

LORNE

Independent

No 194 January 2018

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ABORIGINAL KNOW-HOW VITAL IN FIGHTING BUSHFIRE BATTLE

Traditional Aboriginal know-how incorporated in battle against one of Australia's most formidable and destructive foes – bushfire. More page 5

Pictured: Uncle Rod with fire-fighters from various agencies at a recent burn-off.

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CHINESE ARE TOPS IN TOURISM

Visitors from China are our fastest growing and most valuable inbound tourism market and their overall spending has reached a new record with more than \$10 billion spent.

In our region of our Great Brown Land, visitors from Britain are just ahead in the race to attract tourists, but the Chinese are catching up fast to sample the offerings of the Surf Coast.

Most of the Chinese tourists don't come to Australia specifically to see the Surf Coast, but head out from Melbourne after, presumably, sampling tourist attractions in our State capital.

Member for Corangamite Sarah Henderson MP said figures from the just released International Visitor Survey showed during the past 12 months 228,000 international travellers experienced tourism sites and activities on the Great Ocean Road, 56,000 in Geelong and the Bellarine and 44,000 in the Central Highlands.

Average spends were up across these three tourism regions.

"More tourists are visiting our region and spending more – which contributes to our job creation and boosts the local economy," Ms Henderson said.

"I'm pleased to see our tourism attractions continue to be popular with overseas travellers, it shows marketing of Corangamite locations has cut-through with international visitors, which is great for local tourism operators."

Tourism Research Australia's survey shows international visitors to the Great Ocean Road grew by 47 per cent and spending increased by 58 per cent from the previous three years.

Interestingly, it is food and wine which interests Chinese visitors most.

Just ask Sammy Gazis, at the famous Lorne the Pier Restaurant – he gets phone calls from China for reservations to sample his seafood, especially lobster when it's in season.

The International Visitor Survey is available on the Tourism Research Australia website: www.tra.gov.au

PAKI CAMEL AWARD

Paki Henry first recipient of the Lorne SES Camel Award

At the annual Lorne SES Christmas BBQ held on Scotchman's Hill recently, Pakitu 'Paki' Henry was the recipient of the inaugural 'Camel Award' to recognise his outstanding contributions to the Unit's activities during the year.

The award had been established to recognise the work and exceptional service Michael 'Camel' Callanan's made during his many years of SES membership in the Lorne Unit and his community work.

Sadly, Michael Callanan passed away early last year.

Apart from the contribution to the Unit's rescue roles, Paki was considered by the Unit Management Team to have given a lot of his personal time to the promotion of the Unit, and thereby increasing the community awareness of the State Emergency Service; he worked hard to build up community resilience.

Congratulations to Paki, and Management and Unit members thank him for his efforts and dedication.

Phil Walsh,
Controller,
Lorne SES

"Paki Henry first to receive the Camel Award trophy with the SES mascot 'Henry'"



WHAT DO YOU DO WITH YOUR EUPHORBIA PULCHERRIMA?

Doug Williams

Now that our amiable friend Santa has choofed off to his home base somewhere north of the Arctic Circle chuckling and chortling at all the fun he's had bringing joy to all the girls and boys it is time for the clean-up. Artificial trees are boxed up, the decorations wrapped in tissue paper and stored away on a high shelf and the Christmas lights as well.

The *pinus radiata* is looking unwelcome and so that goes out on the nature strip and the home is stripped of all its festive trimmings apart from those little bits of glitter that take weeks to eradicate as usual. All that's left now are the pots of poinsettia.

Down Mexico way is where poinsettias hail from. They are members of one of the largest genera of flowering plants; it is a euphorbia and has universal distribution from South Africa and Madagascar through to North and South America. The botanical name *Euphorbia* derives from *Euphorbos*, the Greek physician of king Juba II of Numidia (52–50 BC – 23 AD), who married the daughter of Anthony and Cleopatra. On the other hand its common name is 'spurge' – a bland, demeaning and unexotic one indeed.

Euphorbias have an undesirable characteristic in that they exude a white milky sap in order to protect themselves from being eaten by browsing plant eaters. This sap is only mildly poisonous so do not feed poinsettias to your children or pets. The likelihood of them sampling the sap unaccompanied by an adult is unlikely because it is my bet it would be most unpalatable.

But then again the sap has virtues, it's not all dark side. The ancient Greeks used it as a laxative and it also can be a mild febrifuge as well as possessing analgesic properties much as aspirin does. (Aspirin was originally synthesised from the leaves of the willow tree and now 40,000 tonnes – over fifty billion tablets - of it are used every year.)



So, what to do with the poinsettias now that Christmas has been and gone? We've enjoyed the green and red foliage which works so well with the Yuletide palette of colours and want to be able to use them again next season. First, it's important to coddle them a little bit, so pot them up a size and a spot with a northerly aspect is good in the cooler months. An indoor spot is good too. Do not let them dry out of course and don't let them get cold.

