

LORNE

Independent \$2

No 191 October 2017

ed as an independent newsletter...ent Inc.



NETBALL TRIUMPH FOR LORNE!

Lorne's A Grade and B Grade netball teams both won their Grand Finals on Saturday 16th September. This is the first time that the Dolphins have won an A Grade Premiership since joining the CDFNL in 1984. Jeanette Hancock left, captain of the B Grade team, above left, and Carly Enticott, playing coach of the A Grade team, proudly holding up their winning shields after the matches. Turn to Sportsbriefs on page 14 for all the details.

Lorne Goes Plastic Free

Commencing Monday 10th July



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GO WHERE THE TRADIES GO

SHEDDERS PAY OFF DEBT IN A YEAR

President of the Lorne and District Men's Shed, Allan Walls, told the 4th AGM held recently that in the past year it had completely paid for the construction and fit out of the Shed having had a debt of some \$20,000 to the Shire post completion.

"None of this debt was forgiven and was paid in full by the wonderful hard work and generosity of our members and our many friends.

"During the year we have applied for a number of grants to install benches, machinery, and an exhaust fan in our Social Room".

He said that finances improved when the Men's Shed won the contract to install gravity locks on every residential bin in Lorne.

"Our first lock installation took over one hour and the enormity of the task looked most difficult. Dogged determination from Garry Fenton, Gary Norton, John Barber and a very willing bunch of Helpers traversing the hills of Lorne (of which there are many) over many months until finally the last lock was installed.

"Times had been reduced to 7 Minutes per bin, what a wonderful effort by the team".

Mens Shedders, busy on their Couta Boat project. The sculpture entry is scheduled to be ready early next year.

Most of the Shed's needed equipment is now operational and final noise testing is to be conducted to ensure compliance with EPA noise levels.

President - Allan Walls
Vice President - Garry Fenton
Treasurer - John Barber
Secretary - Don Baldwin

Committee
Tony Peddie
St. John Sutton
John Haydon
Keith Miller
Brendan Tunstall
Gary Norton
John Bliss





FROM OUR COUNCILLOR

For the Lorne Ward

Lorne Senior Citizens

The Lorne Senior Citizens Group was established in 1965 and over the past 50 years has been an integral part of the Lorne Community, providing support, fellowship and encouraging health and wellbeing to our ageing population. Until recently they were able to actively govern themselves through strong and committed Committees from their membership base which currently stands at 53. Due to the ageing membership, the Group has been unable to form a committee - in fact June Adams has been undertaking the roles of Secretary, Treasurer, and Booking Officer.

Many people in the community have been quite surprised that the Group was potentially closing and were keen to assist in anyway they can. I recently contacted June Adams and Pam Fulton to offer my support and work with them to re-establish a new Committee. Following our meeting a new Committee has been established to assist the Group navigate a way forward. The following positions have now been filled for the new Committee:

Pam Fulton - President until the next AGM in May 2018

Wendy Hutchison - Secretary

Lesley Goldsworthy - Treasurer

Maxine Spizzica - Booking Officer

June Adams - Committee member

The Committee is looking to fill 2 more vacancies.

The Committee is now keen to recommence the Wednesday Luncheon, address increasing membership and ensuring the Group can build on their current activities.

If you are interested in becoming involved with the group further information can be obtained from Wendy Hutchison or June Adams. lorneseniorcitizens@gmail.com.

Men's Shed AGM

Last Saturday I attended the Lorne & District Men's Shed AGM. Their membership continues to grow with over 120 members. A big thankyou to Allan Walls for his leadership and all Committee members for their commitment. The exiting Committee has agreed to remain in place for another year. Allan was unanimously elected President.

Australia Day Awards

Do you know someone who deserves to be acknowledged? Details can be found on the Surf Coast Shire website. Nominations close Friday 10 November 2017.

Amy's Gran Fondo

The Amy's Gran Fondo dispersed over 5,000 riders across the coast with main events being held in Lorne, Apollo Bay and along the Great Ocean Road. I believe it was a great weekend with all the event planning ensuring a world class event show casing all that is so great for the area. The Surf Coast Shire is now seeking your feedback, both positive and negative on the events.

Your comments can be sent to Matt Taylor, Manager Economic Development, SCS at mtaylor@surfcoast.vic.gov.au by 12th October.

Please feel free to copy me also on lorneward.information@gmail.com

Lorne Football & Netball Club.

What a fantastic year the LFNC has had with five teams making the finals. Read more on this in the Sporting section.

Lesley & I are heading off for a month's break. Any urgent Shire matters should be directed to Lisa Thomason on LThomason@surfcoast.vic.gov.au or 5261 0517



2017 Annual General Meeting

Lorne Football & Netball Club Inc

Will be held at the Leisure Centre

Stribling Reserve

November 19th 2017

10 am

EDITORIAL

Jo Vondra - Editor

In the Catholic faith, Catherine of Bologna (1413 – 1463) is known as the patron saint of all things artistic and as her feast day falls on March 9 it might be appropriate for those who believe to seek inspiration and guidance for two important Lorne cultural events scheduled for around this time – the Lorne Sculpture Biennale and the Lions Easter Art Show.

The LSB opens on March 17 and closes on April 2 while the Lions Easter Art Show runs from Thursday, March 29 to Easter Monday, April 2.

Both are culturally important events in that they show Lorne not only as a place to relax and enjoy the scenery, the sand and sea, but also as a holiday resort with considerable cultural integrity.

The Lions Easter Art Show has, since its establishment nearly 50 years ago, provided a venue or 'platform' as they say in modern parlance, a showcase for Surf Coast art, and over the years, it had expanded to include artists from around Australia.

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 15 October

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

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

Lorne – a place of natural beauty and special significance

More than one artist of now formidable reputation has had a start by exhibiting at the Lorne event.

The Lions Easter event is more or less a straight forward happening, though perhaps it could be somewhat upgraded by offering increased prize money to attract talent with a more up-market profile.

It's a local event, organised by the Lorne Lions for the people of Lorne.

