

LORNE

Independent

No 193 December 2017

Produced as an independent newsletter by Lorne Independent Inc.



TRAFFIC DISRUPTION BUT IT'S ALL GOOD NEWS

Lorne over the next weeks is likely to see substantial traffic disruptions because of an increased movement of construction vehicles and workers... but according to Barwon Water it'll all be for our benefit to guarantee our town's future water supply.

An increase in large construction vehicles is something Lorne doesn't really need at the height of summer traffic madness.

But Barwon Water said that it will be undertaking construction works on Lorne's Allen Reservoir over the next six months to increase the reservoir's flood level capacity as well as strengthen the dam wall...Oh well!

Our town has perhaps the best water system on the Surf Coast – there is little chance of our running dry and water pressure is what other towns in the region only dream of – so some inconvenience to residents and visitors can be excused.

Truck routes will run along Otway Street and will operate Monday to Friday between 7am and 6pm.

Barwon Water General Manager Infrastructure Services Paul Northey said the project involved upgrading the concrete spillway to increase flood capacity and increasing the stability of the dam through upgrading the reservoir embankment to better align with current engineering standards.

"These improvements will ensure the reservoir can cope in extreme weather conditions, particularly during flood flows," Paul Northey said.

"This project is really good news for the town, with the upgrade helping to secure Lorne's water supply into the future and reduce the risk of infrastructure failures. A secure supply is vital to support the town's liveability, jobs and tourism."

Conducting the spillway and embankment elements of the project simultaneously means Barwon Water can complete the important works as efficiently as possible and minimise disruption to the town.

Initial works for this project were started in 2014-15, but ground conditions at the time meant that the scope of works needed to be changed. Since mid-2015, significant investigation, planning and preparation time has been spent ensuring that the project can be completed as cost effectively, efficiently and safely as possible.

While the construction vehicle activity through town is unavoidable, the end result of a more secure water supply will be felt for decades to come. Trucks will not be operating during the Falls Festival period as Barwon Water works to manage the project with as little disruption as possible.

Works will resume in early 2018 and continue until the expected project completion in May.

Increasing the reliability of Lorne's water source will add an extra layer of confidence in the tourism and business sectors, adding economic value and reinforcing Barwon Water's 2030 vision of becoming an enabler of regional prosperity.

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COMMUNITY HONOURS

for Peter and Jan Spring

There is a good natured joke among locals that you won't be able to find many Lorne associations on which Peter Spring is not a member... Indeed, many a truth has been said in jest.

More than 180 people gathered at the Cumberland recently to honour Jan and Peter Spring for their outstanding contributions in almost every facet of Lorne life since they first decided to call the town home in 2004.

Since retiring from his very successful computer technology business, Pete has thrown his considerable physical energy, his astute corporate know-how, and an enviable ability to marshal people in Lorne who care enough to make a contribution into developing the town's potential.

In addition to his wide range of association memberships, perhaps his greatest achievement has been his work with the Stribling Reserve Committee and the formation of the Committee for Lorne.

He has achieved a situation that enabled Lorne to work in close association with agencies such as the Surf Coast Shire, GORCC, and others in that the town has a genuine say in decisions, and is not merely at the hands of salaried public servants.

Another highlight of Peter's Lorne input has been the formation of the Spirit Foundation, initially to aid Casey Tutungi and his family following his terrible accident playing football, but then expanded to aid victims of the Wye River bushfires.

Jan has certainly not lived in his shadow. A nurse by training, Jan Spring has played a significant role in child health education and in Lorne, is most active as a key member of the town's most successful business, the Lorne Op-Shop.



Jan was a key figure in the negotiations when the Op-Shop broke away from its link with the Lorne Community Hospital and became a business in its own right.

Peter and Jan Spring are the third recipients of the Doug and Mary Stirling Cup, a community award to honour outstanding to the Lorne community; the other recipient was Henry Love.



RICHARD
RIORDAN MP



Christmas Greetings

From your local State
Member for Polwarth

Wishing you a safe,
happy and prosperous
holiday season.

5231 5046

115a Bromfield St
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richardriordan.com.au

Richard Riordan MP - Member for Polwarth

Funded from Parliament's Electorate Office and Communications Budget

Slap? Sledge ?

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NEW SURF COAST SHIRE MAYOR



Councillor David Bell has been elected Mayor to be supported by our own Cr Clive Goldsworthy as Deputy Mayor.

Cr Bell, partner Traci and their two sons moved to the Surf Coast in 2002. They run a small organic farm in Bellbrae and Cr Bell manages the Torquay Farmers Market.

He is also a director of the Regional Waste and Resource Recovery Group and a member of the Renewable Energy Taskforce.

NEW COMMODORE FOR AQUATIC CLUB

Doug Williams

Lorne identity Keith Miller has been elected the new Commodore of the LAAC following the two year the two-year reign of popular Graeme Norton.

Keith is an ardent fisherman and an ebullient personality.

Other news from the Club is the purchase of its own bus.

January and around Easter are always busy times and the club has in the past availed themselves of the use of the Surf Coast Shire community bus to ferry members and their guests both to and from the venue.

This has been necessary because the local taxi service frequently finds itself on overload during the busiest times of the holiday season and is unable to cope with demand.

The bus was bought from the Lorne Hospital when they recently updated, so of course has been maintained to a very high standard.

One feature that will be greatly appreciated by our mobility impaired members is the wheelchair lift that will enable members such as Casey Tully to no longer be dependent on family members each time they wish to get out of the house and mix with friends and their families.

