

# LORNE INDEPENDENT

\$2

No 187 June 2017

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Recognise those smiling faces above? Well, that's our local pharmacist Renea Forsyth with YES, none other than Sir Richard Branson at the recent London marathon fun event. See page 7 for John Ford's story on how they came to meet.

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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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## EXPRESSION OF INTEREST

Attention Fathers, Grandfathers, Uncles, and Brothers!

Many of us are at the stage when those dear and near us ask us gentlemen to look after their children for a short while.

Although we love the little ones, it's not as simple as it sounds.

Michael Dolan, well-known gentleman around Lorne recently became a grandfather, and he wants to form a small group to discuss, offer advice and talk about problems associated with the very young.

Come and share your "small talk," experiences and expertise.

Potentially meetings to be once a month perhaps on a Sunday morning over coffee.

Give Michael a call! He's most enthusiastic about the Little People.

But please, note **BABY TALK ONLY!!!**

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lorne\_con@hotmail.com



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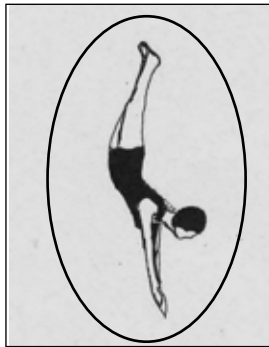
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GO WHERE THE TRADIES GO

Lorne Independent 3

# The Louttit Loop



Commiserations to Editor Jo who fell victim to one of Lorne's hilly driveways and 'did' his good knee! Just not fair as he was lining up to have the other replaced - now he has gone down like a skittle

*Heaps of patching, pot hole filling, pruning, new stretches being tarred and a small army of folk holding stop/slow signs on*

*the already hazardous Deans Marsh Road. Guess you can't make an omelet without breaking a few eggs.*

It's not unusual to find the messy remains of a fire and boxes/bags of empty bottles on or near the beautiful foreshore. But when the ground is also littered with about 30 small metal bullet-like 'cream chargers' and some balloons a bit of head scratching is needed. Dr Google reveals these contain nitrous oxide aka laughing gas and are sometimes called Ha Ha Nangs or Hippie Crack. Weird part is that inhaling these can often cause brain damage, paralysis, heart problems and sudden DEATH. Well there's certainly already been some brain damage to this group of idiots as they also lit a fire ON TOP of the picnic table in the Stony Creek park. Fortunately they didn't realize driftwood doesn't burn very well, causing only minor damage. Can't say the same for their brains or bodies. So if you were resident in the Stony Creek area on Saturday night 29<sup>th</sup> April it may be worth questioning and observing your teenagers before it's too late.

*The wonderful Lorne Historical Society should be really proud of the great job they've done on tarding up their rooms near the Community House. Marvellous. Current exhibition is on Shipwrecks and is topped by a wonderful display of maritime flags used to message things like 'man overboard'! Well done to another tribe of amazing volunteers.*

Most of us were snuggled up in bed at 1.30 a.m. on a Saturday night when a poor Geelong fisherman had some sort of turn or fit and fell off the pier! Great panic and finally got him in to shore on a surfboard someone dashed home to get. A v. difficult job, with the chopper held up in a fog in Melbourne, the ambulance in Anglesea but had a quick dash to put this poor guy into a coma and get him to Hospital. Several things stand out about this sad incident: Our CFA handled the call out and did a most amazing job, and everyone in and near Lorne should be extra proud of the team - all of whom had worked in their own businesses that day! And one ponders if maybe we need safety rails on more of the Pier? Hope the patient is healing OK.

*Lorne's whispering grapevine reckons that Rev. Cheryl is going great guns at the Church! She's got a good handle on the areas which need her and is getting right into the job beautifully. Welcome!*

Don't you hate it when the reverse cycle heater refuses to fire up on a cold night! After several calls for a service or ??? we finally rang the wonderful Heat Shop in High St Belmont who sold and installed it. "Sorry - no-one coming to Lorne for over a week," says the amazing Jen "However - you can probably try a few things yourself! Like when the computer or phone has a tantrum and we turn it right off for a while it fixes it. Well, go out and have a look at the power box. Check out the fuses and if all seem OK turn off one marked AC for about 15 minutes (or the Main Power switch if you can't work it out). When you turn it on again it will have reset itself after your panic of pressing every button in sight, and there's a good chance it will be OK." AND SO IT BLOODY WAS!! She also insisted we clean the filter and clear all bark and leaves from the outside part of the machine. Good old-fashioned helpful service, thank you Heat Shop!

*Nine-year-old Will Tresise was happily fishing on the boardwalk as one does, when a drone flew low over the water and UNDER the swingbridge - collecting a fishing line along the way which dangled down about 3 metres as it returned upstream to its operator. It was then put into some loops and aerobatics to try to dislodge the line which only got more tangled up and finally dived into the river! In jumps its owner who spent ages walking systematically up and down trying to locate the expensive GPS component of his 'toy'. Will was very excited by it all when telling Grandma Caroline!*

The Police were contacted a few days later when some folk were flying their drone from a balcony opposite the beach. Said drone was "buzzing" folk walking along the beachside pathway. NOT funny!

*Sometime 'local' and excellent writer for The Age Saturday Spectrum, Anson Cameron is always well worth a read. His recent article on Gerard Mercator, a Flemish cartographer from the past was fascinating. It resonates with how we feel about our own precious area. Had Mercator fallen in love with Lorne for instance, his world map would have had Lorne featured hugely and right out of proportion to its actual size in the global arena. And what would be wrong with that I ask you? Thanks clever Anson for once more making our grey power get active in response to your well-researched words.*

Lillian is off to do some croissant and red wine tasting in the Bordeaux area and to London to see - no not the Queen - but the Chelsea Flower Show - having had to cancel same trip last year! Amazingly, Lyn and John Morrison (now of Geelong) will be at the Show on the very same day!

*And no - sorry - I don't need anyone to carry my bags!.....xxx Lillian*

## **LorneCARE News**

- caring for our environment

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

This month we will again be working along the northern end of the Bert Alsop Track.