But let's not forget that it also has a secondary purpose - to raise a bit of moolah to add to the Lions Club's most generous charitable coffer.

However, the Lorne Sculpture Biennale is of course an entirely different event, run mostly by those who have their holiday home in Lorne but live permanently elsewhere; It attracts mainly work from artists outside Lorne, an 'international' affair which, by its very nature, is complicated and demanding in its administration.

It had its beginning in 2005 when a group of art lovers led by Jack and Cynthia Wynhoven met at QDOS to bring to life a dream Graeme Wilkie had been nursing for some time – a world class sculpture exhibition.

Unlike the Lions event, however, the LSB takes a lot of money to stage and even as this edition of the 'Independent' is being readied for print, there is a lot of activity behind the scene – trying to attract suitable entries from the sculpture community near and far, writing letters, organising schedules, a thousand and one details to be solved.

Unlike the more humble Lions Club event, a lot of money is essential and there have been art sales, up-market luncheons and dinners and other functions, primarily in Melbourne to raise the essential funds. Try \$200 a head for a fund-raising lunch?

How then could Caterina de' Vigri help out?

Well, should she cast a benevolent blessing down from above, I'm sure we would hope for an outstanding success for both events – high standards of entries, good attendance, and enhancement of Lorne's reputation as a place of culture, artistic sensibilities and good taste.

Too, may St Catherine also influence the administrators of both events in that they select art for art's sake and not according to some dubious beliefs in political correctness or skew-whiff patronage.

May she also have a strong, guiding influence on the hands that will put together next year's LSB catalogue so that the writing is clear, concise and follows logic; let's aim for unpretentiousness.

And certainly not the dreaded 'Art speak' so popular among the cultural elite.

'Art Speak' is not a way to explain art. If previous catalogues are any indication, it only irritates people and ultimately wastes the good intention and money the very expensive catalogue seeks to promote.

Jo Vondra

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Accounts and Treasurer:

David Stribling
PO Box 213 Lorne, Vic
Tel: 5289 5355 Mob: 0408 546 424
Email: david.k.stribling@gmail.com

Editor & Inquiries:

Jo Vondra
PO Box 213 Lorne VIC 3232
Tel: 03 5289 1344 Mob: 0401 744 152
Email: jvondra@bigpond.net.au

Circulation Manager:

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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

After a footy season of really hard yakka and some fantastic games, we commiserate with the players and the 200+ fantastic volunteers who got the Dolphins to the Grand Final only to meet Birregurra having a day when everything went right! Well done to the netballers who did so very well and won the flags.

Our gardens announce that spring has sprung! Our weather has been totally crazy, and will continue to be so - no doubt. Don't put the Ugg boots too far away just yet. One or two warm sunny days can deceive us. The lucky ones just returning home to Lorne after 3 months up north brag of "70 days of blue skies and sunshine!" Our eyes glaze over at the thought. A cosy fire is a great comfort, albeit a bit of work.

Lorne has lost a great man with the passing of David Dickinson. Our sincere sympathies go to Sandy at the time of her tragic loss, and to David's family.

At least the weather was OK for the big Amy Gillett bike rides to take over the town. Thousands of pedallers and families rolled into town and booked out well-stocked cafes and restaurants for a big sustaining Saturday night meal. Sadly for all round 7.30 the power went off, and stayed off till 11pm. Chaos for everyone. This event has grown from one race to five races on the Sunday alone, catering for all ages and levels of fitness.

Congratulations go to Lorne Community Hospital's Paul Simonsen who was a finalist in the Celebrating Aged Care awards. Brock was quoted in the local paper saying "Paul's passion to raise the bar with food services here at Lorne has been inspirational." Well done and thank you Paul for making such a difference to the darlings at the Nursing Home and to the entire Hospital team.

Must make mention of Kevin the Koala who dices with death daily! He climbed to the highest branch of the small gum he fancies lately and as he climbed the branch slowly bent under his weight until he was hanging right out over the road, just out of reach of cars and trucks. He munched his way safely back and climbed down and then up the larger gum next to his usual.

Great to welcome several new puppies to the north Lorne dog beach but sadly we report the passing of golden retriever Hugo Heathcote.

North Lorne's Miss Marple - Helen - identified footprints of a high speed kangaroo among all the dog footprints on the beach. Following them in each direction gave no further clues or sightings!

Lorne's proactive kinder had a visit from bee lady - Jane Dyer. Fascinating and encouraging the littlies not to stomp on or spray bees but to become aware of their huge importance to our food chain. However, should a swarm of bees arrive in your garden they will not harm you if you leave them alone, but if you are concerned call Apiarist Andrew Mitchell on 0413 205317.

We should all watch out for the Blue-banded bee in our gardens. Quite an honour if you spot one, they are easily identified and are solitary bees, a common native and especially adore blue flowers.

Jane Dyer is one of many locals whose products are stocked at our excellent Foodworks supermarket. The label reads "Backyard Honey". We can now buy Erskine Falls Farm's divine grass fed free range eggs from chooks roaming free under the watchful eye of Isabella, the Vincent's Maremma dog. And superb locally made fresh pasta from Otway Pasta Company with a 'back of the label' personal story from maker Steven Robinson in Colac who was previously a stay-at-home Dad until he began mass producing yummy pasta.

Speaking of blue flowers, Borage is a great suggestion and grows well in Lorne. Its pretty blue flowers are gorgeous in a jug of Pimms. No joking! Having partaken of a Pimms from one of the many Pimms purveyors at the Chelsea Flower Show earlier this year, I am keen to reintroduce this refreshing treat to younger generations over the coming (?) summer. Not an original Lorne idea, as Suzanne Diviny recalls a group of North Lorne ladies who often used to fill their thermos and gather at the beach to have a little Pimms party in the olden days! Mrs Dooley, Mrs Nicholson, Mrs Harry, and Mrs Roach were among the group!

We hear that Gary Middleton has retired from our Lorne Police and we thank him for his friendly attitude and efforts to make Lorne a better place! Welcome to new chum Rob Johnson who has hit the ground running. Rumour round town is that the Police Station may be going into the bee hive business???

