtesy bus proved to be of great value and usage was up on previous years.

Our coffee man, Jason, has provided a new and exciting morning element to our facilities. It has been great to see so many regular customers enjoying his coffee along with a jovial chat. As a result of this initiative, \$3500 has been generated for Club funds since November. It is hoped that this service will continue until Easter.

Well done Jason!

Committee Notes

- A timely reminder for those who have not yet paid their membership. Single \$35 and Family \$50 – this is now overdue and payment would be appreciated before your membership is suspended.
- Many thanks to all our sponsors who have so generously committed to 2017. Your financial support is greatly appreciated by the LAAC membership.
- Commodore Graeme Norton has accepted a position on the Committee for Lorne.
- GORCC Business Case outcomes 9th Feb. The outcomes presented were related to the consultant's findings in regards to the funding of the Pt Grey Redevelopment and suggested that there is potential to increase turnover and create further employment at Pt. Grey. The figures presented were –

\$6.3m capital project; GORCC has \$1.5m ready to complete the design/documentation phase and initial infrastructure work; LAAC has to fund its club house estimated at \$800,000; Regional Development Victoria is supporting GORCC to secure other funding. It was agreed that the project needs to be "shovel ready" before serious funding canvassing. GORCC is currently seeking \$2.1m from outside

sources. It was also reported that Pt Grey is a priority project for RDV, G21 and DELWP and it is firmly on the government radar.

The LAAC has been requested to supply written confirmation that it is committed to pay for its new building. A letter has been drafted and forwarded to our land managers.

- The LAAC is a Gold Sponsor for the Murray to Moyne fund raiser for the Lorne Hospital -\$750.
- Thanks to Rory and his staff for updating our guests' list to Mail Chimp and letter drafting.

Coming Events

Major Competition No 2 will be held on Sunday 12th March. Sponsors – Lorne Breakdown & Towing

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

Lorne School fishing program kicks off again on the 8th March followed up on 22nd March.

Clean Up Australia 2016 – March 5th – meet at Club house at 9.00. As usual, we will tidy the Great Ocean Rd from Big Hill to Stoney Creek. All members and friends welcome.

Paella Party with Band. – Sunday 12th March 4.00pm onwards. All members are invited to enjoy Ronnie's band and partake in Rod Waide's renowned paella. This is a fund raiser for the LAAC - \$10 per serve.

Graeme Norton
Commodore
LAAC

Stop Press

The LAAC premises were broken into between February 26 or early on the 27 and the whole of the takings for the weekend stolen.

Commodore Graeme Norton said that the break-in had about it elements of "professionalism".

"They knew what they were doing," he said. "In addition to taking the money, there was a fair amount of damage," Graeme said.

Police are investigating.

It's time to QUIT smoking

The summer break is over and now is a great time to set some healthy goals for 2017.

Research by Cancer Council Victoria's Centre for Behavioural Research shows that 82 per cent of Victorian smokers want to quit. The research showed that 81 per cent of smokers had made a previous quit attempt, and 56 per cent had made three or more quit attempts.

The Lorne Medical Centre has qualified smoking cessation facilitators who will support you to 'break your habit' and live a smoke free life.

We provide free 1:1 assessments that ensure attempts to quit are well planned and tailored to each individual's smoking patterns. Ongoing 1:1 consultations allow us to work with you to improve confidence and motivation, monitor effect of medications used in the quit process and address any obstacles that present along the way.

Quitting is hard and most people make many attempts before they are finally successful. More success is noted in those who have attempted to quit using a combination of pharmacological intervention and the ongoing support of a health practitioner.

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- After one year, your risk of heart disease rapidly drops.
- After 10 years, your risk of lung cancer is halved.

Our program is widely recognised as one of the most effective models to assist people to quit smoking.

To be eligible, a Doctor's referral is preferred but certainly not essential. It is also FREE of charge and open to all ages.

For further information, please do not hesitate to contact Helen Lawrie at the Lorne Medical Centre on 5289 4333 or HLLawrie.lorne@swarh.vic.gov.au

Dr David Mullen



Dr David Mullen

Warnings on those annoying Mosquitos

The Victorian Department of Health keeps sending us media releases to watch out for mosquitos as their bites could carry disease.

Chief Health Officer Professor Charles Guest said that recent rain and relatively warm weather had created conditions ideal for mosquito breeding.