We will meet in the North Shore car park at:

**10am on Sunday, June 18**

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 OP SHOP 2017 ANNUAL GENERAL MEETING**

**The Lorne Op Shop  
will hold its  
2017 Annual General Meeting**

**on  
Thursday 29 June 2017  
at  
The Lorne Community House  
at  
11.45 am**

## **Lorne Independent**

Life has a strange way of reminding you, every-so-often of one's mortality.

Suddenly on a recent late autumnal morning, there I was, sitting on the ground, holding my good knee after losing balance on a never-before visited driveway.

One moment I was on my feet, the next not.

Ambulance was called, a ride into Geelong and admission to St John of God Hospital, an operation, and with the leg in a splint, the big question that hovered over my bed like a dark cloud was rehabilitation.

I was going to need professional help during the time it took to heal my damaged tendon, a process that might take a bit of time and that meant going into some sort of rehabilitation facility.

Several places were mentioned in the Geelong area.

As if a light had suddenly been switched on, Lorne Community Hospital came into our conversation. Rehab? Lorne? By jingo, why not?

After some telephone calls, it was all arranged: LCH had a bed and could look after me as long as was necessary. *Simples*, as the Meerkat says in the tv advertisement.

As I'm typing this in a spacious LCH room over the main entrance, Louttit Bay sparkling in the late autumn sunshine, I can but be overwhelmingly impressed and grateful by what's on offer by our community hospital.

Few of us, I feel, are quite aware of the range of services available from our neat, deep yellow painted hospital complex above Mountjoy Parade ... GP services, nursing, specialist consultations, meals on wheels, physiotherapy, psychology, emergency beds, exercise classes, aged care facilities ... and more, all grouped in a neat and public friendly package right on our door step.

All I can say: We're bloody lucky.

Which brings me back to the reason for my fall – unfamiliar territory, uneven footing but most of all, inadequate support railing.

Lorne, as we all know is a beautiful place and we love living in its embrace, but the fact is that most of the houses are built on steep inclines and though, in youth, we were used to view this as a challenge and test of our bodies; with age those handicaps become more and more formidable.

How many times have you heard the answer to the question of a fall-prone stairway in the house or outside: I consider climbing stairs as my exercise!

Sure, running up and down stairs or on a pathway does encourage fitness, but the scenario changes as you get older.

Where once you managed like a mountain goat, with time you metamorphosise into a creaky old donkey.

And old donkeys need all the help they can get.

You need easy to manage steps and other accesses and firm, professionally fitted rails, both inside the house and outside, around the garden and especially in the area where you park your car,

Any help to make your moving around as safe as possible is most welcome.

Believe me when I say any monetary investment is quite irrelevant when it comes to your safety.

**- Jo Vondra**



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*From the team at  
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2/2-15 Hopetoun Terrace, Lorne

• 2 bdrm, 2 bath \$400 p/w

From front page:

# Travelling overseas and fitting in a couple of sporting events

As we all know, Randall and Renea Forsyth are our smiling helpful pharmacists here in Lorne.

What you might not know is that in their spare time they enjoy swimming, surfing and running.

On this occasion Renea was visiting a running friend in France when they both decided that they would like to enter a half marathon.

So Renea and her friend flew across to London – where the Virgin Group was sponsoring a running festival in the inner northern suburb of Hackney.

The course covered the Olympic Games route through diverse suburbs of inner London.

Renea spotted Sir Richard Branson near the start line of the run and so the pair came together for this happy photograph.

Renea tells of the ladies having an ice bath to recover with champagne in their room at Claridges to celebrate their run in some style.

In chatting to Renea you quickly discover that she is a modest about her running, but has now run in six half marathons – each around 21 kilometres in length.

She speaks of not only the fitness benefit of running but also the great emotional benefits that are to be gained by training regularly and keeping fit.

Well done Renea!

- John Ford

## Record numbers for the Great Ocean Road Running Festival

APOLLO BAY (May 21, 2017) – A record of over 7,000 participants turned out over the weekend for Victoria's iconic Great Ocean Road Running Festival across Apollo Bay and Lorne.

The two day festival of running offered people of all ages and abilities the choice of seven distances

from the new Great Ocean Road Walk to the 1.5km Kids' Gallop all the way up to the 60km Ultra Marathon.

Julian Spence from Ballarat took out his third consecutive win with a PB of 2:32:44 in the 44km men's Marathon event, ahead of John Dutton (02:38:12) and Dion Finocchiaro who came third (02:39:18).

- Media release



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## News from our Councillor for the Lorne Ward

### Stribling Reserve Master Plan

Final Council endorsement of the Stribling Reserve Masterplan was resolved by Council at the May meeting. The development of the Masterplan was undertaken through a community led Council partnership model. The rationale for this was that community members had better access to resources in the Lorne community to undertake the masterplan process and understand the needs of the community and were better placed than council to engage with the local community. The success of this innovative project governance model succeeded in developing a masterplan led by the Community for the Community. The Surfcoast Shire intends to replicate the process across other areas of the Shire. Special thanks to the Project Control Group.

The total estimated cost for the implementation of the masterplan is approximately \$3 million.

The upgrade of the Reserve will be undertaken in stages with initial focus on Oval lighting, netball building development and improved female facilities.

#### Deans Marsh Winter Solstice

This annual event will once again be held at the Deans Marsh Reserve on Saturday 24<sup>th</sup> June, 5pm onwards. A great way to celebrate the passing of the Shortest Day and Longest Night. Rug up and see you there.

### Surfcoast Shire Small Grants Program March 2017

Congratulations to the following clubs for their successful applications

Lorne Historical Society – Display of Image Collection \$2,915

Lorne Lions Club Inc – Signage for the Lions ‘Den’ \$1,000

Lorne Men’s Shed Inc – Kitchen range hood \$1,000

Lorne Netball - Portable goal post protection \$1,000

Lorne Bowls Club – Transportable bowls boxes \$ 800

The next round of the Grants Program will be in September 2017.

### Big Belly Bins

Over the past week the new Big Belly Bins have been installed along Mountjoy Parade, they have certainly improved the streetscape with all the existing bins being removed. Along with the very successful Men’s Shed

domestic bin lock program, the cockies have now moved on frequenting Stribling Reserve oval and the Country Club. Any ideas to move them on would be appreciated.