Mega thanks to Lee Holmer who brought his mechanical diggy machine down to help weed the CFA garden near the bell! CFA member Suzanne Deviny is planning to install a garden of bushfire retardant plants which will be so interesting.

Reminder: It's time to start clearing and cleaning up your block ready for Summer!

Thanks to Belinda from Geelong who has been running a 5-week dog training course at the Community House. Most of the participants have shown remarkable improvements and the methods and tone of voice used are fairly innovative and actually work. Six doggies are needed for a rerun of the course!

Great news from Alain Purnell that DELWP have agreed to Lornecare's application for a grant to work on the Bert Alsop Track - in partnership with GORCC.

In Melbourne on Sunday 8th October? Be at Deutscher Hackett at 105 Commercial Rd South Yarra at 12 for viewing and 3 for auction of unique small sculptures created by participants in our next Sculpture gig to raise funds to fund their big and wonderful entries. Very important.

Many folk still call Geoff Balderas "Taxi" as he was our taxi driver for yonks! Not any more. Geoff's new nickname is "Diesel". If you thought you spotted the Community Bus on the back of Paul Spizzica's truck - you did! After a big footy club gig in Colac, good ever-helpful "Taxi" Geoff filled the bus at the servo and parked her! Clive called him to check that Geoff knew the vehicle took diesel. Too late he cried. Hopefully now they have a big sign on the dash!

A strong recommendation from one darling local who has suffered for weeks with painful shingles - "seriously consider getting vaccinated!"

Lillian

Angry? Vent your rage!

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WHY DID THE COUTA LEAVE LORNE WATERS?

Lorne once boasted a very lucrative fishing industry but suddenly the prized ‘couta’ fish declined. In this exclusive former fisherman and Lorne resident John Barker tries to answer some of the questions. He now makes his home in Melbourne.

The August 2017 lead article on “The Couta Boat” indicated that “Lorne had a substantial fishing industry but for some reason not yet properly identified, the couta catch started to decline after 1974”.

I was a fisherman at Lorne from 1971 to 1984, and would like to share what I know.

The CSIRO produced a relevant fishery situation report written by Ross Winstanley in 1979. The fish species with the scientific name *Thyrsites atun* was always known by Lorne locals as barracouta or “couta”. The local name was probably adopted because of the superficial resemblance of this temperate species to the tropical “barracudas”.

Barracouta occur widely in temperate waters of the southern hemisphere in both the Pacific and Atlantic oceans including waters of Australia, New Zealand, southern Africa (where it is locally known as snoek) and South America (where it is known as sierra).

Australian barracouta is recorded from Moreton Bay (Qld) to Cape Leeuwin (WA) but is most common from Eden in NSW to Albany in WA.

Large adult couta can grow to almost 2 metres and a maximum weight of up to 8 kg, but fish of that size are rare.

Barracouta are pelagic marine predators. Their main food items include shrimp like crustaceans (krill or brit), pilchards, anchovies, jack mackerel, small squid and smaller barracouta. In turn, barracouta are part of the food chain for larger predators such as dolphins, seals, sharks and tunas.

The fishery at Lorne was mostly made up of “school fish” which were mostly 50 to 80 cm, with the best fish, when cleaned being a similar dimension to “axe handles”.

The main seasonal catches of couta off Lorne were in the spring and autumn when large schools would migrate along the coast. Most catches were taken at dawn and dusk, with local fishers trolling wooden jigs at the surface in conjunction with a weighted “lead line” that would attract fish from greater depths.

When couta started biting, the boat would be put into a circle and white bait thrown into the circle to induce a feeding frenzy. Very large catches could be taken in a short time when the couta bit hard.

Fish had to be headed and gutted, with cleaned fish being sent to market, or for processing. Barracouta heads were sold for crayfish bait.



A prized photo in the Lorne Historical Society's archive is of a couta boat with a considerably damaged bow. Loaded up with fish, a shark attacked the boat just as it was coming towards the Lorne Pier. Fortunately, the crew was able to scramble onto the Pier without injury.

Prior to 1975, barracouta provided a reliable inshore fishery which fluctuated between 1000 to 2500 tonnes per year, with most of the Victorian catch being landed at Lorne. I think there were 24 couta boats on the Lorne pier when I started fishing in 1971.

Although they are widely distributed throughout the Southern Hemisphere, it should be noted that the distribution of barracouta is confined to waters of temperature 13 – 18 degrees C.

The decline in barracouta catches in Victoria (and eastern Tasmania) in the mid 1970s is believed to have been caused by changed oceanographic conditions associated with a strengthening of the warm East Australian Current.

This altered the temperature regime and distribution of food species, with the result that barracouta ceased migrating into the waters of Bass Strait.

After the disappearance of couta in 1975, only those boats with rock lobster licences remained financially viable, and the Lorne boats began to be sold off to other ports.

GLAUCOMA, THE THIEF OF SIGHT.

Dr David Mullen - Lorne Medical Centre



On Thursday 12 October marks World Sight Day. Given this important date, I thought it would be a good opportunity to talk about glaucoma, an eye condition that destroys the optic nerve.

It's quite a concerning condition because it often goes undetected for many years, as it is generally asymptomatic from the patient's point of view. In Australia alone 300,000 people have glaucoma and well over 50% of cases go undiagnosed. Essentially, often by the time a diagnosis has been made, vision has already been lost and unfortunately once it has been lost it can't be restored.

This is why glaucoma has been labelled as the 'sneak thief of sight'. Early detection is the key as there are many treatment options available.

So what is Glaucoma and the symptoms?

Glaucoma is the name given to a group of eye diseases in which the optic nerve at the back of the eye is slowly and permanently destroyed.

In glaucoma, the optic nerve dies at a faster rate than the rest of the body. The single greatest risk factor for this is raised pressure inside the eye, though many people may have normal pressure inside the eye and still have glaucoma. Vision loss from glaucoma tends to start from the outside of the visual field and so it not noticed until it is too late. The best way to treat glaucoma is to lower the pressure in the eye.