If they get a chill you will know because of the leaf drop. Give them a light prune in winter and as the days lengthen in the spring they can be allowed a regular liquid fertiliser such as a seaweed-based product. Full sun in the summer is a no-no because it will burn the leaves. Actually, the leaves will not so much burn as have the liquid in the leaves boil but it's the same result – blackened foliage.

We are using poinsettias at Christmas because of the foliage which has the green shade below and the red above which are called bracts, modified leaves that serve to attract pollinators. The yellow flower is not very large and appears above the red bract in spring, a lovely contrast. There was once a two and a half metre tall poinsettia growing against a brick wall in a house in Lorne not far from the pier with an easterly aspect and sheltered from wind which is most important. That was many years ago and since they are not long lived.....

Mostly though, they are a potted plant here in Australia. Known to the Aztecs, in Mexico and Guatemala they are still known as Christmas Flower and in Hungary, Santa Claus Flower. Easy to grow in the former climes they would be a greenhouse plant in Europe and hard for Santa to grow at the North Pole - the North Pole also being the original home to Superman in his Fortress of Solitude. Now I bet he could teach old Santa a thing or two.

Going to TAFE for the first time in 2018?

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ABORIGINAL KNOW-HOW

vital fighting in bushfire battle

Fire fighting authorities are now incorporating traditional Aboriginal know-how in their continuous battle against one of Australia's most formidable and destructive foes – bushfire.

We welcome the warmer months for their many faceted and bounteous offerings, yet there is an all-embracing fear that this could be the year in which we face destructive fire and possibly loss of life.

Yet the first owners of the land have lived with fire for thousands of years, indeed, learned to harness and control it as a positive factor in their life-style.

When Captain Cook and his ship the Endeavour made their way up the eastern coast of our continent, he recorded in his log the almost continuous presence of fire on shore.

Captain Cook didn't know the real reason for the fire, but burning the bush in a controlled manner was a vital partner in the Aboriginal way of life – it ensured the supply of food, it safe-guarded the communities and most of all it rejuvenated the landscape.

Recently, Aboriginal community members from across Victoria attended, along with a number of agencies and environmental groups, two traditional burns - Wathaurong Aboriginal Cooperative's property Wurdi Youang and Bakers Lane reserve at Teesdale, which is managed by Golden Plains Shire.

The co-operation won the Wiyn-murrup Yangarramela 2017 Fire Awareness Awards – a government and industry partnership award which recognised fire projects that demonstrate Government and Industry collaborating with communities and stakeholders to form meaningful partnerships.

Wiyn-murrup Yangarramela means 'fire spirit comes back' in the Wadawurrung language, and is a joint project led by Corangamite CMA through funding from the National Landcare Program.

The working group included Wadawurrung Traditional owners, Wathaurong Aboriginal Cooperative, Aboriginal community, Golden Plains Shire, Glenelg Hopkins Catchment Management Authority, Parks VIC, DELWP and CFA.

Through extensive engagement the project has seen the emergence of strong cross organisational relationships working together to support traditional owners and Aboriginal people to access and practise traditional burning to fulfill their inherent responsibility to care for country.

'Agencies understanding and embracing their level of involvement, as directed by traditional owners and Aboriginal people's aspirations, has been the key to the success of this project', said the Indigenous NRM Facilitator Angela Jeffery from Corangamite CMA.



Massage & Bowen Therapy

Contact the Lorne Medical Centre on 5289 4333. Private Health rebates apply.

BENDIGO BANK TO OPEN NEW LORNE BRANCH

Corangamite Financial Services Ltd has opened a third Bendigo Bank branch franchise in Lorne after the success of both their Anglesea and Winchelsea branches.

Company Chair John Knuckey thanked the work of Beach House Gifts owner, Dee Stewart, for her hard work in opening and operating a Bendigo Bank agency in her store over the last four years. Ms. Stewart has been an essential part of customers' transacting and it is only due to the increasing demand of the community that it has been decided to establish a fully functioning branch.

The current agency will be closed with all existing accounts transferring to the new branch, which will offer a full range of banking products and services, including deposit accounts, home loans, business banking, financial planning and rural banking.

"We will continue to reward the Lorne community for banking locally by returning profits through sponsorships and grants for local projects to the community.

"Since our first Community Bank® branch opened in 2003, the investment of the community has returned more than \$1.7 million to local groups and projects.

"Funds in excess of \$115,000 have already been distributed back into the Lorne community directly and facilities assisting in generating over \$260,000 in income to local community groups".

For more information about the new Bendigo Bank branch please contact Jeremy Morris on 0428 392 421, or at jeremy.morris@bendigoadelaide.com.au.

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THE LOUTTIT LOOP

Welcome to all holiday makers – especially the campers who certainly contribute a very special feel to Lorne's summer atmosphere. Please enjoy and respect what our sweet village has to offer.

Young Mila (Mimi) Guerrero has made the final eight in The Pride of Australia award which recognises eight of the best unsung heroes in each State. Now 12, Mila rescued two international visitors who were in terrible trouble in a rip. This plucky and smart 11 year old ran in to the ocean with her board and managed to save both drowning people and get them safely in to shore. Mila is a rather shy lass but will be featured in the Pride of Australia free magazine in the Herald Sun on Sunday January 22nd. Her very proud parents own the Swingbridge Café and are also running the Surf Club café this summer.