### Lorne Bowls Club Lighting

The Bowls Club is currently installing lighting to facilitate night competitions. President Gary Allen is confident that the Club will be able to host a regional twilight competition and also social nights. Something to look forward to during winter.

#### Lions Clubs International Centenary

Join the Lions Club of Lorne for the hoisting of the Centennial Flag on Mountjoy Parade (opposite Great Ocean Road Real estate), 11.00am Wednesday 7<sup>th</sup> June. Morning tea

**Cr Clive Goldsworthy,  
Lorne Ward,  
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# Sportsbriefs with John Ford

## Dolphins Climb Ladder

Lorne's senior football team currently sits in second place on the CDFL Ladder, having lost only one match – that being to top team Birregurra. The Dolphins have been consistently building their form and strengthening their claims to be a real finals contender. The Reserves have also lost only one match and sit in second place on their ladder. The Club has many players who are playing well and so the load is being shared widely – with a number of Reserves players each week pressing their claims for selection in the seniors.

The most recent match was on May 20<sup>th</sup> when Lorne was too strong for Western Eagles and registered a 16.19:115 to 10.8:68 victory. Again the Dolphins were plagued by inaccurate kicking for goal, but this did not prove costly in the 47 point win. The Dolphin Reserves team posted an impressive 83 point win and the Under 17.5's recorded a strong win. So after six rounds now Lorne's seniors, reserves and under 17.5's have each only lost one match. The season unfolds with June 3<sup>rd</sup> away at Alvie, June 10<sup>th</sup> home to Otway Districts, June 17<sup>th</sup> away to Colac Imperials and June 24<sup>th</sup> at home to South Colac. A continuation of the Dolphins recent form will see them as possible winners of all these matches, although winning away from home can be a challenge.

## Interleague Matches

On Saturday 13<sup>th</sup> May the Colac and District Football Netball League played representative matches against the Horsham District League. Lorne's Carly Enticott had the great honour of being chosen to be coach of the Colac and District team which won 46 to 41 in a thrilling contest. Carly's account of the day follows:

### Netball

It was a great day for the representatives of Lorne Football Netball Club who were selected to play in Horsham on Saturday 13<sup>th</sup> May. We were fortunate to have 3 of our talented A grade players selected for the Open match and I was honoured to be invited to coach the Colac and District team.

Congratulations to Ginger Brown, Sharni de Jong and Rhiannon White who showed great determination, commitment and strength on the court to help secure the win against Horsham and District 46-41.

The girls continued their celebrations onto the lengthy bus trip home and we returned back to Lorne around midnight. The LFNC are very proud and appreciative of the girls for representing our club in such a way and giving up a weekend off to do so.

### Carly Enticott

#### Lorne Football Netball Club

## Ladies Golf

Lorne Ladies Golf held their annual Miss Lascelles Silver Salver in May. This event was very successful with Lorne winning the Silver Salver.

Congratulations to the winning team: Rose Wyles, Liza Mill and Jan Tootel.



**The Miss Lascelles winning team - Lisa, Rose and Jan**

I would like to thank the following clubs for participating and their continued support. Anglesea, Beeac, Clifton Springs, East Geelong and Lonsdale.

The winner of Silver Division: Rose Wyles from Lorne with 37 points

Runner up Silver Division: Anne Stokes from Anglesea with 30 points

The winner of Bronze Division: Liza Mill from Lorne with 34 points

Runner up of Bronze Division: Judy Mather from East Geelong with 30 points

Nearest the pin 2 and 11: Liza Mill from Lorne

Nearest the pin 5 and 14: Sally Collier from Lonsdale

Nearest the pin 9 and 18: Leigh Johnson from Lonsdale





## News from the Lorne Aquatic and Angling Club

### Golf from previous page

Congratulations to all the winners. Fortunately the weather was on our side and the course was in great condition. Thank you to all who made this very special day possible.

Lorne was also recently represented at the Lonsdale Bowl. Thank you to Caz Bartholomew, Myrell McConachy and Bev Osborne for their participation, well done ladies.

It's been a terrific year for the Lorne Ladies Golf as we now have more members to play in the various interclub tournaments, but we do not lose sight of the fact we encourage our new members with our friendly Tuesday mornings. If you would like to play on a Tuesday morning please contact Lesley Goldsworthy 0437028169 or Caz Bartholomew on 0419317011. There is no pressure, just an enjoyable day where you have the choice of playing 9 or 18 holes. Play commences at 9.00 am sharp.

Do you need some golf lessons to dust off the cobwebs? Please contact Lesley Goldsworthy 0437028169 if you are interested.

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

### Winter Tennis

Lorne Country Club's Winter Pennant tennis team has begun the season well winning two of its first four matches. Good home wins over Moolap and Portarlington have overshadowed a loss against Geelong East Uniting in windy, rainy conditions. On 20<sup>th</sup> May Lorne lost by the narrowest of margins to Grovedale: 31 to 30 games, and three sets all. A very tight match when you consider that one of the sets was a tiebreaker that went to 14-12.

The team is now in third place on the Tennis Geelong ladder. A challenge for the team is actually being able to field a settled team each Saturday, with injury, extended holidays and unavailability needing to be covered. Social Tennis continues right through winter on Wednesday afternoons and Saturday mornings. Visitors are always welcome, for a \$10 fee. New memberships are available and encouraged. For more information contact Jillian Chapman on: 0407 338 904.

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

### Commodore's notes

Our current weather patterns are typical of late autumn. Cold nights, short bursts of sunshine and regular showers. Ocean tides have been the extremes for the year. The highest high tide was 1.83m on the 30<sup>th</sup> April and on the same day the lowest tide was 0.17m. A tidal range of 1.6m. No wonder the movement of sand and coastal erosion poses a continual problem and such extremes have created difficult launching conditions for our boating members.

The King George Whiting stock seems to have moved to the west and the number of large snapper is down on previous years. Flathead, pinky snapper and gummy shark seem to be the targeted species.

Jason our coffee man has packed up his cart for a well-deserved winter break.

### Committee Notes –

- (no formal meeting was scheduled for May)
- Repairs and new installations have been completed-
- a new 330kg safe has been fitted
- tractor shed security improved
- new turf has been laid in the bbq area.

Unfortunately we are still awaiting our insurance pay out following the recent break-ins.