Among the nasty mosquito-related diseases is the Kunjin virus, which is in the same family as Murray Valley Encephalitis (MVE), and the Ross River Virus.

Common symptoms include fever, headache, aching muscles and/or joints and fatigue. Professor Guest said that people experiencing symptoms should seek immediate medical attention. Onset of symptoms may be from 2 to 14 days following a mosquito bite.

“Mosquitoes are at their most active at dawn and dusk, although some species can be present and bite throughout the day.

“Householders should ensure that insect screens fitted to doors and windows are in good condition. Visitors and residents are encouraged to wear long, light coloured loose-fitting clothing and use a suitable insect repellent containing picaridin or DEET as an active ingredient on exposed skin areas.

“Mosquito numbers can be reduced by getting rid of stagnant water around the home or campsites. Mosquitoes will breed in any receptacle that can hold water, including old tyres, unused fish ponds, unsealed water tanks and pot plant holders.

“As mosquitoes can hatch quickly, water containers around the home should be emptied at least once a week.”

More information - **Beat the Bite** campaign on the **Better Health Channel** at:

<https://www.betterhealth.vic.gov.au/campaigns/beat-the-bite>



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Let's Fall in Love ¹



Valentine's Day has gone, and soon cooler winds will whip around our ankles as we step outside. To cheer us up, our gardening and special writer Doug Williams offers the following thoughts on the phenomena of the 'Birds and the Bees'.

If we step away from the vanity of our own influence over day to day events we can look at any amount of aspects of the natural world to see a vast number, a multitude of, well, miracles. Make some time to simply smell the roses. It's a busy life but if we take time out to drop the demands of everyday living we can be amazed by at what is around us. The busy bee – such a cliché, such a quotidian performance taken for granted. There it is, bustling in between the anthers stashing pollen behind its back legs. Being blasé means we miss too much really.

So for the purposes of this article I have had a peep inside a beehive to see just what is going on in there. (Journalists are courageous as well as curious.) Let me report that there really is a helluva lot going on in those mystery boxes. The worker bees bring in pollen, nectar, honeydew and water as well as various herbs and spices to maintain the colony. Only kidding about the last bit. As an early example of science meets animistic magic, it was once believed that alchemy or something that did the trick with bees and honey but I can confirm modern science has revealed that there are in fact little laboratories in those white boxes where the honey is produced by bees in little white coats and then on-sold to apiarists. The tax free revenue collected is used to maintain the lifestyle of the court in the hive consisting of a queen and a number of her consorts – male bees who do absolutely nothing at all within the hives and are merely kept as sex slaves to serve the needs of her hedonistic way of life. This consists of eating honey and laying eggs after being impregnated outside the hive while on the wing. Truly, that's how bees do it. How educated fleas do it is another story. With apologies to Cole Porter.

So what part do flowers play in this network? They are complicit of course. Take the opium poppy. Those clever little bees are actually part of a heroin supply chain but are they as

smart as the opium poppies themselves who have contrived, like many plants, to enhance their chances of survival by providing something people want and who hence cultivate them? Think of plants essential to our wellbeing such as wheat (for pizza), potatoes (for crisps), even mangoes. Bees, as well as birds, bats and other insects fertilise their blooms as they fly from calyx to calyx dusting pollen. They are go-betweens in the sex lives of plants. Thus the expression 'the birds and the bees'. In truth, bees need flowers more than flowers need bees. It's all about reproduction really, animal magnetism plays little part at all. You may want to think about this next time you see someone pressing their nose into a flower.

- Doug Williams

1. Let's do it, Let's Fall In Love Cole Porter, 1928

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.

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This and that

The problems with the River Styx

**Forget not the golden coin
For the trip across the Styx
On Chiron's boat,
Which, by the way, is stranded
As the lease has run out with GORCC.**

**Ugly Chiron cannot swim
So he's now trying to figure out
What they're going to do –
Confiscate his boat?**

**The boat's in poor shape
So perhaps we can get Finasta (Greg)
To fix it up and go fishing.
I do believe the River Styx
Is teeming with 'nymphs' at this time...**

**Oh by the way
Enjoy the Year of the 'Big Chicken'
Rooster
I have Mum's recipe written in Greek.**

Christos

More hives needed for the almond industry

About 20 members of Lorne's most enthusiastic bee-keeping group heard that there could be a shortage of commercial hives over the next years to supply pollen for Victoria's growing and very profitable almond industry.