Symptoms

- Painless blurred vision
- Difficulty adjusting to low light

- Poor vision in dim light which may lead to falls or a loss of confidence.
- If untreated the continual loss of peripheral vision can lead to tunnel vision or blindness.

Who is at risk?

- Have a family history of glaucoma
- Are aged 40 years and over (glaucoma can occur at any age).
- Are short sighted
- Have a serious injury to the eye
- Used steroids regularly over a long period of time
- Have hypertension

Although there is no cure for glaucoma, it can usually be controlled and further loss of sight either prevented or slowed. Therefore early detection is paramount.

** The Optometrist will be at the Lorne Medical Centre on Thursday 5, Friday 6 and 27 October **

EVERYBODY KNOWS SOMEBODY



Let's continue to build resilience in our small community.

Let's gather strategies for dealing with mental health issues - for ourself, our family, especially our children or our neighbours.

What: Mental Health Forum with Guest Speakers.
When: Tuesday 10 October from 6pm - 8.30pm
Where: Lorne Senior Citizens Centre
Dinner: Light meal & tea and coffee provided
Cost: Free

For further information, please contact Karyn Hogg on 5289 4383.

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LORNE PEACE AND PURPOSE

Regardless of spiritual, religious or cultural background, Pastoral Care Week celebrates those who provide support to others.

It is important that we are involved, as people across our community offer support to individuals, and in various forms, to our wider community. This week is designed to highlight the importance of community care.

Please join me in focussing on personal growth through community caring.

You are welcome to the first candle light celebration at dusk, at the Lorne Cemetery Howard Street.

From 6.30 pm Saturday 28th October 2017.

Bring your own candle and listen to wonderful music.

Please bring a portable chair warm clothes and umbrella if damp.

Pastoral - community caring is important for peoples' sense of identity as they find meaning in belonging to a common humanity and particular cultures.

Sharing is precious and as individuals we can enhance our own personal growth, which is profound.

Stephen Hishon
 Journey of life Consultant 0419123695
stephen@stephenhishoncelebrant.com.au



Spiritual Care Week 2017
Hospitality: Cultivating Inclusion

Slap? Sledge ?

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WE NEED YOU!

**Would you like to help in the community
and make new friends?**

The Lions Club of Lorne (est. 1969)
is seeking community minded people
to join the club and help with various projects
throughout the year,
also join in the fun times and social activities

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This class is offered as part of the 5Rhythms Sweat SpaceHolder™ mentorship program.

Venue: Bellbrae Hall, 90 School Road Bellbrae

Time: 7.30–9pm

Dates: Feb 15/ March 1, 15, 29/ April 12, 26/ May 10, 24/ June 7, 21/ July 5, 19/ Aug 2, 16, 30/ Sep 13, 27/ Oct 11, 25/ Nov 8, 22/ Dec 6, 20

Cost: \$20 cash on door

For More Information

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Mobile: 0423 768 979

Facebook: [5Rhythms Surf Coast](https://www.facebook.com/5RhythmsSurfCoast)

Evelyn is mentored by accredited 5Rhythms teachers Meredith Davies and David Juriansz of Moving Essence

www.movingessence.com

For further information visit 5Rhythms.com



AQUATIC CLUB

Committee notes

Graeme Norton - Commodore

Sunshine has been a rarity in Victoria for many weeks. Let's hope that all members who have travelled north for the winter can bring back some of the wonderful sunshine that Queensland has experienced.

Spring has sprung – The grass has ris' – I wonder where the sunshine is?

Committee Notes

LAAC Lease – following the finalization of the new LAAC building configuration & siting, GORCC intends to enter into a new 21-year lease with our Club and the new lease rental shall be based on the current 'community use' amounts applicable. This arrangement has been endorsed by DELWP.

Erosion – the issue of Pt Grey erosion has been raised with both GORCC and DELWP. Your committee has been informed that erosion mitigation at Pt Grey is part of the precinct redevelopment and Coastal Consent will ensure that this happens.

Coffee@LAAC – Jason has resumed supplying the best coffee in town to members & guests. Currently he intends to operate Sat - Sun - Mon.

Membership - all categories of membership fees are due and payable before the AGM December 2nd. Invoices will be sent late October, please ensure your address is up to date.

Single -\$45 Family - \$55 Boating - \$70 (Includes Single or Family Membership) Commercial - \$140

Membership cards will be available from Ian from Nov. 1st at the club.

The LAAC Community Fund established to support local Greg Saunders is still open for donations. If you wish to assist Greg, please donate to – CBA – BSB 063 708 A/c No 10088524

Please leave remitter details to assist Secretary Ange with documentation.

Your Club will be conducting a fund-raising function in January to support Greg.

Fishing Competitions – Winter Comp No 4.

Congratulations to the participants on the final round of the Winter Competition.

Senior winners – Ralph deBon, Paul Staley, Andrew Clarke.

Junior winner – unfortunately no juniors caught a fish. Fishing conditions were poor and only 2 boats ventured out in off shore windy conditions.

Pt Grey Redevelopment Report

Survey Results – unfortunately only a small number of members completed the online survey. The following statistics came forth –

- 1 What level should the Pt Grey restaurant be? 70% Family, 8% Café/Take Away, 22% Fine Dining
- 2 Should the Fresh Fish Monger also be – 82% Fish & Chippery/Take Away, Café 18%
- 3 What becomes the WOW factor to attract people to Pt Grey?

Many and varied suggestions were put forward with the greatest emphasis on

- tidying up what is there with modern facilities
- the pier itself and the ambience of the area is the WOW factor
- affordable food all day/every day.

These results have been passed on to GORCC.

Media Release

“The State Labor government is providing \$1.3m to establish an Expert Taskforce to HELP THE GREAT OCEAN ROAD FLOURISH.” This will be co-chaired by Terry Mulder & Peter Batchelor. Its first role is to establish what is and isn't working when it comes to creating opportunities for the tourist hot spot.

Your committee hopes that their findings/money will support the redevelopment of Pt Grey.