CAROLS ON THE LORNE

Bring your blankets and your singing voices for yet another fabulous evening of Carols and other entertainment on December 16 on the lawns at the Uniting Church.

Music will be provided by the 'Shenanigans Band' and a feature will be our own songstress Tara O'Neill and the boys and girls from Kindergarten and P-12 students. The Lorne Singers will also perform.

A jolly Father Christmas has threatened to make an appearance. Activities start after 6pm.

The Lorne Lions Club will fire up the BBQ, there will be drinks and an abundance of Christmas joy and good will.

NO ANSWER TO RECENT ROGUE BICYCLE EVENT

The wash-up from the illegal 'rogue' bicycle event held in Lorne recently is bound to have ramifications but what these may be is still largely conjecture.

More than 150 riders, most of them from Melbourne, took part in the event which mostly followed the same route as the Amy's Gran Fondo, despite not having permits or permission from any of the so-called stake holders – police, the Surf Coast Shire, Colac Otway Shire, GORCC or VicRoads.

The Community Impact Advisory Committee (CIAC) which is made up by representatives of these stake-holders is due to meet on December 7 and discuss the issue.

Meanwhile, the Lorne Independent would like to extend an apology to our local Lorne based 'Great Ocean Road Cycling Incorporated' association for mixing up its activities with those of the rogue event organiser.

Great Ocean Road Cycling is a social group, mostly from Lorne and environs, who get together to promote safe, fun riding on the Surf Coast, and to surf, play golf, have BBQs and generally not take themselves too seriously.

Surplus money from their activities is donated to a local charity, most recently, the Lorne Community Hospital.

The rogue event was organised by Mr Richard McDonnell and promoted under the name 'Great Ocean Road Cycling Derek 'Disco' Joseph Classic Ride'. Most participants came from Geelong and Melbourne. Mr McDonnell is not a member of, nor associated with Great Ocean Road Cycling Inc.

Lorne Independent Inc.

Published by Lorne Independent Inc.
No. A0041756Y

ABN: 54 724 981 550

Published monthly

Finalist (2006), Best Layout,
Community Newspaper Association of Victoria

Alan J. Holding Award (2008), for
Outstanding Community Service,
Lions Clubs International District 201 V2

Winner (2008), Best Editorial Writing,
Community Newspaper Association of Victoria

Winner (2009), Best Sports Article,
Community Newspaper Association of Victoria

Finalist (2011), Best News Reporting,
Community Newspaper Association of Victoria

Finalist (2011) Best Editorial Comment,
Community Newspaper Association of Victoria

Finalist (2012) Best Feature Article,
Community Newspaper Association of Victoria

Finalist (2013) Best Feature Article,
Community Newspaper Association of Victoria

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Harri Muller

Layout and Print:

Mud Group

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

Many years ago a Shire councillor announced to her Lorne constituents – “Look, Lorne is a tourist town! Get used to it!” Doh! We knew that! But this outburst offended us mightily, and still rankles. Recently this small tourist town provided powerful evidence of what sort of a town it really is. When 180 locals coughed up, frocked up and turned up at the Cumberland to say well done and thanks to Jan and Peter Spring for all they have done for our little village. Gary Allen and Leslie Goldsworthy did a superb job MC’ing (there were so many wonderful speeches), Marg Cartledge did an amazing job on tickets and tables, and the Hishons and a team of volunteers made the night a memorable success. An entire evening devoted to Jan and Pete - the third recipients of the Lions award for community service. It takes Pete hours to collect his mail as everyone wants a bit of him!!

The Cumberland, Bryce and his excellent team deserve enormous accolades for putting on an amazing array of food in superb surroundings with views we never get tired of! All the usual locals had donated goods for the silent auction and lucky Sue and Darren Balderas won a special lunch at Brae! A very popular win. Bryce would have done his day’s 10,000 steps on that night alone. Everywhere, checking everyone was happy, refilling bowls of amazing food, even alert to a little candle catching a paper menu on fire in the centre of one table! He did not miss a trick!

Many words have been printed about this night, but also about young Mila Guerrero who early on the same night was presented with two big awards for her most courageous and impromptu rescue of two 25 y.o. Japanese girls caught in a rip last summer. It bears repeating again and again that Mila was only 11 when she immediately paddled out and rescued both distressed weak traumatised tourists on her board and somehow got them into shore despite the board tipping under crashing waves. Mila recommends that every kid should join the fantastic Nippers program to learn water skills! It was beautiful to see how proud Mum (Sarah) and Dad (Jorge) were of their brave and smart daughter.

To complete an amazing weekend the Lorne Country Club held a 70s/80s RocknRoll night which by all accounts was fanbloodytastic!

Congratulations to the seven new members of the SES and mega thanks for signing on to rescue or assist those in trouble.

The Aquatic Club Once Again Hosted A Fun Cup Day Event – Despite Icy Weather! Donna Issell Took Out The Best Dressed Lady As She Was The Only One Brave Enough To Don A Skirt, And Looked Beautiful. Keith Miller Won The Best Dressed Man In His Matching Harris Tweed Cap And Jacket. As Clive Joked When Announcing Keith The Winner – “It Feels Odd To Be Awarding This To A Guy From Colac!”

After almost ten years with the Lorne Community Hospital as Health Promotion Coordinator, Heather Ramp has resigned to start a business ‘working with women to transform their journey through menopause’.

Loved the opportunity the Run the Marsh event gave us to check out James Maund’s incredible Frogwood Arboretum. It’s hard to get the picture as we pass by when entering or leaving Deans Marsh. His 2000 carefully selected trees and intriguing landscaping and stone placement are an absolute joy! frogwood.com.au for more info.