Congratulations to Jack and Betty Thompson who have just celebrated their 65th Wedding Anniversary. Must be the Lorne air!

The Old Farts golfing group (formerly Hackett's Hackers) at the Lorne Country Club recently established and played the inaugural Rick Grant Memorial Day on their last round for the year. "Farmer" John Wilson will be the first to get his name on the trophy which was presented at a delightful lunch at Matt and Bridget's new Restaurant in the Clubhouse. All present declared the food, grog and coffee excellent! And so it was.

No more burning off OK? You've been warned. Zero tolerance! Please report a fire if you see smoke and the Police and the big red truck will both attend and hopefully extinguish it.

Correction: the Lorne fisherman photographed in the local media was not Keith Miller as stated, but was our oldest man on the sea, Gordon Bannister photographed with his 19 kg Gummy Shark which seemed to be about two metres long! Keith is also an excellent fisherman, but Gordon holds the Aquatic Club record for 2017 with this huge fish.

The Lorne Aquatic & Angling Club recently purchased the Hospital 'people carrier' when a larger one was needed for patients. The Club secured Live Wire Park as a sponsor and so if you spot these words in green on a smallish bus, it is chauffeuring folk to and from this excellent casual venue where a beer with a view is guaranteed, and the need to find a park is eliminated. Ring the bus on 0498 031234 to book a seat or three.

Oscar Balderas is training with the famous Falcons squad which produced the fantastic Jack Stevens. Congratulations Oscar, and congratulations also to parents Sue and Darren who continuously ferry him back and forth to Geelong.

Madelaine who runs the pop-up fresh fish shop in front of the now-closed Fisheries building did a fantastic job at Christmas. Especially considering that she lost her Mum only three months ago. She will be running a terrific raffle all through January with proceeds going to Beyond Blue so please support her. And did you know it's her gorgeous Dad who now delivers our newspapers – and at a much more civilised hour as well!

Bit of a kerfuffle on the Lorne Community Noticeboard on Facebook when Kirsty announced she would no longer be selling newspapers

at the Lorne Newsagency. But hey – someone commented that after all The Bottle of Milk Does not sell milk! Sells great burgers though! And how about the new schmick ice cream shoppe next door to the B of M??

The Shire is calling for comments on renaming the existing pathway in Stony Creek Reserve as Camel Lily Pond Walk in honour of Michael (Camel) Callanan who almost de-blackberried the valley as leader of the LorneCare group and had such visions for the area. Submissions to the Shire's Strategic Asset Manager till 11/1/2018.

Mind you, this walk has been closed since a huge storm in September 2016! Talk about slow! It is possible, but pretty naughty, to ignore the signs and to cross the barrier and the fairly stable first bridge, then negotiate the shallow creek with a bit of cautious rock hopping where the second bridge used to be before it was washed right away, and so over the third bridge (fine) to the gorgeous Lily Pond. Beware of the odd snake up there. Methinks the Shire must know many of us do sneak up to this divine spot because not only do they continue to mow the large open area half way up, but recently sent two blokes up to whipper snip round all the trees near the path, and to blow sweep the entire path! Looks a treat.

Have you ever been to the sheep dog trials? Your big chance to enjoy this very special spectacle is Friday 20th Jan right through to Sunday 22nd running all day. Terrific to see owner and dog take on three stubborn sheep and try to work them through various obstacles and into a pen within a certain time. Deans Marsh is the venue, and there's a great barbie as well.

Mountjoy Parade retailer and artist Karen Ford has an exhibition at the Visitors' Centre at the moment which is worth checking out. Her painting of Post Office border collie Maggie (often seen outside Karen's shop next door) is just beautiful.

Maureen Dandy has taken on the big job of keeping the bikkie tin at the Men's Shed well stocked. After all, she does make the very best Anzacs in the whole town!

Lorne Hotel hosted its very first wedding celebration in the superb beer garden recently! Has to have THE best view from a beer garden – so why not! Weather permitting! (Best ever kids playroom also!)

Two of Lorne's valuable SES members recently successfully passed a 5-day Road Crash Rescue Training Programme. We congratulate them on their commitment and admire their courage to handle such situations, especially using the Jaws of Life efficiently!

Having been a prime mover in the musical side of the excellent Carols night in Lorne, and working at the Medical Centre as well – sweet voiced Tara O'Neill is running a Summer Holiday Programme at the Stribling Reserve footy oval from 10-3 for \$40 a head! Thursday 11th January will be popular with heaps of Pirate activities planned. (lorneholidayprogram@gmail.com gives more details.) We also welcome Catherine - Tara's Mum from Ireland to summer in Lorne and she has been spotted frolicking in the waters of Louttit Bay while Tara is working!

The Lorne school's break-up-picnic at twilight was a huge success. Yummy barbie and salads, original fun raffle (raised \$1,000) and Santa in the Big Red Truck with his big koala and funny fairy helpers were the stars - maybe because of the lolly bags!

