

LORNE

Independent

No 190 September 2017

Produced as an independent newsletter by Lorne Independent Inc.



HONOUR
FOR OUR
KATE
GILLAN

Page 3

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GO WHERE THE TRADIES GO

HONOUR FOR OUR KATE GILLAN

Lorne Community Hospital's CEO Kate Gillan has been named as one of this year's Top 50 Public Sector Women in Victoria.

The Top 50 Public Sector Women (Victoria) list shines a spotlight on exceptional leaders across local and state government and statutory authorities, highlighting their work and creating role models for other women in the sector.

The Lorne Community Hospital Board Chair Dr Damien Smith congratulated Kate on her achievement.

"Kate places a very high value on local community consultation, on the pursuit of excellence in patient care, and on the value of collaboration between rural health services," Dr Smith said.

"She has built and nurtured a strong team about her and together they serve Lorne and its nearby communities with great dedication and incomparable professionalism.

"The leadership Kate has shown at Lorne Community Hospital over the last 6 years has been exceptional, and I am sure that the Lorne community will share the Board's great pride in Kate and her achievements."

The Top 50 Public Sector Women awards for 2017 were celebrated at an awards ceremony at the Melbourne Town Hall. A full list of the exceptional women leaders recognised in this year's Top 50 Public Sector Women Victoria is available at <http://www.davidsonwp.com/resources/top-50-public-sector-women-victoria/>

CLARE AND YIRRMAL ARE HEADING DOWN TO THE COAST

Punters are always complaining there is nothing on during the winter months – well Clare Bowditch of Sun Aria fame and of course the ABC will give two intimate shows on Friday 15 and Saturday 16 September at the Anglesea Memorial Hall.

Supporting Clare on the night is young Indigenous Australian musician Yirrmal. Originally from North-East Arnhem Land, this aspiring songwriter and guitarist has called Geelong home for the past six years.

Clare is regularly heard on the airwaves but her talent also extends to speaking, writing, and acting. She's had Top Ten albums, been named Rolling Stone Woman of the Year (Contribution to Culture), co-written with Gotye, toured with Leonard Cohen, written for Harper's Bazaar and the Drum and played in almost every venue, festival and truck stop in Australia.

She is sure to be beguiled by her lush melodies, heavenly voice and affable, yet razor-sharp banter. Expect favourites from her five studio albums, as well as a whole lot of new music that she's been working on for a new album, in a concert that combines stunning music with a great sense of fun.

Tickets for these two very special concerts are \$45 and on sale now through trybooking.com.

The Sound Doctor Presents
An Evening with Clare Bowditch
with special guest Yirrmal

When: Friday 15 & Saturday 16 September at 7.30pm

Where: Anglesea Memorial Hall, 1 McMillan St, Anglesea

Tickets: \$45

Bookings: <https://www.trybooking.com/RGGB>

<http://thesounddoctor.info/>



Clare Bowditch



FROM OUR COUNCILLOR

For the Lorne Ward

Community Small Grants Program opens 1 September 2017.

The Surf Coast Shire Small Grants program supports community groups, projects, and initiatives by encouraging new opportunities and collaboration between groups.

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 in these categories:

- Community Initiatives
- Environment
- Culture and arts
- Recreation and Leisure.

Further information can be found on the Shire Coast shire website under the My Community tab.

If you have questions, contact the Small Grants officer on 5261 0666 or email smallgrants@surfcoast.vic.gov.au.

Lorne Football and Netball Club

What a fantastic season for our local netballers & footballers. We have six teams in the finals, a record for our Club.

Congratulations to the A grade, B grade & C grade netballers and the football Seniors, Reserves and Under 17's. Follow Lorne Dolphins on Facebook for the Finals Fixture.

Congratulations to Bo Trickey who played his 306th game for the Dolphins at our last home game for 2017.

Amy's Gran Fondo – The Great Ocean Ride

The annual Amy's Gran Fondo will be held on Saturday 16th and Sunday 17th September with over 5,500 riders and event participants competing in 11 different events. Road Closure information can be found at www.amysgranfondo.org.au under Event Info.

The traffic hotline is 0448 813 433

Lorne Country Club

The Country is seeking expressions of interest for the provision of catering services over the busy summer period. Contact the secretary Greg Mathews at gmathews5@bigpond.com for further information. The Club will be holding their annual Gold Record Show on Saturday 4th November, tickets are selling fast, contact the Club on 5289 1267.

Point Grey

The first meeting of the Point Grey, Lorne – redevelopment Project Steering Group was held on Friday 11th August. The new Chairman of GORRC, Ken Northwood chaired the meeting and led one of the most productive meetings since the inception of the project. Further information can be found at www.gorcc.com.au under Media releases.

Reporting maintenance or repairs to the Surf Coast Shire

As a Councillor, I consistently receive requests from ratepayers in regard to a range of issues requiring the Surf Coast Shires attention. I would encourage you to also phone 5261 0600 or email info@surfcoast.vic.gov.au to report the issue and obtain a Customer Request number which will be provided by a Council Officer. This number helps track the issue to ensure prompt attention.

Special thanks

I was recently out walking with Lorne's intrepid bushwalker Ed Babington bush bashing our way to Allambee Peak Falls. Through no fault but my own I found myself flat on my back with a slight fracture of my C6 vertebrae. To cut a long story short I ended up being taken by ambulance to Geelong. I would sincerely like to thank the wonderful staff at the Lorne Hospital and our fantastic ambulance boys Nick & Mick. We are so lucky to have such important infrastructure in Lorne.

I don't remember much of the trip to Geelong (pain-killing drugs do that to you) except realising how much maintenance needs to be undertaken along the Great Ocean Road. Maybe VicRoads should take a ride laying on their backs in an Ambulance !!