How beautiful did the sea of red Flanders poppies look on Remembrance Day? Glad they stayed in the ground proudly for a few days to remind us of the 102,000+ Aussies who died defending our wonderful nation and values.

Great to hear that the Gull shuttle between Geelong and Tulla has its own dedicated airport bus stop after 37 years of transporting 130,000 folk every year direct to the airport and home again!

Flick your dial to 88.7FM to hear locally produced programs run by volunteers 24/7. With a new transmitter and a stronger signal Lorne listeners should be happy!

Got problems with your new rubbish bin lock? Call the Shire on 52 610600 or try a squirt of WD-40.

We’ll miss doing Bank of Bendigo transactions in Dee Stewart’s great little shop! The Bank is relocating its teller and banking service to its business shop – opposite Mantra! Thanks Dee and Helen for providing this service to the town!

After all the November heat, it sure feels snakey! Poor Suzanne D. in N. Lorne got the fright of her life to find a big tiger curled up on her inside hearth. Small dog Molly set up a barking kerfuffle and the intruder reared up, fanged up, and all but hissed! We repeat the phone number for Ross from Snakes and Ladders in Aireys who will come and remove your visiting snakes (in a pillowcase) – providing you keep an eye on them until he arrives! 0432 538 065

Lorne Community Noticeboard on Facebook is always an interesting read. Especially the photo of the big white pointer swimming round the end of the Lorne Pier. Don’t know how it got past the alert fishermen of the town who have been landing quite a few. Lorne’s old man of the sea Gordon Bannister holds the record for the biggest shark so far.

Bit of a shock to read that tenders have only just been called for replacing and repairing the bridges at Stony Creek bush walk. Having been advised that they’d be finished and open for use by Christmas, The Shire’s General Manager (pardon me?) of Environment and Development advises that the call for Tenders has now been extended to 5th December and work should start late Jan. Anyone want to bet? Come on – this is an absolutely pathetic situation.

Thanks Luke Morgan for the Open Garden and lunch recently. Both superb, as was meeting his gorgeous Dad. Janette McL. Suzanne D and Andrew and “Sushi” Shizu (and can she ever make a great one!) ‘manned’ the kitchen and Luke’s desserts topped off a terrific day. See Luke in the kitchen at the Bowls Club if you’d like to purchase his desserts (any size at all!)

Great to have a couple of cool days between the hot and humid ones to do some more clearing and tidying of our properties. Don’t forget to chat with your neighbours and house guests about what you plan for high risk days and serious situations. Good to have a little radio in your emergency bag (with fresh batteries)! Also a last minute ‘grab list’ attached to said bag!

Don’t forget there is no rubbish collection on Christmas Day – but there will be on Boxing Day.

See you at the Christmas Carols at the open area in front of the Church next to the Arab, on 16th December! Check out the very cute seat which has appeared encircling the big tree. Love it and thanks! ... Lillian



FROM OUR COUNCILLOR

For the Lorne Ward

CORA

Recently plans for a \$350 million Modewarre international sports training facility were unveiled and is expected to attract the world's elite sportsmen and women. CORA (Cape Otway Road Australia) will include world-class playing fields for AFL, soccer, rugby, cricket, tennis along with facilities for swimming, gymnastics, running and cycling. The 240ha sports training, accommodation and tourism facility is planned to be built on land south of Lake Modewarre. Around 1000 jobs are expected to be created during construction and 500 ongoing roles. A business case for the project is being finalised and is expected to go to State Government in coming weeks, with CORA's proponents aiming to begin construction by mid-2018.

Stakeholder and community engagement sessions regarding the project will be held at the Modewarre Memorial Hall on Cape Otway Rd on December 4 from 6pm to 8pm, and December 9 from 10am to 12pm.



The Peak at Lorne Country Club.

Matthew White and Bridgette Barry-Murphy are bringing their Uneath Collective team to the Lorne Country, trading under The Peak at Lorne Country Club. The Peak will be open daily for lunch and dinner and begins operation on 15th December. The team will be serving up simple club style bistro meals, showcasing the best local produce available.

Are you Fire Ready?

It's time to review your bushfire plan. Check out <http://www.cfa.vic.gov.au> The Fire Ready Kit will help you understand fire and plan for survival. It begins with the basics of preparation, through to planning what to do if fire is in your area and you cannot leave.

Surf Coast Youth Survey

Surf Coast Shire Council recently conducted the annual Surf Coast Youth Survey which attracted over 700 responses. Youth identified that:

- Sports ovals (67%), employment opportunities (57%), better public transport (52%) and affordable and accessible doctors (46%) were what the Surf Coast needs most for young people.
- Positive relationships (28%), school (21%) and mental health (11%) were the top three issues of personal concern for young people.
- The top three issues that concerned young people in the Surf Coast were alcohol and drugs (45%), environment (33%) and mental health (17%).
- Eighty-one per cent believed family relationships were very or extremely important, and 85% believed friendships were very or extremely important

Season's Greetings

As 2017 draws to a close Lesley & I would like to wish everyone a safe & joyous festive season and look forward to an exciting and rewarding 2018.

Cr Clive Goldsworthy

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lorneward.information@gmail.com

LORNE MEDICAL CENTRE SUMMER SERVICES

Dr David Mullen - Lorne Medical Centre



The Lorne Medical Centre has one clear goal – to provide the best possible healthcare to our local communities.