John Edmonds told the group that Victoria at present had about 75,000 commercial hives but more are desperately needed.

Mr Edmonds, from Mt Duneed, is a commercial apiarist and is considered to be an expert in the regions bee varieties and honey production.

The group is at this stage, made up by people with interests in bee keeping, but it is attracting more and more enthusiasts at each meeting.

The production of honey in the immediate and greater Otway region this spring was not great as general cool weather dominated.

"However, I believe we could have a long, warm Indian summer which will stimulate honey production," John Edmonds said.

He again singled out Australia's tee tree – there are some 84 different varieties – from which the health-giving manuka honey is derived.

Science keeps finding health benefits from manuka honey use and consumption, reasons for its very high demand on the Chinese export market.

The next meeting of the group will be on Sunday, March 26 at the hall at the back of the All Saints' Anglican-Uniting Church, in Mountjoy Parade just past the Lorne Hotel. The meeting usually starts about 2pm and last a couple of hours.

Contact information –

John Edmonds – 0412 735179

Laurie Knight – 0408 898 955



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Great Ocean Road - from page one



MP for Corangamite, Sarah Henderson and general manager for GOR Regional Tourism, Liz Price, taking copious notes during the meeting. A report is to be compiled and forwarded to the appropriate authorities for consideration on GOR improvements. More meetings have been promised for other centres along the GOR.

The GOR Memorial Archway appears in almost every tourist brochure touting the region. It's reputation as a monument however is starting to suffer. More than 20 buses are often trying to find a park at the one time, plus cars and people milling about, many spilling out onto the main roadway taking photos and 'selfies' creating a dangerous traffic problems. Buses often, when they can't find space in the parking bays, just park on the side of the road with passengers spilling out, creating further dangerous situations for passing motorists.

The Archway precinct had no toilet facilities, resulting in visitors finding relief in the nearby scrub and on the beach. Also the large number of visitors trampling about has given rise to serious ecological concerns.

Sarah Henderson has described the odour in the area as 'disgusting'.

A toilet block used to stand on the side of the Archway but was pulled down some years ago because the Great Ocean Road Coast Committee and the Surf Coast Shire could not agree on the maintenance costs.

The Archway marks the start of the world's 'Longest War Memorial'.

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The main function room at the Lorne Bowls Club was crowded to capacity with many people coming from Torquay and as far west as Apollo Bay and beyond.

Members in the audience also criticised the overall approach of traders and tourism promoters – bring more and more people into the region.

“Be careful what you wish for,” one lady said.

Tourist authorities have now switched their emphasis, partly, to encouraging tourists to stay longer in the region, rather than dramatically increasing the volume.

Great Ocean Road Regional Tourism Ltd general manager Liz Price has been quoted as saying visitor numbers had grown “dramatically” and were exceeding the pace of infrastructure maintenance and renewal — which received no guaranteed funding.

“To make a difference we have to slow people down, make them overnight visitors not day visitors,” Ms Price said.

The meeting also heard from store operators that little extra business resulting from the large number of tour buses coming into the region – often as many as 30 or more in a single day – with most of them on the way to the Twelve Apostles.

The buses, however, had a negative impact with people relieving themselves in the dunes and roadside, overcrowding, safety concerns, lack of suitable parking, littering, and inappropriate beach access.

The dangers of foreign drivers, especially those from Asia, and their inability to cope with Australian road rules and in comprehending the large number of road signs, especially in the early part of the GOR past Anglesea also came under heavy criticism.

The most interesting part of the forum came towards the end when people had unburdened themselves of their own experienced and self-centred view of things.

What was missing in the general approach to the Great Ocean Road was an overall view of the situation and, most importantly, a look towards the future.

Several speakers said that one authority in control of the Road would much more easily be able to provide a practical and sustainable plan for the GOR’s future, rather than a mix of authorities each with their own agenda.

- JV



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The beginning of a new passion for the Surf Coast?

Kite flying has been incorporated into this year GOR Running Festival, but unfortunately only at the starting point - Apollo Bay.

The starting point for the runners was switched to Apollo Bay several years ago, so Lorne will only get the runners at the end of the loop run with the inevitable inconvenience of road closures.

Lorne will also host an official 'hub', presumably on the foreshore.

The event will take place on Saturday and Sunday, May 20 and 21.

Apollo Bay will host all of Saturday's running events as well as being the location of the finish line for the Great Ocean Road Marathon, the Half Marathon and Ultra Marathon on Sunday.