Gardening Business for Sale

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SPORTSBRIEFS

John Ford

A Grade Netball Premiers

Lorne's A Grade Netball team defeated Simpson on September 16th at Colac's Central Reserve, coming from behind to win 40 to 35. This is the first time that the Dolphins have won an A Grade Premiership, and their only win over Simpson for the season. From the outset all the Lorne players were really switched on, playing with clean efficient ball use and quick decision making. However Lorne still trailed 20 to 24 at half time.

The Dolphins were sensational in the third term. Rhiannon White led a midfield that gave goalers Hannah Keane and Kathy Spiers great supply and their composure and accuracy under pressure was outstanding. In a great turnaround Lorne led by 33 to 30 going into the final quarter. Lorne was able to outscore Simpson again in the final term to win 40 to 35. The defence led by Ginger Brown made crucial rebounds which set up many quality scoring opportunities for the Dolphins. The team was very well led by captain Sharni de Jong and playing coach Carly Enticott.

Rhiannon White was duly awarded the Most Valuable Player medal for her dominant performance, and 15 year old Hannah Keane's 31 goals with remarkable accuracy were crucial to Lorne's win. Reflecting on the match Carly heaped praise on the dedication of her squad of players who range in age from 15 to 41 years of age – some being young mothers, business owners and students. However this group combine so well, and with the B Grade also being Premiers, there is the potential for a continuing era of great success. Carly also acknowledged the hard work that has been done by the Stripling Reserve Committee of Management led by Peter Spring in the upgrading of the netball, and football, facilities at the reserve. Congratulations to the whole Club!!!

B Grade Netball Premiers

Lorne's B Grade Netball team also played their Grand Final at Central Reserve on September 16th. This Dolphins team, who went into the match as favourites, were able to defeat Western Eagles 32 to 27 to win the Premiership. Lorne started very well, leading 10 to 2 after the first term, but were pegged back to only lead by 4 at half time.

After half time, playing coach Bianca Hollmer moved on to Eagles star forward Jenny Fish, and this move was instrumental in Lorne's success – earning Bianca best-on-court honours. Lorne held on to just a 2 goal lead going into the final term, but was able to outscore their opponents to win 32 to 27. The Dolphins players were confident and decisive with their ball movement creating many opportunities for captain Jeanette Hancock who finished the match with 24 goals. Off-field leadership from Kevin van Deuren also helped inspire the team to victory. Congratulations to the whole Club on this success.



*The winning A grade team
Back row from left, Beth Loobey, Hannah Keane, Brooke McKay, Carly Enticott, Tess Feery, Kath Speirs, Ginger Brown
Front Row – Sharni de Jong, Sarah Eventt, Rhiannon White, Breanna de Jong*



*The winning B grade team
From left: Kirsty Duynhoven, Hailey Griffiths, Bianca Hallmer, Jade Trickey, Jeannette Hancock, Brooke Norman, Alice Van Deuren, Mel Kohourt, Kev Van Deuren and Karen Heathcote*

Dolphins Football Runners-up

The Dolphins senior football team have had a very good 2017 season making the Grand Final after a convincing win over ladder leaders Birregurra in the Second Semi Final. However Lorne could not repeat the performance against Birregurra in the Grand Final going down by 57 points.

Birregurra started really well and at quarter time led 3.2:20 to Lorne's 2 points. Aided by the breeze in the second quarter Birregurra extended their lead to 7.3:45 to Lorne's 1.2:8. The Dolphins rallied hard in the third quarter and had some fine individual performances but could not create enough effective scoring opportunities to bridge the deficit – still trailing by 39 points at three quarter time. Lorne battled the game out valiantly but lost 15.4:94 to 5.7:37.

Sportsbriefs Continued....

The Dolphins are to be commended on their season as Birregurra were defeated only once this season – by Lorne in the semi final. Birregurra are setting a very high standard and have now gone on to win two Premierships in a row. Lorne will be able to build upon this season and should again be in finals contention next year.

Lorne Football & Netball Club

The Dolphins football and netball teams have had a remarkable year with three teams making Grand Finals and five senior teams seeing finals action.

This is a great credit to the players, committee, support staff and volunteers who all create a supportive environment for players of all ages and supporters.

The large number of Lorne folk who went to Colac to support their teams in the finals shows how much it means wproud of its contribution to our town. As sporting editor of the Lorne Independent I can say thanks from all our readers!

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

Spring news for lady golfers

Thank goodness Spring is giving us occasional glimpses of some warmer weather after a very wintery start.

This past month we were thrilled to send 3 teams to East Geelong to play in their Irish three ball event. Thank you to all the ladies who played.

Lorne Country Club will be holding their Annual Open Week Tournament from 2/11/17 – 5/11/17. Please contact the club for further information. Entry forms are available at the club.

Golf clinics with Jason Kraan will be commencing on Monday 9 October at 2.30 pm. The clinic is a 1 hour lesson and will run for 4 weeks. If you can not commit to 4 weeks, just book for the dates which suit you. Contact Jason on 0422049030. Beginners to all levels of golf are welcome.

Ladies Day is every Tuesday morning commencing at 9 am. Come up and join our friendly group of ladies. You can play 9 or 18 holes. Contact Lesley 0437028169 or Wendy 0419878089 for further details.

**Happy hitting,
Lesley Goldsworthy
Lady President**

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SHORT FILM FESTIVAL

International Short Film Festival Returning to Surf Coast Shire for Mental Health Week

Barwon Health is bringing the Reel Health International Short Film Festival back to the Surf Coast Shire on 12 October, as part of the 2017 Mental Health Week.

The festival was first held in Geelong in 2015 and has proven to be an innovative platform for filmmakers and filmgoers to discuss mental health issues and how they affect different communities.

This year the festival will feature five international short films, centred on the theme of mental health and wellbeing:

Still Light (Canada)

Directed by Simone Stock. Produced by Misha Skoric.

Bull (Canada)

Directed by Max Martin. Produced by Julia Hutchinson.

We Men Do (Australia)

Directed by John Osmund. Produced by Steve Harrison.