So please enjoy Lorne and have a few tea time chats about what your plan is should a bush fire race in with a big northerly wind! It's so helpful if all the family know what the plan is! Most locals have a bag packed, and a Quick Grab List of things like wallet, dogfood, phone, computer, chargers, medications, warm clothes, etc. One list for each member of the family is a great panic saver. Sorry to be so negative, but it could save your life!

Cheers to 2018 and bring it on!.....Lillian



FROM OUR COUNCILLOR

For the Lorne Ward **Cr Clive Goldsworthy - 0400 756 854**
 lorneward.information@gmail.com

As 2017 draws to an end and we all start to unwind through the festive season, here is some light summer reading!!

Visitors to the Great Ocean Road Region

The latest visitor statistics have just been released, all figures are for the year ended 30th September 2017 and percentage increase from 30th September, 2016. The Great Ocean Road Region includes the Shires of Glenelg, Warrnambool, Moyne, Corangamite, Colac Otway and the Surf Coast.

Total Travel for the Region

	Visitors	Nights
Total Travel	5.4 million visitors, up 4.9%	7.2 million nights, up 14.3%
Domestic Overnight	2.2 million visitors, up 15.4%	6.1 million nights, up 10.4%
International Overnight	228,300 visitors, up 10.9%	1.1 million nights, up 41.5%
Domestic daytrip	3.0 million visitors, down 2%	

The Surf Coast Shire received 2.2 million visitors, 41% of all visitors to the region.

Total Visitor Nights for the Surf Coast were 2.7 million nights or 38% of the region.

Domestic daytrip travel to the Surf Coast was 1.2 million visitors or 40% of the region.

Total Travel Spend for Victoria is \$26.0 billion, Melbourne represents the largest share \$16.5 billion. Regional Victoria generates \$9.4 billion of which 14% or \$1.3 billion is contributed to Regional Victoria by the Great Ocean Road Region.

The Surf Coast Visitor Information Centres assisted over 275,000 people. The Lorne Visitor Centre answered 60% of all these enquires and visits.

Lorne Country Club

Fantastic to see Sue Grant up at the Country Club presenting the inaugural Memorial Rick Grant Cup to John Wilson at the Lorne Country Club on the 20th December. Congratulations Farmer John!!

The team event was won by Bob Sinclair, Ken Reid and Russell Soffitt all great mates of Rick.

Events – Statistic & Economic Benefits

The Shire's Economic Development recently completed a study on Events across the Shire. Over 200 events are held within the Surf Coast Shire each year ranging from small community events to significant events such as the Falls Festival. The chart below highlights a number of events held in Lorne listing participants and the estimate economic value to the Surf Coast region

Event	Participants & related parties	Economic Value
Falls Festival	16,500	\$12 million
Amy's Gran Fondo	18,000	\$21 million
Erskine Falls – visits per annum	500,000	?
Lorne Sculpture Biennale	45,000	\$6,300,000
Pier to Pub	5,000 swimmers	\$4,600,000
Mountain to Surf	2,000 runners	\$1,700,000
TOTAL		\$55,600,000

Anglesea Futures Draft Land Use Plan

Following the closure of the Alcoa mine and power station north of Anglesea in 2015, the Anglesea Futures Community Conversations was established by the Department of Environment, Land, Water and Planning (DELWP), Surf Coast Shire Council and Parks Victoria. These conversations provide for community discussion on a range of issues including future land use, the heath, and water.

DELWP has prepared the Anglesea Futures Draft Land Use Plan. The plan seeks to establish future uses for public and private land north of Anglesea following the closure of the coal mine and power station.

Feedback is now being sought from the wider communities. Follow the link below or Google, Anglesea Futures Land Use Plan.

<https://engage.vic.gov.au/angleseafutures>

The consultation period ends on the 28 February 2018.

As 2017 draws to a close my sincere thanks goes out to all those dedicated and fantastic community members who continue to volunteer or contribute in so many ways, for all sorts of roles and responsibilities that make our communities so vibrant and engaging.

As 2018 fast approaches I am looking forward to a rewarding and no doubt challenging year. Wishing everyone happiness and success in 2018, you only have 31,536,000 seconds!!

FAMILY HOLIDAY FIRST AID ESSENTIALS

Dr David Mullen - Lorne Medical Centre



So you're heading off for a family holiday, the first thing you should pack is your family holiday first aid kit. While a basic first aid kit is fine, it's much better if it contains things that are useful for your travel destination.

Whether you are taking a road trip, going camping in a remote area, or spending your days lounging around a resort, there's a chance you'll need a first aid kit at least once during your travels. If you're heading to remote areas or doing a lot of outdoor activities, not only is it essential to pack a well-equipped first aid kit, it could save your life.

For families who do a lot of remote travel, it's a great idea that one parent has a first aid certificate, or at least attends a first aid course to learn the basics. If that isn't an option, then a good first aid guide that fits into your kit is a great option too.

The kit should be kept in a convenient location, with items being replaced immediately after they have been used. It's also important to regularly check the kits to ensure that the appropriate items are not out of date.