Cr Clive Goldsworthy

Lorne Ward,

0400 756 854

lornewardinformation@gmail.com

AGM

**Lorne and District
Men's Shed**

**This year's
AGM**

**will be held at
the Lorne Shed on Saturday
23rd September
at 10.00 am.**

LorneCARE News

- caring for our environment

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

This month we will be working with the Friends of Queens Park.

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

10.00am on Sunday 17 September

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

**Sponsored by
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**For more information about LorneCare contact:
Alain Purnell Tel: 5289 2906 Mobile: 0417 031 905**

LANDFALL

Lorne Sculpture Biennale

March 17 to April 2, 2018

There has been a lot of activity behind the scenes to raise money for next year's Biennale.

The Women Sculptors Initiative.

Curator Lara Nicholls has just launched this important crowd-funding campaign on the Creative Partnerships Australian Cultural Fund (ACF) platform. This fundraising project will gather funds of all amounts to specifically support our women sculptors at Landfall 2018.

Public sculpture requires a lot of capital and quite often women artists simply don't have the same access. If you have not already made a donation to the Biennale, please visit the ACF website. No amount is too small.

australianculturalfund.org.au

Landfall Small Sculpture Charity Auction

Featuring work by our 2018 artists

Deutscher and Hackett,
105 Commercial Road, South Yarra
Preview drinks party: Thu 5 October, 6-8pm
Auction: Sun 8 October, 3pm

The Point Dinner

Wed 25 October, 7pm
Tables of ten at \$200 per head
thepointalbertpark.com.au

The picturesque setting of this much-loved panoramic restaurant in Albert Park is home again to a night of fine food, music, dancing and friendship all in the name of sculpture.

More information: info@lornesculpture.com



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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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THE LOUTTIT LOOP

Our netball and footy teams have worked hard and reaped the rewards this season. Many locals have relieved the drudgery of winter with a friendly glass of vino and a 'home made' meal on training night at the Leisure Centre.

To see the young footballers when they come in for their dinner and sit with older community members warms the heart. To see the huge plates of nourishing food awesome Selena and Sonia and their helpers produce is unbelievable! Thanks so much to this team of ladies who are a vital part of a wonderful club, creating a country supportive atmosphere for all. Gratitude to Clive for manning the bar and to those who organize the raffle etc etc. This lonely little wood duck has really enjoyed easing back into the beautiful Lorne community on Thursday nights at the footy club. Thanks to all.

Have you seen the fantastic You-tube presentation of our Dolphins and their supporters on the Lorne Facebook Community Page. Think Miah may have had something to do with it, and wonder how on earth he fits everything into his life as well as look after everyone's hair length and style!

It has to be a big rap for Deb Campbell's dog minding talents when one of her former 4-legged guests chooses to hop into her little blue Sam's Place car and not into his just-back-from-a-trip loving owner's car. Not just once, but twice – so far!!! Picture one large happy border collie sitting bolt upright in the midst of four small dogs!

It's pretty horrifying when a huge eucalypt falls or blows over and we are able to observe the tiny root system which was trying to hold it in the ground. A few big downpours, and a fair wind and over they go. The one on Mountjoy Parade near the C of E church was just such a case, in fact the second on that stretch this winter. It crashed down just after midnight and took three chainsawing wonderful SES workers armed with three huge chainsaws three hours to clear from the road. Once more we all sincerely thank them for their excellent work.

Those really dreadful strong gusts that attacked our properties one long night recently stripped bark and branches and knocked over a couple more trees – including one huge one in Peg Taylor's garden. And Paki swears he saw Kevin the Koala blow right out of the little low tree he's moved to between the river and the Visitors' Centre. Apparently he just picked himself up and climbed back up!

Leon Walker at the Visitors' Centre asked some Chinese tourists to translate and then to write down the Chinese version of the English sign. "Resting Koala. Please do not

touch. This koala is resting and its behavior is normal. Koalas are protected under the Victorian Wildlife Act 1975."

The Country Club was busy one week in August with two huge memorial gigs. One was for Neville Dandy who had been crook for ages and sympathies to Maureen and the beautiful kids and grandchildren. The other to farewell Joan Wheal also filled the clubhouse and sported quite the best feast seen in town for yonks. Joan was an excellent cook and a generous hostess, so it had to be laden tables for her! Some Wheal cousins from Melbourne brought plates of slices, but the biggest contribution came from full-time workers Lyn Wheal (about eight strawberry sponges and savouries) and her hairdressing daughter Kristie (huge scones and some tea cakes)! And of course Marie Bannister's famous Jelly Slice. Amazing effort and thank you ladies.

Marie reports that the sponge recipe was in fact Marj Grant's 4-egg sponge cake recipe as it appears in the 1979 Lorne School Cookbook. "We still all use that fantastic recipe" she says! And Kristie used her darling Grandma's scone and famous tea cake recipes.

Congratulations to Lorne's Gelato Gelato co-founders and creators – Jo Stevens and Stephanie Lewis for winning eight gold awards and six silver in the Australian Food Awards recently. This new business also was awarded the overall best gelato award for its maple walnut flavor – also voted best flavor according to their customers. The local paper had a terrific photo of the girls and reported that they use all local produce, nothing artificial – and even peel their own mangoes! If you find them closed for winter, their gelato is available at our fantastic plastic bag free Foodworks supermarket – in cute reusable containers.

The Surfcoast Times LORNE Page outs Sarah Harbison and Siana Wijono as the instigators of our new consciousness on reducing the use of plastic bags. Even they were surprised at the incredible enthusiasm of our Foodworks supermarket's pro-active boss! Well done girls.