The Lorne Medical Centre aims to provide patients with primary, comprehensive and confidential medical care, in all aspects of family medicine. We make every effort to provide services that reduce the need for travel, and we also welcome holiday makers to utilise our services whilst in Lorne.

Services on offer;

Family Medicine

The focus of Lorne Medical Centre is patient care and we provide ongoing health care to all members of your family. Our highly qualified and dedicated medical staff provide a comprehensive range of services to suit your every need.

After Hours Care

The Lorne Community Hospital urgent care service commences with nurse triage (the process of determining the priority of patients' treatments based on the severity of their condition), comprehensive assessment and advanced life support. The Lorne Medical Centre provides 24 hour on call medical care to support the service.

Optometrist

Lorne Community Hospital in conjunction with Deakin University has commenced providing an optometry service to anyone who wishes to have their eyes checked. This FREE service will run approximately every four weeks throughout the year on a Thursday and Friday. Optometrist consultations can involve eye testing (glaucoma, cataracts), advice regarding medical conditions (diabetes, hypertension), the recommendation of eye exercises and the prescription of glasses or contact lenses (if required).

Psychologist/Counsellor

Our Psychologist and Counsellor attends the Hospital every week and is available to in-patients and community clients. Psychology/Counselling services are important in addressing a wide variety of mental health issues and when appropriate, can liaise directly with your treating general practitioner regarding diagnosis and treatment options.

Dietitian/Diabetes Educator

Our Dietician and Diabetes educator assist patients, families or individuals with the management of diet and nutrition, which is so critical to overall health and well-being (especially if you suffer from diabetes or weight management). Dietary advice also forms an integral part of the treatment of most medical conditions.

Physiotherapist

Our highly skilled and qualified physiotherapists aim to develop, restore and maintain the movement and functional ability of the body. Not only do they examine, diagnose and treat the immediate problem; they then teach you how to take care of yourself by showing you how to do exercises and how to use your body properly to gain mobility and strength to prevent recurring injury.

Women's Health

The doctors and nurses at Lorne Medical Centre offer Women's health checks, and are dedicated to managing health issues thoroughly in a comfortable confidential setting. Consultations may cover family planning, contraceptive advice, pregnancy care, fertility advice, health screening including pap smears, breast examinations & sexual health screening.

Podiatry

Our podiatrist specialises in the management of feet and related medical disorders. Podiatrists can diagnose and treat a wide variety of conditions of the feet such as bunions, corns, calluses and ingrown toenails. Podiatrists also advise you regarding correct footwear and orthotics.

Exercise Physiologist

The Lorne Medical Centre Exercise Physiologist specialises in the benefits of exercise to help patients get fitter for all round good health, or to treat patients with a medical condition through exercise.

Audiologist

The audiologist who practises from Lorne Medical Centre provides hearing evaluations for patients of all ages, especially children and the elderly. Audiology testing is commonly part of overall medical reviews, but also may be in relation to acute or chronic hearing loss, or when hearing appears to be affected by other medical conditions.

Gynaecologist

Our local gynaecologist consults at the Lorne Medical Practice on a regular basis. A Gynaecologist is a specialist doctor who cares for women and specialises in pregnancy, childbirth and reproductive health.

Massage

Our massage therapist offers Bowen therapy, relaxation/therapeutic massage, Indian head massage, lymphatic drainage massage, deep tissue, pregnancy and infant massage.

Social Worker

Our social worker specialises with people who have experienced a wide range of social situations including disability, homelessness, drug and alcohol addiction, mental health issues, unemployment and family breakdown.

Increased hours over summer

The medical centre will increase their opening times/days over the busy summer period. These times will be displayed on our website, face book and via posters on the medical centre's front door.

For any further information about any of our services or to book an appointment, please do not hesitate to contact our friendly reception staff on 5289 4333 or book online. Otherwise follow us on Facebook or the Lorne Medical Centre website www.lornemedicalcentre.com.au to keep up to date with our latest news and events.

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The Big Conversation

None of us likes to think about getting ill and dying, but not talking about it won't make it go away – any more than talking about dying will make it happen sooner. Having the big conversation can help you to live well and to make the most of life until the very end.

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5289 2972

Games Group
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Gardening Get together
Tuesdays from 11am
Playgroup Thursdays 9.30am
Computer Access Monday to
Thursday 9.30am – 2.30pm

HOSPITAL AGM

New direction for dementia and Alzheimer's patients

Meaningful activity by patients suffering from Alzheimer's form an important part of treatment associated with this disease and dementia, according to Wendy Henderson, the facilitator of learning and development at Alzheimer's Australia Vic.

Patients must understand the reason for doing a particular task, she told the recent Lorne Community Hospital AGM.

The emphasis is to make patients understand and use their common sense, and contribute to their understanding of their actions - for instance patients have to understand why they are having a cup of tea.

Montessori teaching methods are usually associated with children, but several nursing homes are now introducing Montessori-based activities for dementia and Alzheimer's patients.

The new approach has seen one nursing home significantly improve patient health, reduce anti-psychotic and sedation medication and remove the television that used to be the main form of entertainment.

She told the Lorne Community Hospital AGM that as the number of Australians with dementia increases as the baby-boomer generation enters old age, there could be nearly one million Australians with dementia by 2050, up from about 345,000 today.

Nursing homes previously only used a medical model that cared for patients' physical health but gave them nothing to do all day. Ms Henderson, said that this was now changing into a more social model that finds useful chores and activities that keep patients occupied.

The challenge was to connect patients to family and community, and the environmental surrounds.