Formerly, The Great Ocean Road Marathon, the two day festival has grown to allow runners of all ages and fitness levels to participate in one of seven events ranging from the Great Ocean Road Walk all the way up to the 60km Ultra Marathon.

The Kite Festival is one of a range of new activities and offers available to participants at the recently re-named and branded Great Ocean Road Running Festival.

Event Director, Marcus Gale was pleased to announce another new event initiative.

"As an event we are constantly looking for ways to enhance the event experience for our participants and their friends and families as well as engage further with the local community.

"We are very excited to launch the Kite Festivals along with some great offers from local tourism operators to help increase visitation for the region and profile the Great Ocean Road Running Festival as an unmissable destination event," Mr Gale said.

Giant, bright and colourful kites flying sky high on Saturday and Sunday are sure to be a hit with kids and adults who will also be able to learn how make and fly their own kites with help from the experts.

All children who register for the 1.5km Kids' Gallop, Mizuno 6km Run and Geelong Advertiser 14km Paradise Run will receive a free kite to join in the fun in Apollo Bay over event weekend. In addition to this children who participate in the newly created Great Ocean Road Walk will also receive a free kite at the Lorne foreshore Kite Festival Hub.

In addition to the Kite Festival over both days in Apollo Bay, people wanting to explore more of the area over the weekend will receive significant discounts at Australia's most important lighthouse, Cape Otway Light station and Otway Fly Tree Top Adventures, just by registering in one of the events.

By showing their race bib at the time of booking, participants will receive a 50 per cent discount on adult and family passes to Cape Otway Light station from Friday until Sunday, where they can discover the region's history and natural beauty.

In another first for 2017, the event will also be offering the scenic Great Ocean Road Walk (5km, 10km or 15km loop circuit) on Sunday, 21 May, where participants have the rare opportunity to walk the dramatic coastline from Lorne taking in the breathtaking views and nature with no traffic.

Further adding to the suite of activities on offer over the event weekend are official hubs for music, film and wellness as part of the new Lorne Passport that all participants will be entitled to.

More information visit

www.greatoceanroadrunfest.com.au

- Media release

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Fighting the stigma of mental illness

The moment of truth came to trainee student 'Grant' at the start of his second placement as part of his physiotherapy training – he was overcome with anxiety so bad that he could not go on.

While his supervisor took over, 'Grant' spent time locked in a toilet cubical dry-retching.

At the tail end of his formal university training, 'Grant' had already suffered bouts of anxiety but this final episode motivated him to seek help, initially from his GP, then came sessions with a psychologist, medication, all part of a formal Mental Health Plan.

As guest speaker to a capacity audience at the Allan Walls Social Room at the Lorne Men's Shed recently, 'Grant' was part of Beyond Blue's program to make people more aware of mental health by generously sharing his personal story.

A tall, well-spoken 39-year-old, 'Grant' is now fully qualified and working in Colac while pursuing post-graduate studies; he's also married with two young children.

"I'm amazed that I'm standing here, speaking to you, considering where I was at 10-11 years ago," he told an attentive audience.

Beyond Blue estimates that more than one million people suffer from some sort of anxiety and depression, women more so than men although the organisation says this could be because men are more reluctant to present with their problems.

Beyond Blue's stated aim is to combat the stigma still attached mental illness.

In addition to professional help, 'Grant' credits his wife 'Jenny' as an invaluable member of his support team. He emphasised the importance of having this 'team' as an essential part of his recovery – wife/partner and family members, friends, people you work with, even members of a social or sporting organisation.

'Grant's' story began in Colac, graduating from secondary education with very good marks, then drifting into a limited life-style of hanging out with friends, playing cricket (he played for Geelong with high expectations of making the Australian team) and a non-inspirational job.

It was his then-girlfriend 'Jenny' who urged him to apply for university as a mature-aged student.

'Jenny' supported him financially in his studies and cost-of-living expenses, and over the next couple of years, he did very well in his physiotherapy studies until in the final stage, he was faced with increasingly severe bouts of anxiety.

When he finally succumbed to a break-down, he did seek professional help. As his supervisor and others around him, including 'Jenny' were aware of his problems, and offered their support, it made the road to recovery just a little easier.

'Grant' in effect started a new life. He married his long-time girl-friend 'Jenny', started a family and immersed himself in his new life as a health work professional.