One had to wonder how many business owners went to the Great Ocean Road Regional Tourism 2017 Conference on 10th August from 9.30-4.30 at Deakin. Many operators take a well earned break at this time of the year, and after all it wasn't held at Deakin Geelong, oh no – it was held at the WARRNAMBOOL campus.

What a fantastically well-earned tribute to locals Peter and Jan Spring to be awarded the Lorne Lions Club acknowledgement of their community work. A big gig will be held on 3rd November at the Cumberland at 6.30 – so out with those diaries, wallets and phones (Marg Cartledge on 0408 599 336 is your gal).

Last month's para referring to racism in Lorne seems to have been reared its ugly head again this month! Jorge escaped from his fantastic friendly café at the Swing Bridge (with his trusty dog) and was chatting at the Post Office (as one does) with a Columbian mate and a French dude. He was ticked off by a local who ended her diatribe with "oh you Mexicans are all the same!" Hello? Not a Mexican in sight, and so what if there was. We Aussies are all from somewhere else originally and it makes a marvelous mix me reckons!Lillian

Lillian

NEW LIONS LORNE MEMBERS

Well known entity around town, John Bliss has been installed as the new President of the Lorne Lions Club to take over responsibilities from Lions stalwart Danny Riordan.

John and wife Bernadette form a formidable power couple for the Club – Bernadette has been working on publicising Lions activities over the last years.

She’s been especially active in the organisation of the iconic Lorne Easter Art Show.

At a recent ‘Changeover’ dinner, the Club inducted two new members, Annie McMahon and Kate Beamish.

About 60 people attended the dinner at the sensational View Room at the Lorne Hotel, with MC Edwina Walker making sure proceedings ran smoothly.

Lions Club District Governor Trevor Hirth presided over the induction. Guest speakers were Lorne Ward Surf Coast Councillor Clive Goldsworthy and Chair of the Committee for Lorne, Ian Stewart.

Below: Lions Club District Governor Trevor Hirth inducted Annie McMahon (left) and Kate Beamish as new members of the Lorne Lions Club. Bernadette Bliss took the photo.



DRONES OVER LOUTTIT BAY

There has been some drone activity over the Lorne foreshore and Louttit Bay over the last months and it does well to remember that strict laws apply in flying these latest contraptions to our modern life.

All aircraft, which includes drones, are not permitted to fly within 500 vertical metres or within a 500 m radius of whales under the Wildlife Marine Mammals Legislation 2009.

A fine of round \$3000 can be applied.

However, controlling drones is somewhat hap-hazard and they are especially dangerous during take-off and landing.

While wandering in Bali slow motion along the Nusa Dua beach promenade in front of the magnificent resorts recently, we noticed this “sign of the times” nailed to a palm tree.

Possibly should have been attached to the walking path as well so a cheeky drone could photograph it to inform its controller that it was in “a no drone area”.

We have some pretty weird signs in our small town - many of which would be totally confusing for our tourists who are not even familiar with the meaning of our 1P or 2P signs - assuming this to be the code for the parking area.

Story and photo by Lillian



Angry? Vent your rage!

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Changes to Pap tests in Australia

Dr David Mullen - Lorne Medical Centre



Australia has been at the forefront of cervical cancer prevention for decades, and continues to take the lead – we are the first nation in the world to implement large-scale changes to cervical screening as a direct response to the successful implementation of HPV vaccination (Human Papilloma Virus – a virus that causes almost all cervical cancers).

This year, the National Cervical Screening Program is due to change to a new, more effective program and these changes are a positive move in cancer screening and women's health. Evidence shows that the incoming changes will reduce cervical cancer incidence and mortality by at least 20%, and require fewer tests over a woman's lifetime.

What's changing?

The Australian Government's Department of Health has advised that on 1 December 2017, the Pap test is going to be replaced with a more accurate test called the Cervical Screening Test.

In the new test, the sample is collected in the same way as the Pap test – by taking a small sample of cells from the woman's cervix. However, the new test will be processed in a different way in the laboratory.

In the lab, the current test looks for abnormal cell changes, some of which may go on to develop into cancer. The new Cervical Screening Test will be looking for the cause of the abnormal cells: HPV. In this way, the new test is a step ahead of the current Pap test and is a fantastic development for Australian women.

The new Cervical Screening Test is based on new evidence and improved technology. It will improve early detection of cervical cancer and save more lives.

What else is different about the new test?

Currently, the recommended time between Pap tests is two years, but under the new guidelines, most women will be recommended to have the Cervical Screening Test every five years.

Also, instead of starting the tests at 18 years of age, women will be recommended to be tested from 25 to 69 years of age. Women aged 70-74 years will be invited to have an exit test (a final test).

To find out more about women's health, our Doctors and medical staff will be running a women's health event on Wednesday 6 September at the Lorne Community House. Contact Karyn on 5289 4383 for further details.

Slap? Sledge ?

Let others know how you feel
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SHEDDERS

Shedders busy-busy on the ‘couta boat’ project

Work on the Lorne Shedders couta boat project is steadily progressing with patterns ready to be cut soon by a laser in the first stage of the construction.

The patterns will be cut to precise measurements from Tony Wolfenden’s drawings, then fixed to the material from which the sculpture will be constructed.

A decision on what sort of wooden material is to be used has not yet been made.

Lorne Men’s Shed President, Allan Walls said that work was progressing well and Shedders hope to have the sculpture ready early next year.

The sculpture will be about 1.5m by 1.7m in length and height and has taken inspiration from Lorne’s couta boats that used to fish out of the port during the heyday of the town’s lucrative fishing industry.