### Point Grey Redevelopment.

No news on the future role of the Project Control Group.

### Fishing Competitions Winter Comp No 1.

Many thanks to our Sponsor Peter Wheal Landscaping for his continued support.

Poor weather conditions prevailed and no boats ventured out. Fifteen fished with 2 fish being caught.

Senior winner – Alison Manfreda – salmon David Manfreda – salmon

No juniors were able to land a fish. NPG award – Kevin Van Duren

**Graeme Norton -**  
**Commodore**

## Heart Disease is a major cause of death in women.

Heart disease contributes to more deaths among women than most forms of cancer. This may be surprising, but 23,455 women die from cardiovascular disease in Australia every year, compared with 21,937 men. That's around three women every hour. In contrast, approximately 4,000 women will die from lung cancer, 3,000 women from breast cancer, and 2,000 women from bowel cancer in 2017.

Another unknown statistic is up to 40% of women who have a heart attack will not experience classic signs, such as chest pain.

So what are the warning signs of a heart attack?

1. Neck – you may feel a general discomfort in your neck or a choking or burning feeling in your throat. This discomfort may spread from your chest or shoulders to your neck.
2. Shoulders – you may experience a general ache, heaviness or pressure around one or both of your shoulders. This discomfort may spread from your chest to your shoulder(s).
3. Arms – you may feel pain, discomfort, heaviness or uselessness in one or both arms. This may also feel like numbness or tingling. This discomfort may also spread from your chest to your arm(s).
4. Jaw – you may feel an ache or tightness in and around your lower jaw on one or both sides. This discomfort can spread from your chest to jaw.
5. Back – you may feel a dull ache in between your shoulder blades. This discomfort can spread from your chest to your back.
6. Chest – you may feel pain, heaviness, tightness pressure or a crushing sensation in the centre of your chest. This discomfort may be mild and make you feel generally unwell.

You may also feel nauseous, dizzy, a cold sweat and shortness of breath or fatigue.



**Dr David Mullen**

If you are worried about these or other symptoms, see your doctor. Don't ignore them.

Cardiovascular disease is a serious disease for both men and women, and in many cases is preventable. The risk of cardiovascular disease can be reduced through: stopping smoking, reducing salt intake, consuming fruits and vegetables, regular physical activity and avoiding harmful use of alcohol. Medications may be used to treat diabetes, hypertension and high blood lipids to reduce cardiovascular risk and prevent heart attacks and strokes. There are about 4.2 million Australians living with some form of cardiovascular disease.

To coincide with National Heart Week from 1-5 May, why not book an appointment with your GP or Practise Nurse to check your heart health. This may include talking about your family history, taking your blood pressure, taking a sample to check your cholesterol and blood sugar level and checking your weight/diet.

Don't wait until it's too late.

**Dr David Mullen**  
**Lorne Medical Centre**

### **Medical clinic comes to Deans Marsh**

The Deans Marsh 'footy shed' will be the temporary home of a weekly medical clinic staffed by professionals from the Lorne Medical Centre.

The clinic will operate every Wednesday from 9.30 am to 12 noon.

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## Back-road alternatives mooted as possible solutions to GOR and Deans Marsh Road congestions

A recent public meeting in Lorne heard that upgrades to roads in the Otway hinterland to more evenly distribute car and bicycle traffic may reduce the usage of Deans Marsh Road and Great Ocean Road at peak times.

Richard Riordan, MP for Polwarth, the keynote speaker, said that to direct traffic through these backroads meant a marked upgrade of these roads.

Mr Riordan said that although the road network existed and was constantly in use, many of the roads were unsealed and needed substantial upgrading before they would be able to take increased traffic flow.

Held at the Lorne's Senior Citizen's Centre to discuss issues and opportunities surrounding cycling and vehicle use in the Otways, the meeting was convened by Juliette Beatty and Jillian Chapman.

Ms Beatty and Ms Chapman, and several other concerned citizens from Lorne and Deans Marsh have formed the DMLR Safety Group (Deans Marsh-Lorne Region) to draw attention to safety issues on the increased use of the recreational cycling over the past few years.

The meeting was attended by about 65 people and its importance was highlighted by the presence of cycling enthusiasts Simon Gillett and Phil Anderson, the President of Bike Safe Geelong, and Ian Stewart as Chairman of the Committee for Lorne Ward.

Residents of Lorne, Deans Marsh and Pennyroyal were well represented with views on recreational cycling and cycling events being expressed in a forthright but respectful manner.

Most of the speakers, including our local school bus driver, were concerned for the safety of cyclists especially along Deans Marsh - Lorne Road.

Richard Riordan spoke of a number of initiatives that could be addressed and these had been given much forethought and were clearly presented. One of his visions is to see upgrades to roads in the Otway hinterland to more evenly distribute car and bicycle traffic, and thus reduce the usage of Deans Marsh Road and Great Ocean Road in peak times.

However many of the objectives, for example riders being required to have day vision lights on their bikes, would likely require Legislative change before they could be implemented.

Richard also spoke of inevitable increases in population and tourist numbers which will put further pressure on all road users, and this will also need to be addressed.

Discussion included the lack of effectiveness of the electronic bike warning signs which often give a false showing of a cyclist ahead.

The impact of road closures for cycling events was also discussed, along with the economic benefit to the area versus the interruption to other road users and rural activities in the hinterland.

The main concern shared by motorists and cyclists is for cycling safety along the Deans Marsh - Lorne Road.

As is well known, many

sections of this road have the following dangers: poor sight distance, narrow pavement width with unsealed and broken shoulders, tight corners, and steep but varying grades.

Compounding these issues is that the road surface can often be slippery and wet, or patterned with dappled sunlight, or even need sweeping after fallen bark and gravel make it difficult for all road users.

With cyclists often travelling at speeds so different to motorists, there is a recipe for disaster when a driver rounds a corner and suddenly comes upon a cyclist – and possibly an oncoming vehicle in the same instant!

We should not forget that this road is a vital access/egress for Lorne in times of natural disaster and when sections of the Great Ocean Road are out of action!

Discussions on cycling in the Otways will continue, but there is a great need for we road users to drive, ride and walk with extreme care always.