His personal story brought him to the attention of the



Beyond Blue organisation and listening to the fit-looking, articulate and very confident 'Grant', few in the Shedd's audience would have guessed that this was his first speaking engagement.

(Some names have been changed)

- Jo Vondra

The Lorne Community Hospital and the Lorne Medical Practice are able to provide a wide range of help including GP services, psychological referrals, and other medical requirements.

The Hospital is also able to organise on-going help such as house nursing visits, meals-on-wheels, even general house cleaning.

Don't hesitate to call 5289 4300

beyond blue

1300 22 4636 any time

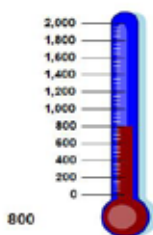
It's all go at the Lorne Men's Shed

Lorne & District Men's Shed Gravity Lock installation to all garbage bins in Lorne

As you have read the Lorne Men's Shed is installing gravity locks in Lorne residential garbage bins.

The Surf Coast Shire Council is providing this service free to all rate payers to help wipe out the ugly mess the sulphur crested cockatoos make when they flip the lid of the garbage bins. The program is to install approximately 2000 gravity locks and to date we have completed 800. (Refer Chart)

Gravity Lock Install



If your bin has not been fitted with the gravity lock it would be appreciated if you could leave it visible from the street for the men's shed to collect and fit the lock.

If your gravity lock has been fitted and you believe some adjustments are required, please email lornemensshed@gmail.com or phone 1300 610 600 and explain the issue, your street and house number and we will attend to it.

You are welcome to bring your bin to the shed on a Saturday morning between the hours of 9.30 to 11.00 am and the gravity lock will be fitted while you wait.

The men's shed is also repairing any bin they come across that has been damaged, for example the hinge pins missing or has no lid, we have completed 20 bins which helps improve the environment.

Some frequently asked questions:

Q) "I have attached a weight to mine and it works, can I keep it?"

A) "No, we have found many bins have broken hinge pins and were not designed to be weighted down and the fitting of the gravity lock is compulsory as the bins are council owned assets."

Q) "Do I leave my bin unlocked with key in lock on pick-up day for the truck to empty?"

A) "No, **lock your bin and remove the key from the lock**, the gravity lock is designed to open the bin lid without having to unlock the lid. The tilt of the bin when it's tipped upside down when emptied into the waste truck activates the point where the lock releases."

Q) "Do I have to pay for the installation of the gravity lock?"

A) "It's no cost to the rate payers of Lorne; the Surf Coast Council is paying for this service."

Q) "Do I keep the keys inside for the gravity lock?"

A) "It's recommended you keep one key on a cable tie attached to the bin so you can open when required or by the waste truck driver, and the spare key kept in a safe place."

It's important the bin is not overfilled or forcefully locked, or plastic material hangs over the gravity lock the bin cannot be emptied.

From the Gravity Lock Project Team
Lorne & District Men's Shed.



It's only been nine months since the Lorne Men's Shed was officially opened with several hundred members of the community in attendance. At that time the shed was just a shell and it then took a few months to fit it out. Workbenches were built, storage racks fitted, machinery that had been donated was transferred and installed.

During the construction phase, it appeared that there was a growing interest and keenness to see the project completed and get the shed "up and running". We are fully operational now and there is no doubt that the Shed is having the positive impact that we all thought would happen.

Some weeks ago, Bryan Poynton, a name known to many as a master woodworking craftsman, visited the Shed and in a casual discussion with over twenty Shedders talked about his experiences as a pattern maker, maker of musical instruments and other special projects. Bryan, (pictured above with John Barber, left and myself on the right) built his own timber house without a single bolt or screw in the structure; hand adzed timber slab construction and carefully crafted timber joints.

Bryan said that he had become interested in making musical instruments while still a pattern maker. "I was especially interested in string instruments and got the name of a well-known craftsman in Melbourne. I took the day off, caught the train to Melbourne, then knocked on his door. He was quite an old man, looked me up and down, asked what I wanted and then said something like "I'm too busy to talk to you," and slammed the door."

It didn't deter Bryan and he went on to make a name for himself, especially in the construction of lutes. Bryan's vast knowledge and experience in working with wood enhanced his reputation as a craftsman.

When the Australian Government decided to give Prince Charles and Princess Diana a set of Australian-made plates as a wedding gift and they commissioned Bryan to make the box.