What to pack in your holiday first aid kit;

- Thermometer – which are the best to use on children? Also define a temperature and when you should seek medical assistance.
- Antiseptic solution - The most well-known brands include Dettol, TCP and Savlon which all contain germ killing agents for use on broken skin, bites and stings. Apply using sterile cotton wool. For minor cuts and grazes clean the wound and surrounding area using running water and use antiseptic to protect against infection. Apply a band-aid or dressing when the wound is clean and dry.
- Eye wash - Keep a supply of individually packed eyewash. Break the seal and squeeze the vial to allow solution to flow across the eye. If you don't have commercial eye wash, use clean, cooled boiled water instead.
- Plasters (band-aids)- These come in all shapes and sizes and do various jobs. You may like to include a selection, fabric give long lasting protection with extra sticking power and waterproof let air in but keep water and germs out.
- Latex gloves - If you are giving some-one first aid it is essential to protect yourself from infection via blood and vomit. Keep a pair handy in the car.
- Tweezers - These are surprisingly useful for removing small pieces of wood, metal or glass stuck in the body. Clean the area then use the tweezers to pull out the splinter. Squeeze the wound gently, clean and apply a plaster. If you are unable to remove the splinter seek medical advice.
- Crepe and support bandages - These are very useful for strains and sprains. Rest the limb and elevate slightly.

Apply an ice compress and use a crepe bandage or pull over support bandage to help reduce swelling.

- Painkillers - These include Paracetamol, Aspirin and Junior syrup pain relief. Paracetamol is preferred by many doctors for a quick-acting, comprehensive pain relief suitable for fevers, colds, flu and muscle pain, but stick to the prescribed dose on the packet. Don't forget to pack a 5 ml dose spoon to administer children's preparations. Any other drugs??
- Re-hydration solution - Sachets of re-hydration mixture, containing a blend of salts and sugars can be mixed with water and drunk in cases of sickness and diarrhoea.
- Travel sickness pills - Popular brands include Quells and Kalms. There are also travel band bracelets now available which work on an anti-nausea pressure points on the wrist and are useful for drivers as they have no drowsy side-effects. Ginger is a great natural remedy for motion sickness. Grate cubes of fresh ginger and wrap in cling film to chew during a journey, or simply nibble a ginger biscuit.

Don't forget to keep a pair of clean sharp scissors and safety pins inside your first aid box so they are there when you need them.

Finally, don't hesitate to get urgent medical help if you have any further concerns.

A DOGGIE LETTER

I'm called Rocco. My darling friend Cesi Vallesi named me so it's an Italian name. I am a black and white border collie with a big head which makes me a great chick magnet. They all want to pat me. I love it.

Basil the King Charles Cavalier and I walk our owners every morning on the North Lorne Beach and we usually meet a few other mates as we walk almost to the River and back. I'm very busy keeping buses and trucks off our beach which entails a lot of running which I love.

I know where all the deep rock pools are as I don't care for the surf.

Basil and I both love searching for and staring at gekkos. I take ages before I pounce, but Basil is impatient. I have a good owner and as I have an alarm clock in my tummy I know exactly when she should feed me so I tap her fairly hard on the leg.

I spend lots of time waiting. Outside shops especially. At the Post Office lives Maggie, also a border collie. She's my girlfriend but I have to snap at her sometimes because she will not stop kissing me on the lips!

Most of all I sit in our driveway waiting for Rick to come home. He's very late and sure is taking his time as it's been 16 months now.

The boss says "Rocco, Rick's gone, OK?" No it's not. He always comes back.

I really love Lorne and can recommend living here to any dogs who can talk their owners into retiring here!

See ya on the beach.

Rocco Grant

**NEED
LANDSCAPING**

RMP
LANDSCAPES

0412 525 012

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.

ERSKINE FALLS FARM
GRASS FED FREE RANGE EGGS
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Erskine Falls Farm is family owned and operated with 50 hens per hectare. The birds are free to roam and eat grass all day under the watchful eye of 'Isabella' the Maremma dog. The eggs are freshly delivered from the green and pristine Great Ocean Road hinterland.



Isabella

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EDITORIAL

Jo Vondra

Eat more fish... especially on Friday

Our Surf Coast Shire councillors are always good at telling us what to do ...and what we shouldn't. Their latest directive is to encourage us to eat more fish – especially on Friday.

Fish 'n' Chips on Friday was almost a tradition years and years ago, and no dinner table was complete without battered gummy shark, aka flake, butterfish, couta or if you really wanted to treat the family, there were flathead tails. Of course there was also a good serve of chips, perhaps a few potato cakes, battered scallops and prawns, and a couple of pickled onions.

Eating fish had its origins in the religious traditions of Irish Catholicism – Australia does have a large Catholic community at about a quarter of our total population – and eating fish on Friday is tangled up with religious beliefs in the remembrance of Christ's crucifixion on Friday, the symbol of fish as a Christian sign, the consumption of so-called 'cold' meat and a lot of other complicated reasons.