Hopefully at least some maintenance upgrades of this road might be able to be achieved. Well done to the conveners of this meeting, and we will be keen to see what their group can formulate and deliver in our region.

Contact for the DMLR Safety Group – Juliet Beatty: [beattyjuliet@gmail.com](mailto:beattyjuliet@gmail.com) or [jillian.g.chapman@gmail.com](mailto:jillian.g.chapman@gmail.com)

- John Ford



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## This and that

### Legitimate drug addict

It's puzzling that Lorne's highly visible legitimately drug addict, the koala that sits in the tree outside the Visitors Centre, has not been officially named.

Most days it just sits there and occasionally casts a weary eye down at the bright faced and enthusiastic visitors pointing iPhones, cameras and whatever towards it but fortunately it has perched high enough to take it out of reach for possible 'selfies'.

It probably already has a swollen head with all the attention it's getting.

If you can suggest a name for our little mate, please send it to us?

Meanwhile Victorian government tells us the koalas that cause so much trouble a few years back by eating whole slopes of eucalypts, are doing well in their new Cape Otway surrounds – some were actually resettled in the Otway Ranges in the Lorne vicinity – and the trees are gradually recovering.

### Poison Mushy Warning

Autumn and early winter conditions have created ideal growing conditions for poisonous mushrooms, Victoria's Chief Health Officer, Professor Charles Guest, has warned.

"People should avoid gathering wild mushrooms around Melbourne, in rural Victoria and from their own gardens because of the risk of collecting poisonous varieties which may appear very similar to edible varieties," Prof Guest said.

The warning coincides with the arrival of the mushrooming season, spawned when rain encourages growth of the fungi in the still warm earth.

Prof Guest identified the dangers of two of the State's most dangerous varieties, the Death Cap fungus, *Amanita phalloides* and the Yellow Staining mushroom, *Agaricus xanthodermus*.

"While commercially-sold mushrooms are safe, poisonings can occur when people gathering wild mushrooms inadvertently include toxic species," Prof Guest said.

More information about poisonous varieties can be found on the Better Health Channel website and a Chief Health Officer's alert is at:

<http://www.health.vic.gov.au/chiefhealthofficer/index.htm>

### Indonesian Raffle Winners

We would just like to say a huge thank you to everyone who bought a raffle ticket in support of the Lorne P12 Indonesian Trip. We raised \$1325.00 which will go towards the overall funding of the trip. We are very grateful for your amazing support.

We would also like to say another HUGE thank you to the businesses who kindly donated prizes for our raffle. Terima kasih banyak!

Below is a list of the prize winners:

1<sup>st</sup> Prize: One night's accommodation in a one bedroom ocean view apartment at the Cumberland Lorne Resort, with breakfast for 2 at Lorne Central: Stephen Hull  
2<sup>nd</sup> Prize: \$150 voucher at Lorne Central: Sara Cook;  
3<sup>rd</sup> Prize: Pure wool scarf from Duetto, Lorne valued at \$110: Annie McMahan; 4<sup>th</sup> Prize: \$100 Chocolate Hamper from Great Ocean Road Chocolaterie & Ice Creamery: Atwell family; 5<sup>th</sup> Prize: Surf Towel from Anglesea Surf Centre valued at \$75: Balderas family;  
6<sup>th</sup> Prize: One hour relaxation massage at TranZenien Connections, Anglesea valued at \$70: Mimi Jago;  
7<sup>th</sup> Prize: \$60 Hair voucher from Fresh Hair, Lorne: Matt Russell; 8<sup>th</sup> Prize: \$50 voucher at Lorne Central: Karen Biggelaar; 9<sup>th</sup> Prize: \$30 voucher at Mr T and Me, Aireys Inlet: Simone Fulton; 10<sup>th</sup> Prize: A jar of lollies from St Annes's Wines, Lorne: Lucia Hill.

- P-12



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On the left, wallpaper by William Morris and above, the stunning *Iris*s, by Vincent Van Gogh.

Although they have largely passed out of favour irises are relatively easy to culture and rewarding to grow. Because they are shallow rooted they can be grown in a container like something as simple as a Styrofoam box readily obtainable at many food outlets. A fine tilth soil mix and a little fertiliser will do very well as the growing medium.

I was attracted to the work of the artist/poet/writer William Morris who was a textile designer and whose work still appears on prints and wallpaper. His fantasy novels influenced J.R.R. Tolkien and his interest in embroidery and design caused him to become a manufacturer of textiles and wallpaper because he insisted on a nexus between design and production. A great many motifs are present in his prints and irises appear often in wallpaper designs. He was one of the eccentric English types who appeared in London in the latter part of the nineteenth century and was both an industrialist and an environmentalist. There were daylilies, artichokes, tulips and strawberries but it is the irises I return to when examining his legacy.

And then there is the famous work by Vincent Van Gogh titled, simply, *Iris*s. This was painted in the year before his death at the St. Remy asylum and regarded by the artist as merely a study. Hoowhee(!), one wonders what the dedicated work itself would have looked like and how many millions of dollars it might now fetch. So when we view it in the J. Paul Getty Museum in Los Angeles what do we see? Apart from a recognised masterwork? Well, what Vincent painted were then known as are flag irises; they are now tamed and known as bearded irises. Bearded iris is the accepted name (they are classified as pogons – from the Greek - because of the beard). The beard is the bit attached to the fall (read on). They are further classified according to flower spike's height from "miniature dwarf" to "tall" and come in a staggering combination of colours from the sublime and delicate to the ghastly and outrageous. Examining Vincent's *Iris*s – which are tall bearded - we can get a handle on the lingo : the little

yellow bit in the centre is the actual beard, the tongue that comes forward like the Rolling Stones logo is called the fall and the part at the back is the standard. Standards and falls can be multiple and multi-coloured so there is enormous opportunity for variety from hybridists.