The Voice in the Head (UK)

Directed by Cyrus Trafford. Produced by Peter Sinclair, Heidi Carmichael, Josh Mallalieu and Cyrus Trafford

One Wave (Australia)

Directed by Grant Trebilco. Produced by Emma Metclaf.

Free event.

Bookings at www.trybooking.com/QJOR.

What: Reel Health International Short Film Festival

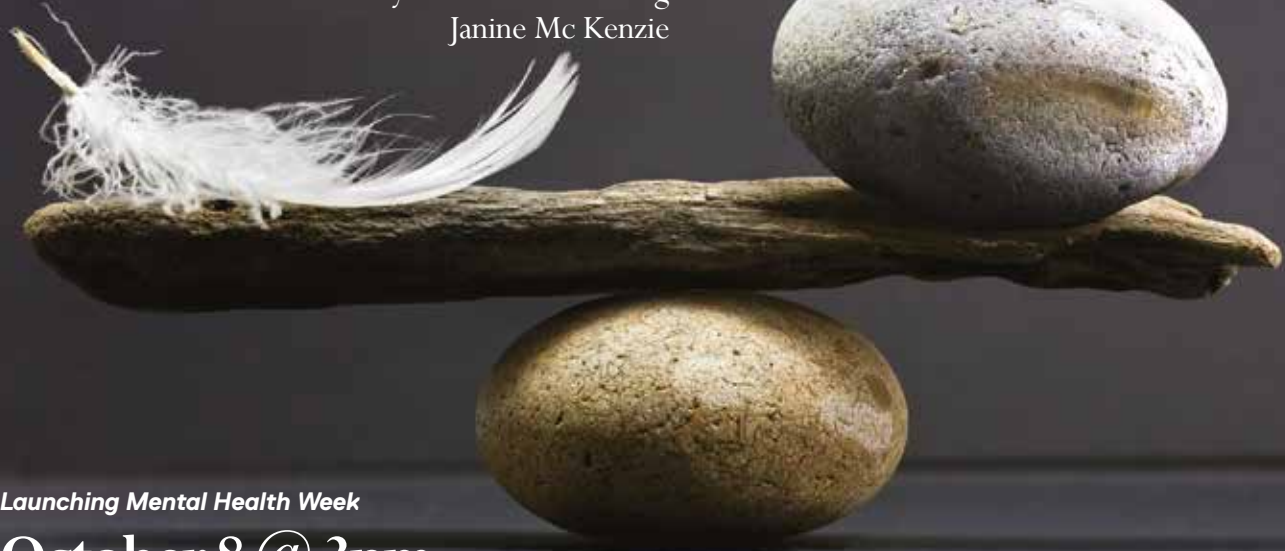
Where: Surf Coast Shire Offices

When: 7pm, Thursday 12 October 2017

ANGLESEA PERFORMING ARTS presents

THE HOPE SONG

A play by Janet Brown
Co-directed by Iris Walshe-Howling
Janine Mc Kenzie



Launching Mental Health Week

October 8 @ 3pm

Then: October 12, 13, 14 and 19, 20 @ 7.30 pm,
plus a matinee on Saturday October 14 @ 2.30pm, Anglesea Memorial Hall

Tickets: www.trybooking.com/313926

This play presents issues related to mental health challenges which some people may find disturbing.



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SIGNATURE PLANTING

In response to locating the Lorne whereabouts of Italian Cypresses in my August column I have been so far told about the one growing in Polwarth Road above the gully that is Clovelly Court and have also located a pair of them in Gay Street as well as a line of them in Mountjoy Parade at Point Grey which appear to have originally extended from the garden of Varna.

And so I got to thinking about other tree varieties that are used for impact or signature planting. East Gippsland is relatively newly settled and in fact in locales towards the New South Wales border, paddocks still retain the stumps of trees that have been part of the clearing program that came as farmland was opened up, carved out of forested reaches. If we inspect the homesteads at these farms we recognise that the houses are much more modern than those of the Western District so one is unlikely to find one of the stone and brick stations from the nineteenth century. Settlement came much later here and to search for the professionally landscaped garden is to realise that the plant selection is not like those from areas that were settled earlier. These properties will feature cabbage palms (*Livistona australis*) which are endemic to the region but one is unlikely to find *Phoenix canariensis*, the Canary Island Date Palm.

Around the Goldfields, throughout western Victoria and elsewhere it is used in larger private gardens and in public parks, even as a street tree. It is a signature planting providing drama to a garden or public open space. It provides a thrust of exotica to any landscape and can typically be seen as a frontispiece in a central garden bed within a circular drive in front of homesteads. A common landscape design choice, it is arguably best displayed in a lawn so that the trunk can be seen. It became a great fave in the Guilfoyle era. The tree does not carry the edible fruit borne by the true date palm, *Phoenix dactylifera*, the date palm at the oasis in cinematic desert scenes, but they are closely related. Well documented is the fact that many of the ornamental date palms in and around Melbourne and Geelong were brought back from the Middle East as seeds by service people after World War I. They can only be grown from seed. Then in the nineteen nineties everybody had to have one and they skyrocketed in popularity again. Those who had one in a garden too small to contain them (their canopy can easily extend right across a suburban allotment) found a market in removal had sprung up and they were able to sell them off.

Liability turned to profit. Boulevards and coastal esplanade projects demanded them in their thousands and now there are date palm farms to service this ongoing demand. Since they grow fairly quickly and can usually withstand the rigors of transplanting they are an amenable, if large, option, although they require expert handling and specialised equipment to install. A fully mature palm adds pizzazz to any garden. They are not demanding once established but benefit from a sprinkler system placed in the crown to service them for a period after their initial move. This has been done to the one in the front garden of Lower Kincaig in Mountjoy Parade.



There was another notable one in Lorne at the house on the corner of Smith and Bay Street owned by Ernie Beaurepaire. As the Cumberland development of the late eighties called for re-location of the house, a local garden contractor contacted the developer and offered to buy the palm. This man was canny enough to realise there was a scam going on when that same contractor offered it back to him for his holiday home – at a hefty price! And of course the signal positioning of the one on the corner of Stirling Street has been done to great effect, siting it on a slight rise to enhance the streetscape.