Recent scholarship however has however shown up that some traditional historical belief as incorrect, such as blaming a Medieval pope for banning the consumption of meat on Friday to salvage the fortunes of the German Hansa-ports fishing fleets.

So don't blame the Catholic hierarchy, the real reason is far more innocent. It's been known for a long time that eating fish is good for you; fish is easily preserved in salt, readily

transportable, and various monarchs, including that historical favourite King Henry VIII, have been keen consumers of fish. Convenience was a major reason.

The breakaway Church of England then had problems with the 'Popish' fish, but the mostly Irish Catholics had much enthusiasm to continue the Friday tradition which they brought with them when migrating to Australia and America.

In the United States, an enterprising McDonald's franchise owner in a largely Catholic part of Cincinnati, found himself struggling to sell burgers on Fridays. His solution? The Filet-O-Fish.

Which brings us back to our councillors. The Australian Marine Conservation Society (AMCS) has initiated something called the Good Fish Project pilot, a publicity campaign to encourage people to eat more fish.

Our Surf Coast Shire council was the first to sign up to the project back a couple of years ago and a part of the campaign is Good Fish Fridays – eat plenty of fish as a weekly sustainable seafood offering from local restaurants, take-aways and planned Friday night's dinner.

No reasonable reason was given for the 'fishy' support other than someone thought it was a good idea.

So go to it – eat more fish especially on Friday, or indeed, any other day if you so desire – and encourage our very small fishing industry on the Surf Coast.

Years ago, Lorne's fishing fleet that chased the popular 'couta' was quite substantial – please note the now largely derelict Lorne Fishermen's Cooperative building on Point Grey as proof - but that's all gone now as a by-product of modernity though a few boats still fish along the Surf Coast and their catches are sometimes available in Lorne, Anglesea and in Torquay.

Most of our retail fish comes from the Melbourne Fish market - by buying fish for Friday's lunch or dinner, you can at least enjoy a warm inner glow that you've given token support to our SCS councillors.

'SOPHISTICATED' BIKE RACK AT WYE RIVER

Several years ago, the owners of the Wye General Café installed a bike rack outside the Café, for use by visiting cyclists. Unfortunately, it also proved attractive as an additional monkey bar for children to play on.

The unfortunate result was that the bar collapsed, the bike rack was no more and bikes were being leant up against every nearby object.

Great Ocean Road Cycling Inc has now taken matters in hand. A 'sophisticated' design was developed using a stronger pipe frame, the Lorne & District Men's Shed was engaged to construct the new rack, and once again put their talents to good use. Special thanks to Gary Allen for his welding skills.

On Saturday, 9 December, cycling group members, John Hayden and Tony Elder, took the finished product to its new home outside the Wye General Café.



As can be seen in the attached photo, the rack is now being put to good use!

Tony Elder



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SPORTSBRIEFS

John Ford

January in Lorne sees a wealth of sporting action and opportunities across so many sports! For example January 12th is the Mountain to Surf run, January 13th is the Pier to Pub swim and January 14th is the Tennis Open Day at Lorne Country Club. But don't wait till then, the surf is beckoning and the golf course, tennis courts and football ground are awaiting your best efforts. Let's look at these one by one.

Mountain to Surf Run

The annual Mountain to Surf run is held in conjunction with the Pier to Pub swim. This year will be the 35th year of the 7.5km event – and at the time of writing this article there were still opportunities to enter. The course starts near the foot of William St and heads uphill to Allenvale, along the St George river track and back along the Great Ocean Road to the Surf Lifesaving Club. The run starts at 8.30am on Friday 12th January and runners are released in groups of 200 at two minute intervals. This is to help ease the congestion along the narrow river track as there could be around 3000 runners in total! I thoroughly recommend this event as the 7.5km course is interesting and challenging – for me the hill just past Qdos Arts is the major test!

Pier to Pub Swim

This will be the 38th year of the annual Pier to Pub swim, to be held on Saturday 13th January. The 1.2km open water swim is a truly iconic event attracting swimmers of a range of standards, with some even travelling from interstate to compete. For others the event is about participation, where if the tide and swell are right then a personal best time might even be achieved. Many swimmers are attracted to this event nearly every year, like Lorne's Bernie Everitt who modestly tells me she will be swimming in the event for the 30th time - triple sharkbait status! To mark this milestone she will be joined by her daughters, Hayley and Sarah and son Jack who with other family members will be swimming.

Tennis

On Sunday 14th January, Lorne Country Club will be holding a Tennis Open Day in conjunction with Tennis Victoria. Between 9.00am and 12.00 everything will be free including: ANZ Hotshots, coaching, free play and a barbecue at midday. This will be a great morning of tennis for players of all ages and abilities.

Social Tennis is also available every Monday, Wednesday and Saturday morning from 9.00 till 12.00, and on Fridays from 4.00 till 6.00pm. Members play free and the visitors' fee will be \$10 per session. Refreshments are available at the main clubhouse after each session.

The Club will also be holding a mixed 'round robin' tournament on the Australia Day weekend. For more details about these great tennis events, contact new Tennis Captain Vicki Caravias on 0438 903 444.