The way designer Tony Wolfenden explained it, at the end panel (the stern of the boat) there is a transom shaped cut out that invites the viewer to experience the sense of being inside and looking down the length of the hull by viewing a progressive line of cut outs that describe the sculptural form of this iconic vessel.

Most of the Lorne Shedders are involved in the project one way or another and though no formal name has yet been given to the project, President Allan said a formal name will be chosen well before the sculpture is entered in the Festival.

“I’m ready to listen to some suggestions for a possible name,” he said with a smile.

Between March 17 and April 2, Lorne’s foreshore will become the ‘pedestal’ for the Lorne Sculpture Biennale festival of art and events celebrating the best of Australian and international sculpture.



SPORTSBRIEFS

John Ford

Tennis Premiers!!!

Lorne Country Club's Winter Pennant Team in the Tennis Geelong competition won the Section 9 Premiership on Saturday 26th August. The team scored a five sets to one victory over Moolap at Tanner St Reserve in Breakwater. The victory came after Lorne defeated East Geelong Uniting in a thrilling Semi Final the week before.

The Grand Final was played in cool breezy conditions and many of the sets were hard-fought encounters. The final result of five sets to one does not adequately reflect the close encounter that was played. In two of the sets Lorne came from deficits of 5 games to 2 to win those sets 7-5 and 7-6. The reality is that the Lorne team worked very hard to make Moolap earn every point, to finally secure the victory 5 sets (35 games) to Moolap 1 set (23 games).

The team comprised Alvis Svikers captain, Kevin Diviny, David Hendel, Andrew Ricardo, John Ford – and Jillian Chapman who played as a MALE player. Credit also goes to David Heron, Alain Purnell and Debbie Jarratt who were important fill-ins when players were unavailable due to injury, illness and holidays. The whole team share in this exciting win!



The photograph shows the successful Lorne Team only minutes after the match celebrating in fine style with quality sparkling wine. The win is Lorne Country Club's first tennis Premiership since 2008 and is a great achievement given the relative ages of the players and their opposition. Lorne will be fielding a mixed team in the forthcoming summer competition and we all hope that it performs well.

Dolphins Looking Good

Lorne's senior football team had a solid win over South Colac in their Qualifying Final at Colac's Central Reserve on Saturday 26th August. In a low scoring affair Lorne led by just one point at half time, but in a strong third quarter was able to open up a 12 point lead. Lorne was able to withstand challenges in the final quarter and ran out winners 9. 13: 67 to 7. 10: 52.

The finals system means that there are now four teams in contention. Lorne will take on undefeated Birregurra in the second semi final at Central Reserve on Saturday 2nd September. The winner will go straight to the Grand Final, while the loser still gets a second chance via a Preliminary Final. The Dolphins will have to display their very best form to defeat Birregurra, but having a double chance means that they can afford to try a range of tactics and selection options.

Lorne's Reserves team lost narrowly to Irrewarra-Beeac, but there are many players pressing for selection in the seniors. With Lorne having both senior and reserves teams still in the finals action it means that there are many players in good form vying for senior selection. The match on Saturday 2nd September at Central Reserve will be great to see and we hope that Lorne can upset ladder leaders Birregurra.

Netball Semi Win

Lorne's A Grade Netball team had an impressive win over Otway Districts on Saturday 26th August in their Qualifying Final. Lorne showed the better form throughout the match and were able to secure the 53 to 29 win. While over in Colac at Central Reserve on September 2nd for the football, make sure you also support our Dolphin netballers in their second semi final. The team is playing exceptionally well and it is a credit to the club that the A, B and C Grade teams are all strong contenders in the finals. Go Dolphins!

Ladies Golf

Spring is just around the corner, so now is the time to dust the cobwebs off your golf clubs and think of golf lessons. A ladies golf clinic will be commencing at the Lorne Country Club on Monday 4 September from 11 am until 12 n. Jason Kraan, one of the golf professionals from Anglesea Golf Club, will be available prior to and after the group clinic if you are wanting private lessons. Jason will cater for anyone who would like to improve their game, to teaching a beginner. If anyone is interested in lessons please contact Jason direct on 0422049030 or Lesley on 0437028169. This is an excellent opportunity to get quality coaching so don't miss out.

The Lorne ladies were represented this past month at Portarlington in their fun event 4BBB. Unfortunately due to bad weather Clifton Springs had to cancel their event.

Regardless of the weather our friendly group of ladies meet every Tuesday. Newcomers are always welcome. Play commences at 9 am sharp and it's your choice whether you want to play 9 or 18 holes, or just join us for a cup of tea after golf. For further information please contact Lesley Goldsworthy on 0437028169 or Caroline Bartholomew on 0419317011. Lesley Goldsworthy - Lady President

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

AQUATIC CLUB

Committee notes

Graeme Norton - Commodore

Our Club's deepest sympathies go to Maureen Dandy and family on their loss of Neville. Nev was a very keen participant in our fishing competitions and has won many Club awards. Our condolences are also extended to Peter Wheal (sponsor) on the loss of mum Joan, and to Jenny McMenemy on the loss of her dad Ralph.

Membership fees for 2018 have been finalized.

Non Boating - Single member -\$45.

Family member -\$55 including children under 18 years of age.

Boating member -\$70.

Commercial Fishermen -\$140.

Subs are due before the Dec. AGM

Erosion

The erosion issue as presented in last month's report has received verbal acknowledgement from GORCC. A further letter and supportive documentation have been forwarded directly to the DELWP Senior Planning Officer – Frances Northeast. We await her response.