Doug Williams

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

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NEW AND ORIGINAL PLAY OF HOPE AND SONG

Members of the Anglesea Performing Arts (APA) will hit the boards at the Anglesea Memorial Hall on October 8 to present a highly original play, *The Hope Song*, by Surf Coast play by award-winning writer Janet Brown.

Lorne's own Iris Walshe-Howling and Janine McKenzie will co-direct the play which will have a two-week run.

The play is based on true words spoken by people Janet interviewed as part of a mental health program.

'I thought that it would be a really powerful way to illuminate the issues and experiences of people who have mental health challenges.'

'I've been interviewing people for other writing projects for many years, and have always found it very interesting and humbling when people share their life experiences with me.'

Janet interviewed seven very different people about their varied mental health experiences. 'I want *The Hope Song* to inform and help the community.

'It's more than just a night at the theatre - the idea is that the better we understand ourselves, our family members, neighbours, colleagues and mental health challenges, the more we reduce stigma and improve compassion about these issues. Mental health challenges can be experienced by anyone.'

'The name 'The Hope Song' came to me before I even began the interviewing process. I know that music - actually, the arts in general - and mental health have a beneficial nexus.

Each person I interviewed has nominated a song that speaks to them or uplifts them.

'Those songs will be incorporated into the performances. Though the topic is quite serious, it will be a very entertaining show.'

There are seven performances planned over two weeks from Sunday, 8th October LAUNCH @ 3pm followed by a two week season

Thurs 12th, Friday 13th, Sat 14th, Thurs 19th and Friday 20th @ 7.30pm plus a matinee on Saturday @ 2.30pm

Bookings as of Sept 1st at www.trybooking.com \$25 / \$20 con. or at the door



The Hope Song Cast.

Front row: Libby Stapleton, Nikki Watson, Lina Libroaperto, Stacey Carmichael

Back row: Philip Besancon, Stuart Errey, Simon Finch

LETTER TO THE EDITOR

Dear Editor

Lorne has its own 'entitlement'

Former Federal Treasurer Joe Hockey said that the age of entitlement had passed, but let us look deeper.

Lorne residents are entitled to unimpeded access and use of the local streets while they go about their daily living and persons employed in the town are entitled to unimpeded access to local roads as they travel to and from their places of employment.

We are entitled to request Surf Coast Shire to validate the real magnitude of the estimated \$31,000,000 economic benefit to the Surfcoast region from the Wiggle Amy's Gran Fondo.

This calculation should only include those expenditures that remain contribute to regional businesses and are not carried away on completion of the ride. (The 2016 estimated benefit of \$21.1 million inferred a forecasting accuracy of within 0.5 percent).

The organisers of the Wiggle Amy's Gran Fondo are quite entitled to search elsewhere for a venue for future events.

Possible courses are many and might include say:

- Arthurs seat to Portsea
- Cairns to Port Douglas
- The big National Park south of Sydney to Wollongong

Richard Chandler
Lorne

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GORCC SEEKS \$4.6 MILLION TO HELP DEVELOP POINT GREY

After years of consultations, plan developments, and lots of interaction with ‘projects partners’, the Great Ocean Road Coast Committee is still no closer to solving what must be one of its biggest headaches – finding enough money to do something with Lorne’s most valuable piece of commonly owned real-estate.

Over the last years, GORCC had cobbled together plan after plan to develop Point Grey and some funding now exists through the blend of Federal, State, and Local Government grants, combined with local agency and community funding.

According to GORCC, the total cost of the redevelopment is expected to be \$6.90M at the time of construction. One third of the total cost (\$2.30M) is already committed to the redevelopment from GORCC and community funding from the Lorne Angling and Aquatic Club.

To fulfil community expectations and implement the master plan, a further \$4.60M in matching funding is required with various Federal, State and Local Government funding sources and programs all being explored.

The Lorne Angling and Aquatic Club has been working hard for its own continuation and ultimate survival, and it seems that it has succeeded to persuade GORCC to set aside \$2.30M for development and upgrade of its Club buildings and immediate area.

It is the old Fisheries Co-operative building, which incorporate the iconic and very successful ‘The Pier’ Restaurant that is the cause of much of GORCC’s headache.

Nobody is quite sure what GORCC has in mind for site but it has said it hoped to develop some sort of tourist icon that will offer up to 40 full-time jobs or the equivalent.!!!!!!

This “hope” appears totally unrealistic and unachievable and has no substance to it at all.

There is no suggestion of just how it would be remotely possible to offer these 40 full time jobs.

Over recent years, the Lorne Independent understands that several big-time private investors have inspected the site, had a look at various GORCC projected plans and subsequently, one by one, pointed their thumbs downwards.

The projected financial projections, its seems were just not there for big private investment.

The latest GORCC media release said that in 2012, the Great Ocean Road Coast Committee (GORCC), and its project partners (Surf Coast Shire, Regional Development Victoria (RDV), and the Department of Environment, Land, Water and Planning (DELWP), commenced a planning process to identify a suitable, achievable option for the future use and development of the iconic Point Grey in Lorne.

“Although popular for tourism, and recreational fishing, the precinct is now run-down and does not operate to its full potential as an iconic Great Ocean Road destination and visitation point.



“With a master plan that is strongly supported by the community, the project is now in the final planning phase and GORCC is working to having design, documentation, leasing, and grant funding completed for a ‘shovel-ready’ project in the first half of 2018,” the media release stated.

It’s unclear just what the term “shovel ready” actually means.

While it suggests that they are ready to begin works on the site, they don’t as yet have a plan or the permits or approvals that will be required.

One might ask just who are GORCC trying to kid. With a “team” of 47 employees (according to their website) they should have been able to resolve this issue long before now.

Exactly why they have a need for three finance managers and a commercial manager, or two “Environment and Education” managers is unclear - they have gradually moved away from their original charter, as we understand it, of maintaining the caravan parks and foreshore to become a would-be design factory, think tank and ideas institute.