If you want to view Bryan's work have a look at the Stations of the Cross on the walls of St Christopher's Catholic Church at Anglesea - the carving make use of only hands as the religious motive.

The wood he used was Queensland white beech, a medium-density blond wood.

Allan Walls
President
Lorne & District Men's Shed.
(Additional details JV)

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Lorne Independent

Po Box 213

Lorne Vic 3232

Letter:
**Increasing Hazards on
Deans Marsh-Lorne Road**

An increasing number of recreational cyclists are appearing on rural roads. A good example is the Deans Marsh-Lorne road.

For those living in Deans Marsh, Winchelsea, Birregurra and Colac it is the shortest route to and from Lorne. Due to the shortage of affordable housing and high price of rental accommodation in Lorne, more and more people are choosing to live in these communities and commute.

So car, commercial and heavy vehicle traffic has also increased.

This road, with around 60 hair-pin bends between Benwerrin and Lorne, has the reputation of being one of the most hazardous in the Otway region.

In recent months the condition of the road has deteriorated.

Members of a cycling club and cyclists ride on this road often with no formal knowledge of road/cyclist rules or having to pass a test.

Unlike built up areas, rural roads have no street lights. Yet riders generally disobey VicRoad rules as regards rear reflectors, white and red lights or reflective clothing.

Weather conditions can deteriorate around Benwerrin in moments, resulting in visibility being drastically reduced.

Put together this is a recipe for disaster.

There has already been one recent potential serious incident on a tight bend between the school bus, a semi-trailer and two bicycles riding in opposite direction.

Heavy vehicles having to use their brakes when held up behind riders for sometimes kilometres at a time, risk brake failure with possibly catastrophic consequences.

We have had meetings with VicRoads, Victorian Western Region Police and Geelong Highway Patrol, all who we believe share our concerns.

However due to lack of resources their hands are tied.

So a group of concerned residents has decided that the only way forward is to lobby such organisations as Bicycles Victoria and the RACV, followed by an approach to government.

By this letter we ask other concerned residents to contact the authors below to register their support for this campaign.

**Juliet Beatty,
Deans Marsh
0419151961.**

**Jill Chapman,
Lorne.
0407338904.**

**Autumn planned burning to start
in the Otways**

Forest Fire Management Victoria crews are gearing up to start planned burning across the Otway District in the coming weeks.

Lorne and surrounds could be affected by smoke.

More than 40 firefighters attended a pre-season briefing in Gellibrand last month to hear about comprehensive plans to reduce bushfire risk for local communities.

Otway District Manager David Rourke said: "Small grassland burns near Breamlea and Cressy will begin the burn program soon.

"These will be followed by a series of significant burns around Lorne, the largest of which will be around 1,200 hectares.

"Part of the program's focus is on undertaking burns that continue to reduce risk to communities along the Great Ocean Road from Anglesea to Kennett River.

"There will also be significant planned burns further inland, around Forrest and Gellibrand," Mr Rourke said.

"Most of the large burns we are carrying out will be similar in size and activity to those we've undertaken in previous years.

"The current weather outlook is favourable for planned burning to the end of April, which could see a considerable amount of burning activity occur across the District.

"Our crews will use a range of equipment to deliver planned burns safely for our communities.

"This will include helicopters for aerial ignition, water bombing and observation, and we will also use a range of fire tankers and bulldozers.

"Stakeholder meetings are underway and residents close to planned burns are being informed about the upcoming burn program.

"Reducing bushfire fuel means fires are less intense, making it more likely that firefighters can contain them before they impact on people, property and the environment," he added.

Drivers can expect to see electronic information signs along major arterial roads in the District, alerting residents when nearby planned burns are taking place.

Stay up to date on planned burns in your area by searching online for Forest Fire Management Victoria or calling 1800 226 226. If you see smoke and want to know if it is a planned burn or a bushfire, visit emergency.vic.gov.au, check the VicEmergency app or call 1800 226 226. Sign up for notifications about planned burns in your area by going to www.pbns.vic.gov.au

- Media release

Teenagers and alcohol – an unhealthy combination

An Australian survey in 2013 found that the average age at which young people aged 14-24 first tried alcohol is 15.7. Approximately 86% of Australians 14 years of age and over have drunk alcohol at least once in their lives.

Alcohol acts as a central nervous system (CNS) depressant. The effect of alcohol comes from a combination of factors, including the amount of alcohol consumed, age, gender, body size, nutrition and drinking experience. Alcohol consumption affects not only the person drinking, but everyone in the community. It is estimated that alcohol costs the Australian community over \$15 billion a year. These costs relate to health problems, accidents, crime, violence, social issues and loss of productivity.