Now, with your container filled with a suitable growing medium you can set your iris rhizome. It helps to use stiff wire to hold the rhizome in place until it produces enough stabilising rootlets and it is most important not to completely cover it. Exposure to sunlight is necessary if you are to encourage blooms, so keep an eye on them to ensure they don't get covered up. This tip was given to me by Mrs. Russell at Upper Kincaig in Smith Street some decades ago and I am happy to pass it on to you. Another thing to know is that a light dusting of lime benefits them as well. Good drainage and plenty of sunlight are essentials. Before autumn cut the leaves back. I thought this was for 2 reasons – to conserve energy for the over-wintering rhizomes and for aesthetics. Cut back in a fan shape meant the plants both looked good and older, yellowing or damaged foliage didn't detract from the overall appearance. I have since learnt there is a 3<sup>rd</sup> reason for doing this – it is to protect the plants from strong winter winds as well. Division is effected by discarding older rhizomes. Dispose of material that has borne the previous year's flower spikes and separate out the younger, fresher material to ensure resilient and healthy stock. Autumn is the best time to go about doing this. If you grow all varieties you can achieve a flowering period starting from August with the dwarf and running through to late November with the tall bearded ones. They are not difficult to grow if a modicum of care is taken; the only qualifier is which cultivars to choose.

**Doug Williams is a recently retired gardener and landscape contractor who still makes himself available for consultations and specialised work as well as continuing his mobile Nursery. Contact number 0408 522 011**

The Surf Coast Shire decided some time ago to enter the same-sex equality debate - the move was supported by some administration staff and some councillors - and since then the rainbow flag had fluttered above the Shire's building.

At no point was there any community consultation.

Below is the official media release from the most recent council meeting. Please note that Lorne Ward Councillor Clive Goldsworthy and several other councillors voted against the Shire having the flag flutter above its offices.

### Rainbow flag

The rainbow flag has been flying continuously outside the Surf Coast Shire Council office since IDAHOT Day on 17 May 2017 following a resolution at April's Council meeting.

At the recent May meeting in Moriac, Council heard an item of urgent business regarding the rainbow flag. As a result, it resolved to immediately lower the rainbow flag until community consultation has been undertaken.

Following the meeting, a notice to rescind that resolution was lodged by Councillor Rose Hodge with the Chief Executive Officer. Such a notice is permitted under Council's local law and means that the resolution must not be enacted until the notice to rescind is determined by Council.

As a result, the flag will remain in place as per the April Council resolution. The matter will be considered at Council's next ordinary meeting on 27 June 2017.

- SCS media release



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## The Lorne Op Shop Says Thank You!

The Executive Committee of the Lorne Op Shop would like to thank all our volunteers, donors and customers for their wonderful support over the busy summer and autumn period. As we move into the cooler, quieter months, things will slow down a little!

The Op Shop has already supported a number of projects since the beginning of 2017. Our biggest funding support has gone to the Lorne Community Hospital with a grant of \$45,000 to provide a portable ultrasound machine, used to locate veins in an emergency for intravenous application, and many other purposes. We have also supported smaller projects at the Lorne P-12 College and the Lorne Kindergarten.

To continue our work with LCH and other community groups in Lorne and surrounding areas we still require donations to stock our shop. We particularly need warm winter clothing such as warm jumpers for men, women and children, jackets and raincoats, beanies and umbrellas, as well as warm bedding. As we have limited space for display and storage, it would be good if donations of summer clothing could be held off until the spring. Most of our customers are looking for warm clothes at this time of year.

Of course, we are still very grateful for all donations of clothing, home wares, bric-a-brac, books, jewellery, toys and any other saleable goods. We ask that all donations be in good, clean, undamaged condition so that they can be put straight out for sale. We also ask our donors to remember that unsaleable goods need to be consigned to the rubbish, costing us a large amount each month in tip fees.

Thanks again to everyone who supports the Lorne Op Shop and enables us to continue to help our hospital and our community.

**Mandy Calder**  
President, Lorne Op Shop



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# Letter

**(The problem of foreign drivers on the Great Ocean Road has become such a issue that the police officially called a Lorne meeting recently to make road users aware of potential dangers.**

**Of course there is no real quick fix solution - police warned local drivers to be aware and vigilant to the problem, but most of all, exercise caution and patience.**

**The Lorne Independent has received some correspondence on the subject but most were unsuitable for publication. -Ed.)**

## Problems with foreign drivers

Here is one possible solution to address the problems caused on our roads by foreign drivers

VicRoads needs to open a vehicle licencing facility at the International airports for any visitor wanting to hire a vehicle with the following requirements:

- They need to undergo a test of proficiency in driving in real space or via a simulator.
- They also need to show understanding and application for all road signs and for basic verbal instructions as from a police or traffic officer.
- If they pass these tests they will be issued with a temporary licence dated to their visa/return ticket with photo and finger-print ID embedded to foil resale etc.
- The hire car company will not be permitted to lease a vehicle to any foreign national, including bus drivers, without this temporary licence.
- For anyone claiming to be an Australian national, they need to produce both passport and current Australian driving licence.
- The same strictures apply if a vehicle is hired elsewhere – the hirer is directed to the closest Vicroads centre for a temporary licence.

No doubt there will need to be some adjustments made which I haven't thought of but essentially this scheme would keep off the road anyone who has never driven a vehicle and anyone for whom any number of road signs is irrelevant because they cannot read English.

The cost will be borne totally by the tourist.

In Australia, we do not allow new drivers to get a licence without a number of logged driving hours and without proving technical proficiency both for their safety and that of all road users.

It seems ridiculous that a tourist, many of whom have never driven a vehicle, can get behind a wheel and cause chaos on our roads because at present they do not have to observe the same laws as us.

**Name  
and address supplied**

# A focus on Men's Health

The Lorne Men's Shed in conjunction with the Lorne Community Hospital is to host an afternoon tea with a focus on 'Seniors' health.

Come along on Wednesday on June 14 about 3pm and listen to what the professionals have to say.

It's all part of Men's Health Week from June 12 to 18.

Living in Lorne and especially retiring down in Lorne and it can be a challenging time as many of us could experience possible isolation, loss of self worth and feel bored and depressed.

Well, some statistics taken from the website menshealthweek.org, show possibly not.

Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths.

When compared with women, men are at least three times more likely to suicide or die in transport accidents, at least twice as likely to die from skin cancer, liver disease, Parkinson's disease and lung cancer, and more than one and a half times as likely to die from ischaemic heart disease and chronic lower respiratory disease. (ABS, 2010)

This year's theme for Men's Health Week is 'Healthy Body, Healthy Mind : Keeping The Balance'.