Greg Saunders

The LAAC Community Fund established to support local Greg Saunders with his ventures associated with the Geelong Yacht Club Sailability Program is still open for donations. If you wish to assist Greg, please donate to –

CBA – BSB 063 A/c No 10088524

Please include remitter details to assist Secretary Ange with documentation.

Foxtel

Members requested that the committee address the need for Foxtel. At a cost of over \$5000 per annum, this request was found to be too expensive and not currently viable.

LAAC flag

A new LAAC flag is to be purchased and a Bendigo Bank sponsorship banner is to be requested.

Please go to the GORCC website – www.gorcc.com.au to access the media release re Pt Grey.

Point Grey Development

A short survey to help collect members' ideas with regards to future requirements at the precinct can be found here: www.surveymonkey.com/r/YGXDDL7

Please take the time to share your ideas.

Fishing Competitions – Winter Comp No 3.

Senior winners – Paul Staley (salmon) David Manfreda (salmon) Alison Manfreda (salmon)

Junior winner – Tilo deBon (salmon)

Fishing conditions on the day were poor and no boats ventured out.

A great bbq lunch was cooked by Ange Quinn.

Pt Grey Redevelopment Report

Meeting report from August 11th meeting

- Ken Northwood new Chairman of GORCC is very amicable and LAAC friendly
- Chairman confirmed that the 2015 GORCC Plan is not a “final document but a framework upon which to build.” Approvals will be needed for any additional changes
- Need for positivity not negativity to help the project go forward
- There was a media release regarding “the way forward” in the Surf Coast Times – August 17th.
- Ideas on what could be the “WOW” factor at Point Grey are being sought from our members.



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SNOTTYGOBBLE

When Heather asked me whether the plant sprawling across the canopies of her low growing gums was a variety of mistletoe I decided to look it up just to be sure. Simply because of common characteristics such as growth habit I assumed casually that it probably was. Probably was!

Not very scientific of me was it? As a result, I found that snottygobble, as we fondly name it, while being a hemiparasite like the mistletoes is not one at all. So, it's not ('snot). Two of its other

common names are Devil's Twine (giving a clue to its tangled and tenacious growing habit) and Dodder Laurel (suggesting it to be bit senile). But really, how can you go past snottygobble for a nickname?

Small children can use it as a hammock but it is an unruly customer and considered an eyesore by many and detrimental to plants. In contrast to those mistletoes that mimic the foliage of their host plant, snottygobble is as brazen as they come. It's been confused with another variety of dodder which contaminates seed and vegetable crops but that plant is in fact one of the *Cuscuta* species, several of which are of Australian origin. Then, to add to the complexity, there is the dodder that grows as a small tree in the jarrah forests of south-west of Western Australia and is also called snottygobble.

Now that I've cleared that up for you, the snottygobble we know and love from here in the Otways, or *Cassytha pubescens* as it is properly known, is an interesting organism in that while it winds around the stems of its host plant to pinch nutrients and water through its haustoria which penetrate into the xylem in much the same way mistletoes do, the snottygobble possesses not leaves but scales and so cannot effect photosynthesis in the normal way. Instead it has chlorophyll in its woody green stems and this is how it is done.

Anyway, the point is we can see the virtue of using the Carl Linnaeus system of naming plants so that they are clearly and accurately identified. At least I hope it's clear.

While they have a number of native hosts, they are cosmopolitan in their attachments – so to speak – and so also exploit non-native hosts. The effect on certain introduced invasive legumes is the weakening of the host plant. It is actually showing promise as a biological control in trials conducted at the University of Adelaide on weeds such as European gorse.



This does not apply to native plants since they have evolved alongside the snottygobble and can and have adapted to it. Recently David, a keen bushwalker I know, was severely dressed down by a woman in uniform who saw him removing a tangle of it from a eucalypt.

She saw it as a native plant to be defended while he viewed it as being destructive to its host. It is sometimes challenging to find a balance between the two viewpoints because while the snottygobble does not kill a tree directly as a parasite will, excessive growth over the canopy trees can weaken them and make them susceptible to insect attack.

Thank you to contributors to this article – Heather, Nikky and David.

Doug Williams
Doug still makes himself available for consultations and specialised work. 0408 522 011



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FOR THE LOVE OF SAILING

Former champion swimmer, well-known surfer and boat builder, Lorne's Greg Saunders has increasingly turned his attention to para sailing as his physical capabilities are gradually reduced.

Greg has his heart set on the Australian-developed Skud 18, a fast, innovative boat which offers easy handling to abled-bodied as well as para sailors ... in fact there is one story about a para Olympian who manoeuvred the same type of boat via a computer solely with her toes.

It would be perfect for what Greg hopes to achieve as an independent para sailor.

An unfortunate fall off a boat injured Greg's back some years back and subsequent operations have failed to restore movability because of weak bone structure – he now has little feeling below the waist.

Greg is a volunteer of Sailability, a world-wide organisation which is “not for profit”, volunteer-based, which through the activity of Sailing enriches the lives of people of all abilities – the elderly, the financially and socially disadvantaged as well as people with physical challenges.

Sailability is a program at most sailing clubs that offers an additional level of support, an established network of volunteers, and equipment to assist people of all-abilities to get into sailing.

It is an international program first introduced to Australia in the 1990's, which has grown to being available in every state.

Greg has had some experience with the Skud 18 through the Sailability program based at the Royal Geelong Yacht Club. “My aim is to make sailing available to the physically impaired ... it's a joy to see the faces of those children and adults when they're on the water.”

On a personal level, Greg also wants to start competing in local para-sailing competitions, though not neglecting his volunteering with the Sailability program.

Sailing at the Geelong and Apollo Bay yacht clubs has provided valuable experience, but now Greg wants to set himself up independently.... and that takes money!