[The Australian Guidelines to Reduce Health Risks from Drinking Alcohol](#) state ‘for children and young people under 18 years of age, not drinking alcohol is the safest option’ and that ‘children under 15 years of age are at the greatest risk of harm from drinking.’ These guidelines are based on health risks to teenagers however there are also legal and social risks.

For adolescents, drinking alcohol contributes to the three leading causes of death for this age group – unintentional injuries, homicide and suicide. In addition, over 50% of alcohol-related serious road injuries occur in the 15–24-year-old age bracket. According to the National Health and Medical Research Council (NHMRC), alcohol consumption in teenagers also contributes to physical injuries, risky sexual behaviour, antisocial behaviour and poor academic performance. Studies show the earlier alcohol consumption starts, the greater the chance of developing problems with alcohol later in life, and the greater the likelihood of adverse physical and mental health conditions/consequences.

Every year, ‘schoolies’ events are covered in the media. Many of the incidents highlight the immediate negative consequences that can occur from binge drinking, such as physical injury from alcohol-fuelled violence.

Developmental and social issues for the teenager, their peers, and their family can be less obvious as they arise over time.

Parents, and other significant adults, can positively influence teenagers to make wise choices regarding alcohol, and help them to reduce the risk of harm from alcohol. These adults can help even if the teenager has already started drinking.

Some useful tips include:

- setting a good example through their own alcohol behaviours
- rewarding responsible behaviour and attitudes towards alcohol
- talking about strategies to deal with peer pressure regarding alcohol
- discussing alcohol-related health issues as well as alcohol laws and the potential consequences for breaking them.

It is often said Australians love a drink. We can also show love for our children by helping them to avoid the harm alcohol can cause them when drinking starts at an early age.

‘Febfast’ is a month-long health challenge and fundraiser, and an opportunity for you to get your health and body back on track after the excesses of the silly season. ‘Febfast’ is a community of Australians who have committed to taking a pause from alcohol, sugar, or something else of your own choice for the month of February, to feel healthier and raise vital funds for young people facing disadvantage.

You don’t have to wait until next February – why don’t you just try staying off alcohol for a month or so?

Your local pharmacist can give you more information about the effects of alcohol, including interactions with medicines, and where to seek counselling about alcohol-related problems.



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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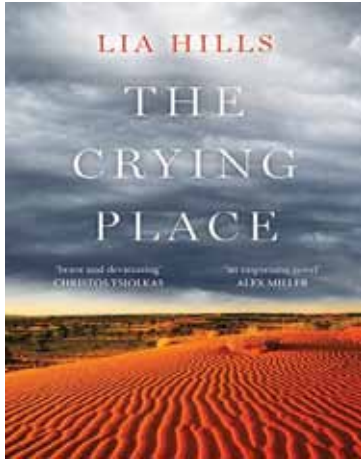
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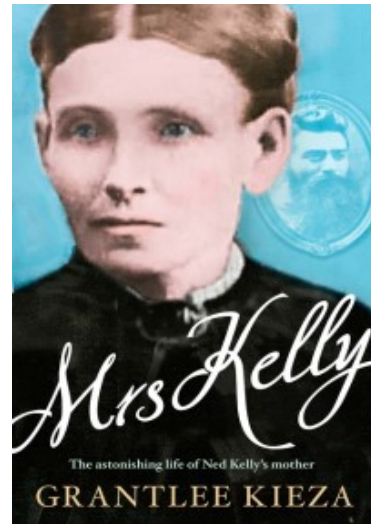


After years of travelling, Saul is trying to settle down. But one night he receives the devastating news of the death of his oldest friend, Jed, recently returned from working in a remote Aboriginal community. Saul's discovery in Jed's belongings of a photo of a woman convinces him that she may hold the answers to Jed's fate. So he heads out on a journey into the heart of the Australian desert to find the truth

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When Ned Kelly's mother, Ellen, arrived in Melbourne in 1841 aged nine, British convict ships were still dumping their cargo in the colony of New South Wales. By the time she died aged ninety-one in 1923, having outlived seven of her twelve children, motor cars plied the highway near her bush home and Australia was a sovereign nation.

***Mrs Kelly: The astonishing life of Ned Kelly's mother*,
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