The meeting will explore this topic together with the help of Lorne GP Dr. David Mullen, Physiotherapist Bill Reynolds, Occupational Therapist and Counsellor Rameen Razmara, Practice Nurse Leanne Jeffrey and a guest speaker.

You are able to meet and greet these professionals before they each give a short presentation on a topic of their choice related to Senior Men's Health.

They will then form a panel to answer any health related questions.

The Lorne and District Men's Shed is the perfect place to host such an event.

Opened last year, it has grown rapidly over the last year in membership, and now plays a vital role in improving men's health and wellbeing by providing a space for men to connect with each other in a safe and supportive environment within a community.

## Event:

### Celebrating Men's Health Week

**When: Wednesday 14 June from 3-5pm**

**Where: Lorne Men's Shed -**

**Otway St & William St, Lorne**

**RSVP: Please contact Karyn Hogg on**

**5289 4383**

**before Friday 9 June for catering purposes.**

**- Lorne Community Hospital**

## What's what at the Lorne Men's Shed



Above, John Westacott OAM and John Barber assembling some of the new equipment at the Men's Shed recently.

John Westacott, a Bulldog Supporter and former player, has been of great help in sourcing this new equipment - but organising it is one thing and quite another is to assemble it all.

One good thing is that among the Shedders are some skilled hands who know their way around machinery from their experience in their previous lives.

So secretary Don Balwin sent out a call and quite a number of Shedders came to help out.

Thanks to some very hard workers we have now completed around 1650 "cockie locks" to Lorne Bins which has enabled us to purchase all the equipment we needed.

We have received magnificent support from The Bendigo Community Bank which has also allowed us to purchase a brand new dust extraction unit and a full sized Band saw.

Recently, we also hosted a visit from our brother Shedders from the Anglesea Men's Shed and what can I say other than it was all a great success.

Representatives from our great supporters, the Bendigo Community Bank did the honours in unveiling the new equipment

**Allan Walls**  
**President**



Recently the Lorne and District Mens Shed purchased a truck load of equipment requiring transport from the Factory. John Barber and Don Baldwin hired this truck, and travelled to Dandenong and back in a day.

After unloading all the equipment along came tireless worker, Garry Fenton to lean on the truck. We were unsure whether Garry's "Yellow Peril" ute would make the trip to Melbourne and back, hence the Budget Truck but it has certainly given great service around Lorne for our bin project.



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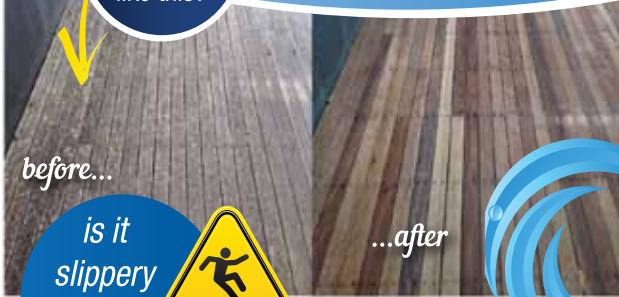
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## A personal letter on my time on the Lorne Independent

Dear Reader,

As you know, I'm gradually distancing myself from the production of the Lorne Independent and hopefully, soon, we'll be able to name a new editor. Meanwhile, please indulge us with a bit of patience while we sort ourselves out.

I would not have lasted 17 years as editor if I had not had a fantastic team of contributors, ever loyal and ready to help.

Along the journey, some remarkable talent has come to the surface, most notably John Ford with his sports column and other stories. John's Sports Brief every month reported faithfully and with dedication the ins-and-outs of Lorne's football, netball, ladies' golf, and bowls, and the column was a Winner, Best Sporting Article in the 2009 Community Newspaper Association of Victoria (CNAV) Awards.

CNAV also honoured some of our other writers, including Peter Spring and the irrepressible Lillian, alias Sue Grant, who has recorded the social side of our town in her own original style.

Over the years, the Lorne Independent has picked up eleven CNAV awards and the Lions Club Alan J. Holding Award for community service.

The formidable Peggy Taylor is *die grosse Dame* on our team in that she helped out wherever - she bullied, chastised but most of all, supported. She looked after the 'This and That' column and penned for us various other article and in purity of her prose, Peggy had no rival, though on occasions it was a battle to keep Jane Austin out of the newsletter.

Juliet Beatty was our founding business manager, to be followed by Barry Keily who handled the books and advertising until his retirement because of ill-health; a recent addition to the team was David Stribling who showed us all a thing or two about simplifying accounts by the use of IT.

Harri Muller has filled the role of distributing the newsletter from our first day of publication and his infectious enthusiasm has been truly welcoming. Harri is also a dedicated Pier to Pub swimmer and cyclist and perhaps that's why he's always got so much energy.

Some talented people have written for us over the years, and more recently, Doug Williams has demonstrated that a gardening column need not be boring and pedestrian. Doug's protean approach to his writing is enviable. As our special writer, Doug is a gem of a find.

Thanks too to our behind the scene helpers such as Wendy Jarratt, Roger and Mandy Calder, Elizabeth and Hadyn Rickey (thanks for all those poems, Hadyn), Susan Sutton, and the numerous other people who have helped out over the last 17 years.

Finally, I would like to sincerely thank you, our readers, many of you who have been with us since we first published. Your comments and observations were always helpful, and I appreciate the many emails and good wishes I've received over the last months. Your positive feedback makes it all worthwhile.

Ladies and gentlemen, thank you most sincerely in that the last 17 years have been enormously satisfying, both professionally and personally.

Sincerely,  
**Jo Vondra**



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## Men's shed bin gravity lock program draws to a close

When the Lorne Men's Shed was opened on June 12<sup>th</sup> last year, none of the Shedders expected that within six months they would be taking on a community project that not one other of the 1450 Men's Sheds across Australia had ever undertaken before. Installing a gravity lock to every one of almost two thousand rubbish bins in Lorne.

Over previous years the very clever cockatoos in Lorne had learned to team up in two's and three's and flip open the lids and proceed to pull out some of the most disgusting rubbish and scatter it for meters.

All too often it was left for Lorne's permanent residents to clean up the mess. Some people took to using all sorts of ingenious methods to prevent this occurring.