Medical Clinic comes to Deans Marsh

The Deans Marsh 'footy shed' will be the temporary home of a weekly medical clinic staffed by professionals from the Lorne Medical Centre. The clinic will operate every Wednesday from 9.30 am to 12 noon. To book an appointment with Dr David Mullen and his medical team.

Please contact the Lorne Medical Centre on 5289 4333.

Hospital Awards

The following awards were presented at the recent Lorne Community Hospital AGM:

Public Sector Residential Aged Care Celebrating Aged Care awards Leadership Award:

Janet Smartt winner 2016

Reasons for nomination: Janet is the Support Services Manager at Lorne Community Hospital. Janet's behind the scene influence on the resident's well-being often goes unnoticed therefore she was nominated this award to recognise her valuable contribution.

Public Sector Residential Aged care Celebrating Aged Care awards Passion for Aged Care Award:

Paul Simonsen Finalist 2017

Reasons for nomination: Paul has worked as a chef at LCH for over 5 years. Paul has a passion for providing choice for residents and improving the dining experience. In the last 12 months Paul has provided suggestions on how the dining experience for our residents can be improved, pursued these ideas and bought over people along with him. He was nominated for the award in recognition of his passion for improving the lives of our residents.

VHA Excellence in leadership

Jason Phieler, winner

Jason Phieler is employed as the Acute Nurse Unit Manager and an After Hours Coordinator at Lorne Community Hospital overseeing the operation of both the Urgent Care Unit (UCU) and the acute ward.

Jason was nominated for the award for his leadership and support of the clinical team at LCH but also for the work he does at a State and National level in leading the development of Rural Nursing.

VHA Patient engagement

Residential Aged Care Team- finalist

The Montessori program has made a palpable difference in the nursing home with residents telling us that it feels like their home and staff reporting increased job satisfaction.



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AQUATIC CLUB

Committee notes

Graeme Norton - Commodore

Committee News

- Many thanks to all who helped to make Melbourne Cup celebrations so successful.
- Annual invoices along with the Annual Report were posted to all members on the 6th Nov.
- If you did not receive your membership invoice please visit the Club and talk to Ian.
- Courtesy Bus – we now have our own bus which is sponsored by Live Wire Park Lorne. We are currently developing a Bus Policy
- Working Bee – a pre-holiday working bee is to be held on Tuesday 5th Dec starting at 9.00am
- On Saturday 25th Nov an invitee workshop is to be held to discuss the floor plan, functional brief and financials

Coffee@LAAC

Jason has fired up his coffee business with great energy and enthusiasm.

It is great to see the number of visitors and members enjoying his hospitality.

From early December, he will be operating Fri – Sat – Sun – Mon.

Membership

All categories of membership fees are due and payable before the AGM December 2nd.

Single -\$45 Family - \$55 Boating - \$70 Commercial - \$140

Membership cards are now available from Ian at the Club.

LAAC Community Fund

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 063 000 A/c No 1008 8524

Please leave remitter details to assist Secretary Ange with documentation.

Your Club will be conducting a fund raising function in January to support Greg. Proceeds from a weekly raffle will go directly to the Fund each week over the holidays.

Fishing Competitions

Major Comp No 6.

Congratulations to the participants in the final round of the Major Fishing Competition.

Senior winners – Brett Stewart - Andrew Clarke - Tony Gallaher

Junior winner – Daisy Lodge - Quinn Lodge.

Fishing conditions were poor and only 2 boats ventured out in off shore windy conditions.

Presentation of fishing awards will take place after the AGM on Sat. Dec 2nd



Pt Grey Redevelopment Report

The LAAC building sub-committee is in the final stages of completing a floor plan, site plan and functional brief which will be presented to GORCC.

On Friday 24th Nov the PSG will meet with Andrew Mackenzie - Citylab, who has been appointed as the architectural competition advisor. This briefing will provide an opportunity for us to ask questions in regards to the entire design process.

As this is my last report, I thank you for taking the time to read my notes and I trust that you have found them informative.

SPORTSBRIEFS

John Ford

Carly Runs New York Marathon

Lorne's Carly Enticott has just returned home after successfully running in the New York Marathon. This was Carly's first effort over the 42 kilometre marathon distance and she was very pleased with her performance.

The New York marathon has been held each year since 1970 and this year had just over 50,000 runners – who actually completed the course. The route was lined with around a million spectators supporting and encouraging the runners, along with bands playing and the NYPD joining in the fun! The scenic route had numerous river crossings including the Brooklyn Bridge, included Manhattan and other regions, with the run ending in New York's famous Central Park.

Carly travelled with a company named 'TravellingFit' who supplied singlets with the runner's name and 'Australia' lettered prominently on the front. She was thrilled at the frequent cheers of 'Aussie, Aussie, Aussie' as she ran past supporters who were sometimes more than ten deep lining the route. Carly made it very clear that she would not have been able to run the distance if it had not been for this exceptional crowd support and being buoyed by the large contingent of runners.

What an amazing year for Carly, who only a few months ago led Lorne's netball teams to A and B Grade Premierships – and now from this team success to a great individual performance. However Carly is proud but modest of her achievements, saying that she does not really think of herself as a successful runner. She says that in the context of being a wife, mother and successful business owner that running a marathon was not such a big deal. I would think that this makes the effort even more noteworthy!



Golf

What happened to the cool weather? The heat is on and Lorne golf course is looking spectacular.

The Tuesday Ladies golf group are in the midst of playing their club championship and the balls are certainly getting that extra roll.

The Open Week was recently held in Lorne. The results for Ladies day on Friday 3 November are as follows:

Scratch 0-20 gross winner was Vida Brenner from Anglesea.