Of course, liaising with the public is important but maintenance and upkeep should be their primary function. Not as glamorous as putting out a new project but necessary all the same. Earlier this year GORCC had three other Major Projects in the pipeline for Lorne :

1. The Lorne Central Foreshore Plan
2. The Erskine Paddock Concept Plan
3. The Erskine Peninsula upgrades.

and 1 Project Plan, so they are certainly not short of a wish list.

It was suggested to me that in fact GORCC’s raison d’être consists of overseeing master plans and submissions and consultation, business plans and committee meetings but actually performing tasks in the third dimension is beyond their scope. Clearly lack of funds disenables the institution of these grand schemes but all this paper chasing only justifies their existence and one wonders what advances are being made.

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For more information phone Adrian on 0419 114 003
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HEARING IS PRECIOUS AND FRAGILE

One in six of all Australians have some type of hearing loss.

Your wondrous ear.

The ear is a complex piece of equipment consisting of many parts – not just the visible exterior section – and is responsible not only for hearing but for maintaining balance as well. The outer ear captures sound waves which causes the ear drum to vibrate and the tiny bones in the middle ear to move too. The vibrations pass on to the inner ear to cause tiny hair cells to move. This then causes electrical signals which are sent to the brain, and then deciphered to sound.

Your ears, in combination with your sight and senses, helps maintain balance. The vestibular system, in the inner ear, contains tubes and sacs that are filled with fluid. When movement occurs, this fluid also moves which bends specialised sensory cells. This then leads to an electrical signal to the brain, which is interpreted as movement. Your eyes and muscles can then adjust to help your body maintain balance.

At times problems can occur with this complicated system, due to many causes:

- ageing
- ear wax blockage
- a head injury or trauma
- loud noise for too long
- loud noise from industrial environments such as building sites, transport and mining for example using power tools
- loud noise from exposure to loud music, car racing
- medications – such as anti-inflammatories and certain antidepressants.

The Hearing Awareness Week website identifies a host of possible causes of noise which can damage hearing – from jack hammers to Formula One racing, food processors and car horns. It describes the maximum safe exposure time without ear protection.

Visit their website and find out ‘how loud is too loud?’ with respect to your favourite electrical device or music event.

‘Noise destroys – turn down the volume’ is the message from the Australian Tinnitus Association. Tinnitus is a condition where noises or ringing in the ears or head occurs. Many of us experience tinnitus from time to time.

Common risk factors:

- ageing
- a genetic (inherited) disorder
- high blood pressure or narrowing of the arteries
- smoking – can induce tinnitus
- gender – men are more likely to experience tinnitus.

Possible aggravating factors for tinnitus include:

- some medicines, such as anti-inflammatory and certain antidepressant medicines
- caffeine (found in tea, coffee, cola drinks or chocolate)
- alcohol may worsen tinnitus
- smoking narrows the blood vessels that supply vital oxygen to the ears. Quitting smoking can help with managing tinnitus.

There is no cure for tinnitus but we can learn how to manage it.

Tips for healthy hearing

- Avoid too much noise
- Buy appliances and devices with a low noise rating
- Wear hearing protection such as ear plugs or noise cancelling headphones
- Walk away from noise
- Remove earwax carefully
- Check medications for hearing risks
- Don't smoke
- Have your hearing checked.

When to see your doctor

- If you notice any deterioration of your hearing
- Feel as though people are mumbling all the time
- If you have any buzzing, ringing, hissing, clicking or roaring
- If you have sudden hearing loss
- Often misunderstand what people are saying
- Get complaints that you have the radio or television too loud.

Treatment for common ear problems is often relatively easy, provided the cause can be identified early on. Your friendly pharmacist can give you good advice on a range of options.



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

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

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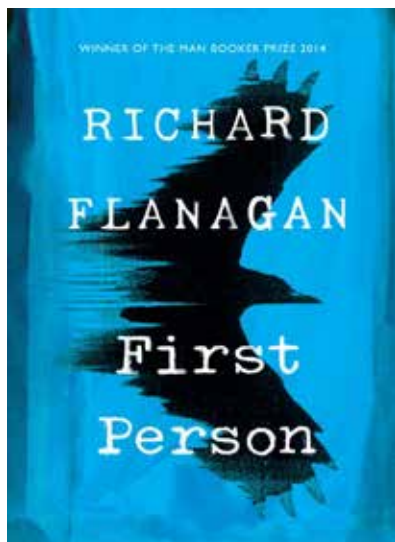
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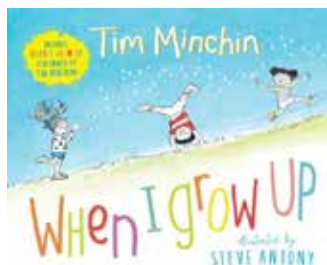


This is **Richard Flanagan's** first book since *The Narrow Road to the Deep North*. The story mirrors Flanagan's own experience as a young writer who is commissioned to ghost-write a memoir of a conman. In the fictional version we meet Ziggy Heidl, who has defrauded \$700M from banks and other investors, and Kif Kehlmann, who is to write his story. Heidl refuses to co-operate in the process telling lie after lie to the ever increasing frustration of Kif.

First Person,
Richard Flanagan, \$39.99

The dazzling new novel from Michelle de Kretser, author of *Questions of Travel*, winner of the Miles Franklin Award. Set in Sydney, Paris and Sri Lanka, *The Life to Come* is a mesmerising novel about the stories we tell and don't tell ourselves as individuals, as societies and as nations. It feels at once firmly classic and exhilaratingly contemporary.

The Life to Come,
Michelle de Kretser, \$32.99



Inspired by Tim Minchin's hit song *When I Grow Up* from *Matilda the Musical*, the book takes a humorous yet moving look at adult life from a child's perspective.

When I Grow Up, Tim Minchin,
Illustrated by **Steve Anthony, \$19.99**

Available in-store now

SATURDAY PAPER

THE MONTHLY

Australian politics, society & culture

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