Sailing is well-known as a sport that requires strong finance – apart from the cost of the boat, there is added expense for housing it during non-use days, the need for a trailer and the use of a special crane to lift the craft in and out of the water, and, importantly, to move the physically handicapped from the dock to the boat; adequate insurance is another expense.

Membership of a yacht club incurs substantial fees, as does participation in any event.

In a letter to the Committee for Lorne, Mike Williams, the RGYC Sailing and Boating Manager, said that the Sailability programs runs through the daylight savings period, operating Mondays, Wednesday and Fridays, and is a very active program with over 500 sailors trying sailing on a one-off, or continuing basis.

“We host disability services such as Gateways, Scope and Karingal. Individual sails are also invited,” Mr Williams said.

“We are also looking at getting a Sailability race group on the weekend”.



Mr Williams said that should Greg be interested in using the present fleet of Hansa class boats, he would still be subject to current fees.

The Commodore of the Lorne Aquatic and Angling Club, Graeme Norton, said that the Club would hold a fund-raising event for Greg in January, hoping to raise money to help him achieve his dream.

A fund has been set up and Greg contributes to it every spare dollar he can raise.

Greg has been around Lorne all his life, and the Saunders family is well known in the town.

In younger days, Greg achieved interstate level standards in freestyle and butterfly, and then became well-known on the Surf Coast surfing scene, with a formidable reputation for his courage and daring.

His interest gradually turned to sailing and especially boat-building, especially after his physical activities gradually declined due to his increasingly severe handicap.

“There is nothing like being on the water,” he said. “The freedom, the sheer joy of sailing ... and I hope to share the experience with others, especially the handicapped”.

**A boat fund has been set up:
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Cheques to Lorne Aquatic and Angling Club
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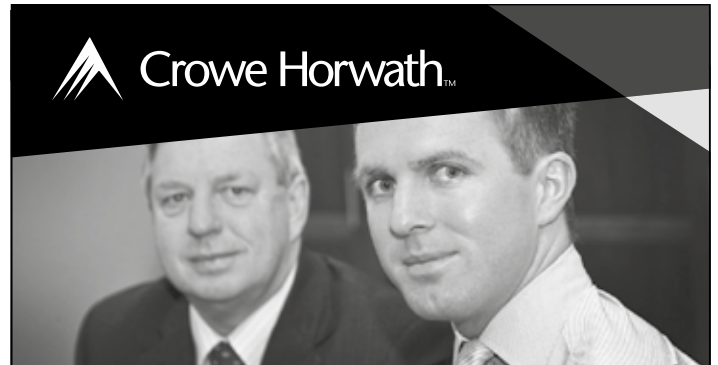


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VISITING LORNE WEEKLY

Road Safety Recognition and Progress

Deans Marsh Lorne Road Safety Group (DMLR) has been very active in the last couple of months and has had meetings with Vic Roads and Surf Coast Shire, and correspondence with the regional Victoria Police.

We discussed a wide range of subjects relating to safety and further education for road users on all rural roads.

One disappointment has been the downgrade of regular maintenance by VicRoads contractors on the Deans Marsh-Lorne Road. This has been reported to VicRoads but at the time of writing we have had no reply.

The trial period for the flashing bicycle warning lights is nearing completion. VicRoads Safety Traffic Engineering Officer, SW Region informed us that he would find out what the evaluation would include and whether there will be an opportunity for community input.

With the Amy Gran Fondo GOR ride on September 15 and 16, we have used this event to bring to the notice of stakeholders specific safety concern pertaining to such events. We understand that the Amy Gillett Foundation has also been kept informed at every stage.

A summary of the action already taken is set out below:

- Surf Coast Shire officers acknowledge that they were remiss in not making sure SME 360, (the event manager for AGF) had a comprehensive distribution list prior to the event, advertising community briefings. This will be addressed before future events.
- SCS are working closely with VicRoads, event managers and State and regional cycling organisations. They hope to reinforce safety messages and educate riders on safe riding on rural roads.
- They have also placed these safety requests on the back page of the SCS publication, and Great Ocean Road Riders' booklet.
- The Event Planning Unit of the Victoria Police has informed us that they are also working closely with SME 360 to compile a communication directive to educate participants on safe cycling practices and locations if they want to have warm up rides prior to the event.
- The local Lorne police will organise extra patrols on the GOR and Deans Marsh-Lorne Road pre and post events.

The DMLR Safety Group is now asking for support from all road users to be on the alert for examples of infringements during the period pre and post events. Videos and photographs of such incidents uploaded on to Facebook and other social media outlets would be advantageous. These could also be posted directly on VicRoads, SCS and Bicycle Network Victoria websites.

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BOOKINGS TEAM / CLEANER

WYE RIVER BEACHFRONT CAMPGROUND

The Otway Coast Committee(OCC) requires a person to assist in the bookings office as well as undertake cleaning at the Wye River Beachfront Campground (located at Wye River) for the upcoming season (October-March)

This position is a relief position for the caretaker for two days per week plus rostered weekend work.

To be successful in this role you will need:

- Excellent customer service and communication skills
- Experience in accommodation booking (preferable not essential)
- Experience in cash handling and EFTPOS processing
- Reliability and punctuality
- Be able to work autonomously
- Computer skills, including Microsoft Office
- Attention to detail
- Experience as a cleaner

To apply, email your resume to ocadmin@otwaycoast.org.au or contact the Business Manager on 0428 030 246

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WYE RIVER BEACHFRONT CAMP GROUND

The Otway Coast Committee requires the services of a Cleaner for the upcoming season.(October-March)

You will be required to undertake a daily clean of the amenities areas, along with the camp kitchen.