Runner up was Dee Stewart from Anglesea/ Lorne

Minor 21-45 gross winner was Glenice Hayward from East Geelong.

Runner up was Pam Cameron from Ocean Grove.

Nett winner was Rose Wyles from Lorne.

Runner up was Ann Stokes from Anglesea.

Shield winning team from Anglesea. Team members: Ann Stokes, Vida Brenner, Jannet Coombes.

9 holes out winner was Rose Wyles from Lorne

9 holes in winner was Vida Brenner from Anglesea.

Well done to all the ladies playing. Lorne Country Club certainly appreciates their support.



One of our members, Paula Hayden, is involved with the charity, Women for women in Africa. This well-respected charity works and assists women and children of Kibera, Africa's largest slum. They provide education and resources to enable them to live a life of dignity, happiness and hope for the future. Lorne sent two teams to RACV Torquay to compete in the charity match. One of our teams came third. Congratulations to Wendy Hutchison, Sue Neill, Barbara Barber and Chris Angus.



Golf (Cont)

The past month the girls have been very busy and we were represented at Barwon Valley where Chris Angus came runner up B grade, Apollo Bay where Chris won B grade. Chris Angus and Caz Bartholomew won at Birregurra with Jenni Miller and Sue Neill coming second. Well done girls.

We will also be playing at Winchelsea and Beac later this month.



The end of the year is fast approaching and the Tuesday ladies golf morning syllabus will finish on 12 December. Our new syllabus will commence on Tuesday 6 February.

A golf clinic will run in February which will also cater for beginners. The date is to be confirmed.

We look forward to new players joining us in 2018, our club is very friendly and all standard of golfers are welcome. If you are interested in joining us for a casual 9 holes in January we will be reserving some tee times on a Tuesday morning.

Please contact Lesley Goldsworthy for further information on 0437 028 169.

I would like to take this opportunity to wish you all a very happy Christmas and New Year.

Happy hitting
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

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ATHLETES IN THE TREES

Athletes of today achieve mighty feats of skill and endurance, but have the past athletes of the bush, the past timber workers of the Otway Ranges for instance, been overlooked in that regard?

This amazing photograph, taken perhaps seventy or eighty years ago, shows just how fit and daring some of those axe men were. It's been said that the location is in Turtons Pass or Olangogah, on the Otway Ridge east of Beech Forest. The tree feller in this scene is some fifty metres up a mountain ash, on springboards, merely holding onto his axe which is embedded into the tree. He is standing casually on a piece of timber which sits precariously into a notch made by his axe. We can only assume that it was a calm day. Even so, many questions arise, on which perhaps some timber workers from earlier days may wish to elaborate.

What was he trying to achieve? Was he intending to "head" the tree, that is, chop the upper section off? Why not do that after the tree is felled? Can you imagine the sway of the tree after the top had been lopped, and he with just an axe to cling to. Or was it some bizarre competition amongst tree fellers to see who could tempt fate, and hold the reputation, as the highest climber?

He has managed to somehow get forty-five boards up to that



height, about a metre or more apart, and raise himself to the next level after inserting each board. Very long ropes would have to have been involved, presumably, but even so, what a lift each board would be after getting to a certain height. Was the horse involved in some way? The making of so many boards would itself have been a considerable task before he even started the climb. Did you think he told his wife, before he left for work that morning, what he intended to do that day?

The axemen of those times were no doubt fit from the constant physical daily work, no gymnasiums were needed for muscle strength, but who could achieve such a feat of leg strength without training. Fear of heights was obviously not a problem either. It is assumed that somebody would have moved the horse and car before he started chopping.

The Lorne Historical Society would like to know, and record, any details that readers could add about this photograph, one that is surely astounding, even allowing for the daring reputations of the bushmen of the past.

Will Beale

Lorne Historical Society Inc.
info@lornehistorical.com.au

BEAUTIFYING AN OLD TRADIES' TOOL TRAILER

The trailer had seen better days and following some negotiations with the Great Ocean Road Builders, it was donated to the Lorne Men's Shed to 'see what could be done with it'.

Shedders President Allan Walls was delighted with the donation as it provided yet another challenge for his members as was LorneCare President Alain Purnell who had long expressed a wish for a trailer to carry tools to wherever LorneCarers were working.

Over the last months, the Shedders worked constantly to clean the trailer of dirt and rust, repainting it until it was spick and span to present it to a very grateful and delighted Alain Purnell.



Above: Trailer Donated by Great Ocean Road Builders & Restored by Lorne Men's Shed.

Present L to R: Alan Sherlock, Alain Purnell, Lornecare, St. John Sutton, Leo Collins, Garry Fenton & Allan Walls Lorne Men's Shed

Handover Saturday 4th November 2017 at Lorne Men's Shed

LORNE COUNTRY CLUB

Open every day of the year.

Visitors are most welcome.

New arrangement for Lorne Golf and Country Club

The Executive Committee has appointed Matthew White and Bridget Barry-Murphy to manage and run the new Bar & Bistro known at the Lorne Golf and Country Club from the 15th December until February 2018.

The bistro and bar will be open for lunch & dinner seven days a week. A variety of western style meals will be on offer.

A few works around the Clubhouse include restoring the kitchen back to a commercial kitchen, new carpets through-out the dining area and completing the painting at the entrance to the Club in time for the busy summer season.

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HOW... BIZARRE!

Graeme Wilkie

Long before Biblical times we humans have loved a 'bazaar' for reasons of commerce, community interaction, local politics or just simply to find that special bargain, that lost treasure that may have been traded on the Silk Road, or just for grabbing some fresh produce perhaps a pheasant for the table.