Ladies Golf

A new year is about to commence. 2018 is going to be a positive year for the Lorne Ladies Golf, after a very successful 2017. We welcome new players from beginners to all levels, and if you are thinking about learning how to play we can even supply clubs for you. Golf clinics will be commencing in February, for further information contact Lesley 0437028169 or Wendy 0419878089, we are happy to answer any questions.

Congratulations to Rose Wyles, Chris Angus and Jenni Miller for winning the Winchelsea Bowl. Rose also won A grade.



Well done also to Wendy Hutchison for winning B grade at Beeac.

Our club champion for 2017 is Rose Wyles and runner up is Caz Bartholomew, congratulations to them both.

Some 26 ladies had a delicious Xmas lunch recently at Lorne Central. We played a fun 9 holes first with a few champagnes, which seemed to make hitting that little white ball much easier! The dress up theme this year was colourful op shop and we certainly got a variety of outfits.

Our 2018 syllabus commences on Tuesday 6 February. We will have a guest day on 27 February, which is a great opportunity for anyone to come up to the club and join in the fun as well as meet the girls.

Don't forget to check out the new Peak restaurant at the club which is open 7 days for lunch and dinner. The views from the dining room are quite spectacular.

Our start times may vary during the summer because of the weather. Please contact Lesley or Wendy if you are interested in joining us for either 9 or 18 holes, prior to going up to the club.

Happy hitting, Lesley Goldsworthy, Lady President, 0437 028 169

Play Safe This Summer

An important reminder to stay safe this summer. Many of us have probably not done quite as much training as we would have liked and could be a bit 'underdone' in fitness. Respect the heat, listen to your body's signals and drink plenty of water. A timely reminder to respect the ocean, bush tracks, traffic and most importantly each other. Play hard, play safe and most importantly look after each other this summer!

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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5th Jan 6:00pm

Viva Cuba: *bookings online*

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7th-20th Jan

Exhibition Launch:

These paintings are my constants, my way of
looking closer at the moments that have inspired
me over time, they are my pause button in
my every day life

Richard Manning

Pause



19th Jan 6:00pm

Gypsy Fire: *bookings online*

Gypsy Fire features ten-string Spanish guitarist
Matthew Fagan and amazing Czech violinist
Romana Geermans. This will be a truly captivating
live show featuring passionate, virtuosic performance of
Gypsy Jazz, European Gypsy, Tango, Bluegrass,
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16th-18th Jan

Painting Workshop: *book online*

Graeme Altmann

21st Jan

Exhibition Launch:

My Idols are the product of waste and wonder.
Does this suggest that I lie at the feet of a responsible
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Max Gurrie

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23rd-25th Jan

Sculpture workshop: *book online*

Liz Walker

26th Jan

Summer Gumbo: *book online*

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THE VIEW

Check out the view! Chilling on the deck, lazing on the lounge, cooking up a storm or sitting down for meal, it is inescapable. What's more, it cannot be overstated. The foreground is cosmopolitan Lorne at its best. Beyond, panoramic beach, rugged coastline and sparkling ocean run away to the horizon. Formerly the home of one of Lorne's iconic restaurants, The View now opens its doors once again to families and friends to enjoy all to themselves. The rebirth is all class. Fully renovated and finished in style, the apartment features full open plan living spilling onto one of the largest private deck areas in town. Standing up or sitting down, time spent in any living space is time spent marvelling at the view. On arrival you will ascend onto the deck. Whilst huge, the deck has a bit of quirky about it. Tuscan tiles and shade sail meet the modern outdoor setting. Clean lines and contemporary furnishings are standard. The space and aspect is what sets The View apart. Beyond the living, three bedrooms, main bathroom and power room to rear are impeccably presented. Whilst comfortable and well appointed, in the context of the rest of the apartment, these spaces require little more than special mention.

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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.

As usual, the LorneCare team will be cleaning up the Lorne foreshore and beach on New Year's Day starting at 6.00am.

There will be no monthly working bee in January. Working bees will recommence on 21 February 2018. See the February issue of the "Lorne Independent" for details.

*For more information about LorneCare contact:
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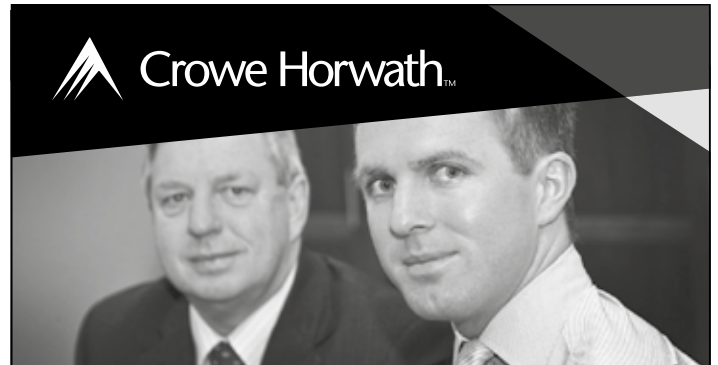
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VISITING LORNE WEEKLY

AQUATIC CLUB

Committee notes

Keith Miller - Commodore

LAAC Commodore's Report

To introduce myself, I am Keith Miller and I have been elected as your new Commodore. I hope to try and fill the massive shoes of Graeme Norton who has done a wonderful job for the last five years. If you see me at the Club come up and say G'day as I am keen to meet as many members as possible over the Summer period.