The most common method was the use of a wooden block attached to the underside of the lid. In many cases this was effective but unfortunately many of these blocks proved to be too heavy and eventually broke many hinges.

Some people used bricks and stones but there was always a risk this would end up in the trucks machinery and cause major damage.

Council decided the Men's Shed would be the ideal people to do the job and awarded them the contract.

The first lock was fitted in November 2016 and the final bin will be completed in June 2017 averaging one hundred bins per week for many weeks until the bins became increasingly difficult to locate and the weekly tally dropped to twenty or thirty.

Each bin was collected, mostly on a Monday morning after the bins had been emptied, and taken to the shed where the team was waiting in a production line operation.

Once the lock was fitted and checked the bin was returned to the property.

The job entailed more than just fitting locks but substantial repairs as well. Broken wheels and hinges took time fitting replacements and hundreds of attached weights of all sizes and types had to be removed.

Stringent quality control and double checking that every lock worked was important. Unfortunately, the locks are not foolproof. Grit and fire ashes and plastic bags overhanging the locks have caused problems.

If the bin is overfilled and forced to close, the lock will not open. And the differing pressure on the bins caused by the trucks hydraulic arms can prevent some bins from opening.

In most cases the locks can be readjusted. If ratepayers have a problem lock, they are advised to contact Council.

There have been some ten or twelve Shedders working a very regular basis with a further ten when they were able to help.

This included two Melbourne based members who helped out some Saturday mornings when they were down for the weekend.

The income from the bin project has assisted greatly to cover some building costs and for preparing for the next step which will be placing machinery and connecting to the power.

After that the men using the shed can start different projects and those who do not wish to utilize the workshop will continue to visit for a coffee and yarn with other like minded men. .

Hopefully the Bin Project will be completed and the shed will be up and running by the 1<sup>st</sup> birthday on June 12<sup>th</sup> 2017.

**- Garry Fenton**

## Raising awareness of epilepsy

Epilepsy is a common condition in our community and can develop at any age, regardless of gender or ethnic group. According to Epilepsy Australia, research suggests that some 3–4% of the Australian population will develop epilepsy at some stage in their lives.

At one stage it was believed that epilepsy was a disorder of the young, as it appeared most people experienced their first seizure before the age of 20. However, people over 55 are now recognised as being the most vulnerable. This rapidly growing demographic group is subject to the kinds of cerebrovascular (circulation of blood to the brain), respiratory and cardiac events that can lead to epileptic seizures.

There are many causes of epilepsy, which vary with the age at which seizures begin and the nature of the seizures. However, in 50% of cases, the cause is unknown.

In many cases of epilepsy in young children, genetics play an important role. But research has shown that genetics can be a factor in developing epilepsy at any age. It appears that certain people are more prone to having seizures than others. This is, at times, described as having a 'low-seizure threshold.'

It is more likely for people to develop epilepsy if there is a history of seizures in the family. Epilepsy is estimated to affect 65 million people worldwide (more than multiple sclerosis, cerebral palsy, muscular dystrophy and Parkinson's disease combined).

Many people do not understand exactly what epilepsy is. To say a person has epilepsy simply means that a person has shown a tendency to have recurring seizures. Therefore, when a person has a single seizure this does not necessarily mean that they have epilepsy. Some 10% of the population are at risk of experiencing a seizure during their lifetime, while 3–4% will go on to be diagnosed with epilepsy.

Epilepsy is a disorder of brain function that takes the form of recurring convulsive or non-convulsive seizures. Epilepsy is not just one condition; rather it is a diverse family of disorders comprising many seizure types.

It is estimated that approximately 50% of people who have one seizure go on to have more seizures. For people at risk of recurring seizures, approximately 70% can expect seizure control with medicine.

There are seizures that are not epileptic such as those that result from diabetes, kinked blood vessels, and a range of other health conditions.

Each year we celebrate Purple Day, an international grassroots effort dedicated to increasing awareness about epilepsy worldwide.

People around the world are invited to wear purple and host events in support of epilepsy awareness. Many people in the general public know little about this disease and much of what they do know is incorrect. Purple Day aims to encourage people to talk about epilepsy, and remind people living with seizures that they are not alone.

Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada, with the help of the Epilepsy Association of Nova Scotia (EANS). Cassidy chose the colour purple after the international colour for epilepsy, lavender. The lavender flower is also often associated with solitude, which is representative of the feelings of isolation many people affected by epilepsy and seizure disorders often feel. Cassidy's goal is for people with epilepsy everywhere to know they are not alone.

Your local pharmacy can help too. One of the key aspects to managing epilepsy is medicine management. Pharmacists are medicines experts and can assist you with understanding how your medicines work and any possible side effects.

If you have any problems accessing the Health Column, please contact the online education team on 03 9389 4000 or email [education@psa.org.au](mailto:education@psa.org.au)



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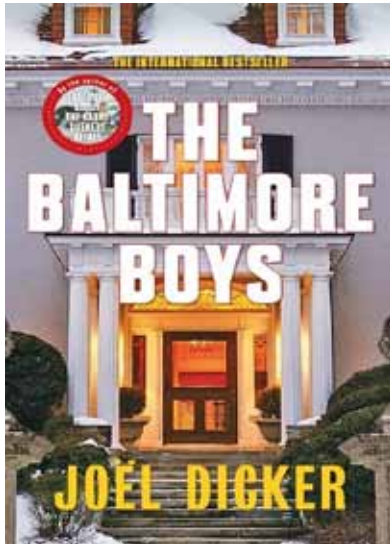


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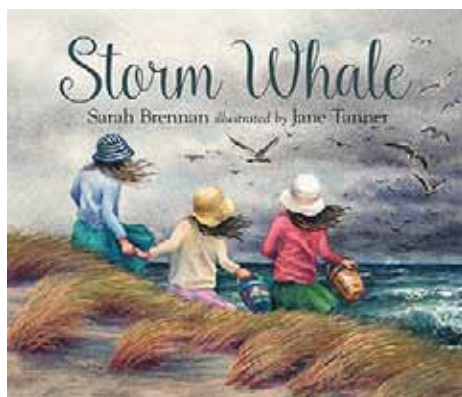
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