Some of my fondest travel memories are of being mesmerised by the nomadic souks of North Africa, or being totally lost in the medinas in the old city of Fez: the people, the traders, with all manner of consumer goods from the Sahara and beyond.

The mystique, the aromas, all captured my imagination with magic carpets, Arabian nights, harems, and genies in bottles. From India, France, Japan, Korea, Nepal, I would always find myself gravitating to the throngs of people at the market.

But... how bizarre!

That we in Lorne disappoint even the incidental traveller on the Great Ocean Road with our markets on our common.

A sad reflection on the convenors of our fairs that represent us to the passers-by of the world as a village that cannot aspire to anything more than mediocrity, with little of anything authentic of the region and the sole intention to raise funds and make money.

Leadership could come, for example, from our Committee for Lorne or our Lorne Community Arts & Culture Foundation to collaborate and help these fund-raising bodies to present their markets, to curate, to manage quality control of the stallholders, and be responsible for the general ambience of the event.

If we do not have the imagination to create this ourselves, surely we could compare notes with some of the long-standing iconic markets in Australia i.e. The Channon N.S.W.,

The Bangalow N.S.W., or even nearer to home, the fabulous Night Jar Market (now branded as Festival) in Torquay or the rapidly expanding Birregurra Festival.

These markets act as tourism hooks. They ATTRACT visitors and position the events as destinations worthy of a visit, provide justification for a journey to the region and do not just feed on those incidental passers-by.

A genuine experience is what we should pursue, markets that offer and reflect the character of the region with authentic arts and crafts of the Otways, good local produce, and good health food for the kiddies etc. etc.

Under the umbrella of perhaps a management team from the LCA&CF, a vision could be created from the independent groups that seek fund-raising, like the Lions, S.E.S, C.F.A, The Men's Shed and the Kindergarten. The market's revenue could then be simply and equitably distributed to them as a dividend.

IMAGINE...

A market that we all looked forward to 'with pride' to attend and patronise.

A market that entertains with buskers, musicians and magicians.

A market with farm-gate produce picked the day before.

A market that helps sustain small business, artists and craft people of our town and hinterlands.

A market that positions Lorne as a destination with more to offer than the beach on a hot day, a reason to return to the holiday house, an opportunity to extend the visit by one more day, and really contribute to our visitor economy.

I believe we have the talent and aspiration within our community. I invite you to imagine and make it a reality.

And then it might not be so bizarre after all.

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SANTA WAS A VIKING

Doug Williams

My Austrian friend has warm childhood memories of decorating the Christmas tree at his aunt's home in Vienna. It would take days to do so and days to disassemble again. I bet the street scenes out the window looked just like those on traditional Christmas cards – all snow and sleighs and children wearing mittens. It would most likely have been a fir tree and sometimes spruce trees are used in the northern hemisphere while here in Oz it's almost always *Pinus radiata* at Yuletide.

It would be inappropriate to start seeing the native cypress (*Callitris columellaris*) being used commercially instead of pine trees because like many of our native pines these have been exploited to an extent that has required many of them to be protected from over-logging, the Huon Pine being an example of this since the timber is resistant to rot, generally straight-grained and of fine quality which has made it ideal for yacht hull construction. It has a variety of uses from construction through furniture making to making guitars. The blue kauri and the black kauri (*Agathis purpurea*) in Queensland are listed as being "Near Threatened" in the IUCN Red List of Threatened Species.

In places where logging is allowed its numbers have declined but it is now protected in many parts of its range. (See footnote 2). Naturally any leafy green branch from any tree can be bought into the home and decorated. Over the twelve days of Christmas for many years my parents used to decorate a *Pinus nigra* that started life as a bonsai but was allowed to grow to a metre tall though still in its tiny ceramic pot. Coincidentally the tree's common name is Austrian pine.

The use of evergreen trees as a symbol of eternal life was common to Egyptian, Chinese and Hebrew cultures and because tree worship was common among the pagan Europeans it survived their conversion to Christianity. Its first appearance is credited to German Lutherans in the 16th Century.

Since Luther was a Protestant, there were no Christmas trees in the Vatican before the cardinals relented, but they resisted installing one there until 1982. Originally the trees were decorated with nuts, fruit, tinsel, ribbons and wafers and, later, candles. (See footnote 1). The star atop the tree can represent either the archangel Gabriel or the star of Bethlehem. Yule and the Yule log are synonymous with Christmas and the word Yule comes from an Old Norse word referencing the god Odin (or Woden) and the tradition of celebrating him has been incorporated into the western Christian tradition - Santa himself can be traced back to Woden.



In Norse mythology Woden is associated with the Wild Hunt, a group of supernatural huntsmen who could be elves, fairies or even the dead. I'm hearing Ghost Riders In The Sky written by Stan Jones and first recorded in 1949 but it's the knockout Johnny Cash version for me as I write this.

As far as I know nobody has recorded the song dressed as Father Christmas but I'm hoping someone will any day soon. So, from eighth century Viking raiders to the modern day it's a bit of a stretch but there I have the terrifying marauders sweeping across the storm-lashed heavens, the flashing hooves and fiery eyes of stallions carrying an army of fierce bearded warriors with jolly old Santa tootling along behind in his sleigh full of toys for all the girls and boys who have been good during the year, planning to drop down the chimney and place them under the Christmas Tree, all fantasy and all myth resolving in good cheer for us all.