To be the successful applicant for this role you will need to:

- Proven experience as a cleaner
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The Doug and Mary Stirling Community Cup was created by the Lions Club of Lorne to honour the Stirling family and permanently record our appreciation of community members - like Jan and Peter Spring - for voluntary and selfless commitment to local services.

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Op shop ladies

LORNE OP SHOP'S NEW PRESIDENT

At their recent OP Shop AGM the following members were elected to the executive committee for 2017 – 2018.

President Stella O'Donnell, Secretary Wendy Jarratt and Treasurer Bill Rees. Ordinary Members of the Executive include immediate past President Mandy Calder, Wendy Hutchison, Jenni Miller, Valinda Gale-Peart, Sue Woollands and Jenifer Collins.

In 2016 – 2017 financial year, 82% of the money raised by the Op Shop was donated to the Lorne Community Hospital including \$50,000 for the Annual Appeal and \$200,000 for the Lorne Nursing Home refurbishment. Funds were also provided for a first aid room at Wye River Surf Life Saving Club; children's playground at Stribling Reserve; mulch at the Lorne Kindergarten; imaging machine and blood fridge for the hospital; a road safety presentation; mental health training; and a host of other donations to broad ranging community initiatives. The Lorne Op Shop looks forward to continuing to provide support for the Lorne Community Hospital and community health initiatives.

Personally speaking I would be lost without the Op Shop. I find it a great place to work and enjoy catching up with old friends and making new contacts. It is always a pleasure meeting the people making wonderful donations to the shop and also meeting our customers who delight in finding some great purchases. The weird, whacky and wonderful can all be found at the Lorne Op Shop!

Unfortunately, we cannot accept donations of children's equipment, electrical goods, helmets, bicycles, large furniture items.

In conclusion, thank you to everyone for your donations of goodies to the Op Shop and thank you also to our supporters in the community especially from the Lorne Men's Shed and amongst local businesses. A huge thank you also to our hard working Members who make the Op Shop such a successful Lorne institution.

If you would like to become involved in the Lorne Op Shop by volunteering for a three hour morning or afternoon shift we would like to hear from you. For enquiries please phone 52892104 or visit us at 98 Mountjoy Parade, Lorne and leave your details. Our optimistic hours of operation are 10am to 4pm each day. I look forward to meeting you, please call in and say hello, I am usually there on a Friday morning.

Stella O'Donnell - President



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Principal's Report

Art Exhibition

One of the College's premier events is the bi-annual Art Exhibition. Under the leadership of Jennie Harland students from Prep – Year 11 are busy preparing works of art with the theme of 'In My Shoes'.

The Art Exhibition will take place on Wednesday 13th September in the Innovative Learning Space at the College, commencing at 6.00pm. Further details feature within the newsletter.

GPAC

Recently I travelled to Geelong to see our P – 6 and some Year 9 and 10 students perform at the GPAC Music and Movement festival. The performances were simply stunning with our P-2 students performing 'Ocean Themes' and our Year 3 – 6 students performing 'Rock Lobster' with the backing of the Year 9 and 10 band.

All the students deserve a massive congratulations for singing all the songs independently, dressing up in theme and performing with our live band; what a great day!

A huge thank you to our GPAC musical coordinators John Waller and Tara O'Neill and to Meg Parker and the P – 6 staff for the many hours of rehearsal that went into the performances.

Thank you to all parents, carers and friends who attended the performance.

Karen Biggelaar - Principal

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For more information phone Adrian on 0419 114 003 or email lorne@ses.vic.gov.au

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Café: Friday Saturday Sunday
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Music & Performance from 7.30pm

Bar: Thursday – Monday from 4.00pm

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Restaurant Bookings: 5289 1462

Catering enquiries: Luke 0467 249 780

Bowling & Functions: Jeff 0429 188 884



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Lorne

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**MEDICAL
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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. To book an appointment with Dr David Mullen and his medical team.

Please contact the Lorne Medical Centre
on 5289 4333.

Trees removed today!

Lorne, Wye River, Kennett River, Aireys inlet, Torquay,
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HEALTHY BONES FOR EVERYBODY

Stay strong with healthy bones

Bone health is important at any age, but if you're over 50 it's a priority.

Family history and lifestyle factors affect our bone health so it is important to make bone health a priority for life. The growing burden of poor bone health affects our quality of life and increases costs to the health care system:

- Over 1 million Australians are affected by osteoporosis.
- Over 6 million Australians have low bone density, a possible precursor to osteoporosis.
- One third of all Australians have poor bone health.
- One in three people with osteoporosis are men.
- In Australia there is currently one bone broken every 3.6 minutes due to poor bone health. That's 395 broken bones per day! By 2022 there will be one fracture every 2.9 minutes.

Our bones support us, allow us to move, and protect our brain, heart, and other organs from injury. They store minerals such as calcium and phosphorous, which help build bone strength, and release these minerals into the body when we need them for other uses. There are many things we can do to keep our bones healthy and strong.

Tips for good bone health

Adopt these three elements to maximise your bone health.

- 1 Eat foods that support healthy bones. Foods rich in calcium, vitamin C, vitamin K, vitamin D, potassium, phosphorous and magnesium promote strong bones.
Top daily choices are: dairy products or calcium fortified soy milk, almond milk, coconut milk and some grains; dark green leafy vegetables, sweet potato, citrus fruit and fruits such as figs and plums, nuts such as almonds, and fatty fish like sardines or salmon.
- 2 Exercise: 30 minutes of weight bearing exercise 4-6 times a week can help maintain better bone density. Exercise is important for everyone, and helps build stronger, denser bones.
- 3 Sunshine: In summer, for moderately fair-skinned people, a walk with arms exposed for 5-10 minutes mid-morning or mid-afternoon is beneficial for vitamin D production.