1 Accordingly, Christmas trees were the source of many house fires and various countries require trees in public places to be sprayed with retardant then tagged and authorised. Seems a bit silly since we are all using fairy lights, but one can't be too careful can one?

2 Parts of this paragraph were drawn from Wikipedia

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“Lorne Auto Care”

“Lorne Breakdown and Towing Service”

Phone 52892 910

Mobile 0408 579 868

Paul and Maxine Spizzica

Beaurepaire Drive Lorne

lornebreakdown@bigpond.com

Open Monday to Friday

8.30am to 5.00pm

Lornecare News

- caring for our environment

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

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

10.00am on Sunday 10 December

For the exact location see the Community Noticeboard outside the Post Office during the previous week.

The working bee will be followed by a special Christmas barbeque at about 12.30pm. LorneCarers not able to come to the working bee and our supporters are invited to join us for the barbeque.

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

**Sponsored by
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Lorne – a place of natural beauty and special significance



Lorne

**Certified Horticulturist & Landscaper
Landscape design and
Garden Construction**



CAFE and BAR

Opening Hours

Cafe: Friday Saturday Sunday

Dinner from 6.00 pm

Monday Night Music:

Dinner from 6.00 pm

Music & Performance from 7.30pm

Bar: Thursday –Monday from 4.00pm

Barefoot bowling: call Jeff.

Restaurant Bookings: 5289 1462

Catering enquiries: Luke 0467 249 780

Bowling & Functions: Jeff 0429 188 884

Trees removed today!

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FOR MORE INFORMATION ON OPENING TIMES, FUNCTION PACKAGES, SPECIALS OR TO GET IN TOUCH WITH US VISIT WWW.LORNEBEACHPAVILION.COM.AU



LORNE BEACH PAVILION
restaurant - bar - cafe - kiosk

81 Mountjoy Parade / Lorne 3232 / Victoria / P (03) 5289 2882.



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HEARING IS PRECIOUS AND FRAGILE

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

This week is a time for greater community awareness of hearing impairment across all ages. It is a time to look at ways to protect your hearing from future damage due to loud noise, particularly at work.

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 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.

The Ear problems Self Care Fact Card, available from pharmacies throughout Australia providing the Pharmaceutical Society of Australia's Self Care health information can help with hints on how to reduce the risk of ear problems and how to treat those problems effectively when they do occur.

For your nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or follow the link below.

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



**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

138 mountjoy parade, lorne 3232 tel (03) 5289 1580 fax-a-script (03) 5289 2750



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 car port, this property ticks all the boxes for those looking for the perfect functional family home.

\$895,000-\$925,000

Karen Stribling 0439 650 838

Ian Stewart 0418 522 571

*From the team at
Great Ocean Road Real Estate*

HOLIDAY RENTALS

6 SEYMOUR STREET LORNE



THE TREEHOUSE - BEACH IS A BONUS

The Treehouse is much more than a beach holiday destination. It is a rare coastal experience that will have you raving. A peaceful paradise created for those with an appreciation for nature, comfort and charm. The property has been meticulously prepared to serve as much as a retreat as it is a coastal holiday home. Everything from the handcrafted pool table to the lead light doors and custom bathing room screams personality. The Treehouse is not your regular beach shack.

Set over three levels the house is perched on the hillside amongst the canopy of surrounding gums. Spacious decks on both valley facing levels give you that treehouse feel. Inside you will find classic open plan living with polished wood floors, lofted ceilings and abundant natural light. Overlooking the main kitchen living zone is a lofted second living area with pool table and couch. Other features include wood fire, comfy lounges and home theatre. Two bedrooms flank this space to the rear. The third bedroom sits below and is both fully en suited and separately accessed.

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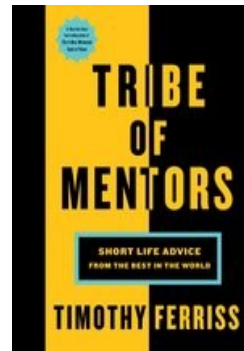
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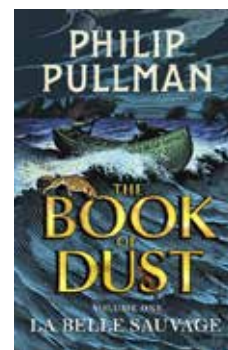


Tribe of Mentors, Timothy Ferriss, \$32.99

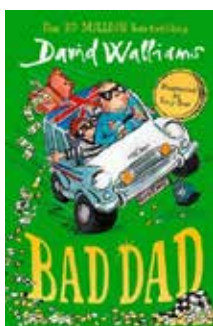
Maggie's Recipe for Life, Maggie Beer, \$39.99



There it is Again, Don Watson, \$34.99

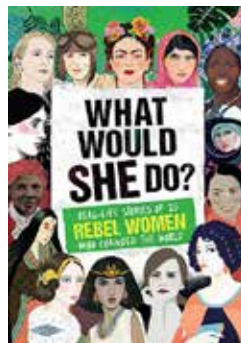
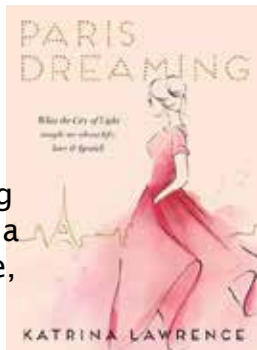


The Book of Dust, Philip Pullman, \$32.99



Bad Dad, David Walliams, \$19.99

Paris Dreaming by Katrina Lawrence, \$35.00



What Would She Do?, Kay Woodward \$19.99



Oi Cat!, Kes Gray and Jim Field, \$24.99

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