In winter, the same moderately fair skinned person needs to be exposed for longer, so the recommendation is 7-30 minutes at noon. Those who wear covering or concealing clothing or have darker skin are at greater risk of Vitamin D deficiency.

Arthritis and musculoskeletal conditions (which includes osteoporosis) are an Australian National Health Priority Area. These conditions contribute significantly to the disease burden in Australia, and there is potential to improve health in this area.

Osteoporosis is a condition in which bones lose calcium and other minerals becoming, fragile and brittle. This leads to a higher risk of fractures.

If you are over fifty and have had a fracture from a minor fall or bump this needs to be investigated for osteoporosis. In many cases osteoporosis can be prevented. Treatment is available for those diagnosed with osteoporosis to help strengthen bones.

Risk factors for developing osteoporosis

- A family history of osteoporosis
- Low calcium intake
- Low vitamin D levels
- Particular medical conditions or medicines
- Lifestyle factors such as smoking
- Low levels of physical activity
- Excess alcohol consumption.

Awareness and prevention is extremely important and continued research is necessary.

Healthy Bones Australia, a national public awareness program with a key focus on prevention, wants to improve the bone health of all Australians, and to help everyone lead a fit and active lifestyle throughout their life.

Healthy Bones Australia would like all Australians to understand and actively embrace their bone health at every age. Bones are at their maximum density around the age of 20, therefore it's important to make sure they reach their capacity during childhood and continue to stay strong through to old age.

Talk to your friendly local pharmacist or the helpful staff at your pharmacy who can offer services that assist people living with bone health issues.



**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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GreatOceanRoad

REALESTATE LORNE

FOR SALE

5/12 LASCELLES TERRACE LORNE



GRAND GOLFERS GETAWAY!

Whether it's surfing or a game of golf that you love, take your pick! Located in a quiet, cul-de-sac overlooking the 4th fairway is this impressive golfers retreat!

You're immediately welcomed into the heart of this spacious home via entry from the double carport to the open plan kitchen/living/dining area which is on the middle level, featuring polished timber floors. This opens onto a wrap-around timber deck providing convenient access to the functional kitchen which offers plenty of natural light. The master bedroom with ensuite takes in a pleasant north facing bush aspect.

The upper level boasts a further two bedrooms (with BIR) opening to private deck taking in golf links views, main bathroom with luxurious corner spa and study or fifth bedroom. On the lower level, take advantage of the fully self-contained bed-sit with kitchenette, bathroom and private deck, perfect for the investment savvy to rent out or use for the extended family.

With well maintained, low maintenance gardens, enormous attic/teenage retreat and third carport, this property ticks all the boxes for those looking for the perfect functional family home.

\$895,000 - \$925,000

Karen Stribling 0439 650 838

*From the team at
Great Ocean Road Real Estate*

HOLIDAY RENTALS

2/11 STAUGHTON AVENUE LORNE



CHASE THE SUN ALL DAY LONG

Welcome to THE OCTOPUS.

A perfect combination of central location, stunning views and amenities. Boasting expansive views and bordering beautiful Otway forest, this immaculate 4 bedroom holiday home features a 270 degree outdoor deck on two levels allowing you to chase the sun throughout the days. Set in a quiet location, the Octopus allows you the enjoyable option of a short stroll into town or up to the pristine wilderness and golf course behind. The Octopus spreads across two stories with fully ensuited top level master bedroom with balcony access. Separate living zone downstairs flanks three further bedrooms. All bathrooms, including extra powder room on top level, are well appointed and the main living area basks in natural light. Ample off street parking, air conditioning and Foxtel join the long list of reasons why you will be back time and time again.

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2/15 Hopetoun Terrace, Lorne

• 4 bdrm, 2.5 bath \$600 p/w

2/2-15 Hopetoun Terrace, Lorne

• 2 bdrm, 2 bath \$400 p/w

Lorne Beach Books

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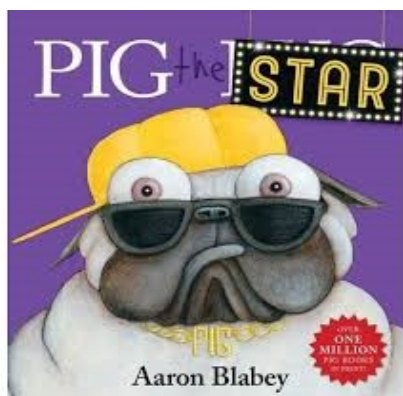


Belle Beautiful Australian Homes, Volume II, Belle, \$59.99



Dog Man, 3: A Tale of Two Kitties, Dav Pilkey, \$15.99

Dog Man, the newest hero from the creator of Captain Underpants, hasn't always been a paw-sitive addition to the police force.



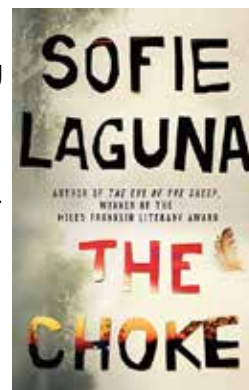
Pig the Star, Aaron Blabey, \$16.99

The Choke is a brilliant, haunting novel about a child navigating an often dark and uncaring world of male power and violence, in which grown-ups can't be trusted and comfort can only be found in nature.

Sophie Laguna has created a compassionate and claustrophobic vision of a child in danger and a society in trouble.

From the winner of the Miles Franklin Award.

The Choke, Sophie Laguna, \$32.99



SATURDAY PAPER

THE MONTHLY

Australian politics, society & culture

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