Merchandise

If you are looking for a Christmas present we have the ideal gift. We've just received a new shipment of Long and Short Sleeve T Shirts, Polo Shirts, Caps, Hoodies, Stubby Holders and stickers. We have the Shirts in - Black, Green and Light Grey. Thanks to our sponsor RJS Group.

Courtesy Bus

Our new courtesy bus is up and running and will be ferrying members and guests flat out all summer to and from our clubhouse. It has a dedicated phone number which is 0498 03 1234. Thanks to our sponsor Livewire Park.

AGM

We recently held our AGM which was a great success with over 60 members attending. We have a new Commodore and one new committee person.

Our new line up is:

Commodore: Keith Miller

Vice Commodore: Doug Williams

Secretary: Ange Quinn

Treasurer and Manager: Ian Hutchison

General Committee: Ric Addison, Leon Armistead, Tony Peddie, Graeme Norton, Barry Hayward and Chris Tutungi.

Also at the AGM we awarded a Life Membership to our ex commodore Graeme Norton.

Graeme was born in Lorne and has been a member of the club for 30 years.

He has been on the committee for 9 years and was Commodore for the last 5 years.



Graeme receiving his Life Membership Badge from Keith Miller

We also awarded Richard Sibly an honorary membership because of his generosity through his merchandise business - RJS Group.

At the end of proceedings we had a few beers and some beautiful food thanks to our sponsor FoodWorks Lorne.

Fishing competition awards

At the end of the AGM we awarded all the winners of our fishing competitions held during the year.

The awards were as follows :

Major Competition

Senior Winner - Andrew Clarke; Runner up - Tony Gallaher; Junior Winner - Daisy Lodge; Runner up - Quinn Lodge

Winter Cup

Senior Winner - Paul Staley; Runner Up - Alison Arundell; Junior Winner - Tilo DeBon; Runner Up - Xavier Bennett

Annual Comp Results

Salmon - Ralph DeBon; Garfish - Steven Love; King George Whiting - Rick Barham; Bream - Miah Atwell; Snapper - Luke Norton; and Flathead - Alan Falzon

Senior Most Species Caught

Winner - Andrew Clarke; Runner up - Alison Arundell (Thanks to our sponsor the Wilson Family); Junior Most Species Caught was a 3 way tie between the Lodge children - Daisy, Quinn and Zane Lodge; and Thanks to our sponsor The Moran Family

We held ten fishing competitions for the year and had a total of 189 anglers. On two occasions we had over 30 anglers compete. We had mixed weather conditions, some good, some terrible but we managed to have fish weighed in at every comp.

Thanks to our sponsors BENDIGO BANK.

Don't forget Jason our coffee man is up and running from 7.30am Friday, Saturday, Sunday, Monday and will be open 7 days a week from Boxing Day onwards. Also we've just filled the freezer up to the bream with bait - It's the cheapest in town!

Greg Saunders:

Unfortunately, Greg's partner in sailing has decided not to continue with this venture so our fundraising efforts have ended. Thank you to all those that donated to this very worthy cause. Greg, although, is not defeated and he has decided to re-vamp a smaller boat with these funds and sail in a different category of handicapped sailing. We wish Greg every success in this venture.

Point Grey Report

We have formed two sub committees - one is a Building Sub Committee responsible for designing and fitting out the new clubhouse and the second one is a Finance Sub Committee responsible for negotiating the key terms with GORCC.

We can at last advise that GORCC has advertised the first step for architectural design expressions of interest for the redevelopment of Point Grey, which includes for the building of a new LAAC club house. This first stage closed on 23 December 2017.

The LAAC building sub-committee has provided GORCC with specific documents to be included in the submissions of our preferred area requirements and preferred area relationships, along with finishes internally and externally.

Once in, the expressions of interest will be evaluated and a short list of 4 applicants will be decided for the next stage and they will be notified in late January.

In early February 2018 these selected four architects will commence the competitive design stage of the design and the landscaping of Point Grey. This competitive stage closes in early March 2018 and the Jury will then make their evaluation of the submissions and appoint a successful applicant by May 2018 for the architectural design works of Point Grey.

We will endeavour to keep you advised of the progress over the coming months.

With the proposal by GORCC to engage architects to re-design the entire precinct - accordingly, the LAAC committee, with the help of committee man, architect Ric Addison, proposed fine tuning the floor plan to meet not just the present, but also the future needs of the Club, its members and visitors. That floor plan, has now been incorporated in GORCC's call for expressions of interest.
Tony Elder, Lorne AAC

Sarah Henderson on SSM law:

Whatever your views on this issue, the decision to allow same sex couples to marry is an historic one for our nation.

As I committed, I voted 'yes' to a bill with strong religious protections.

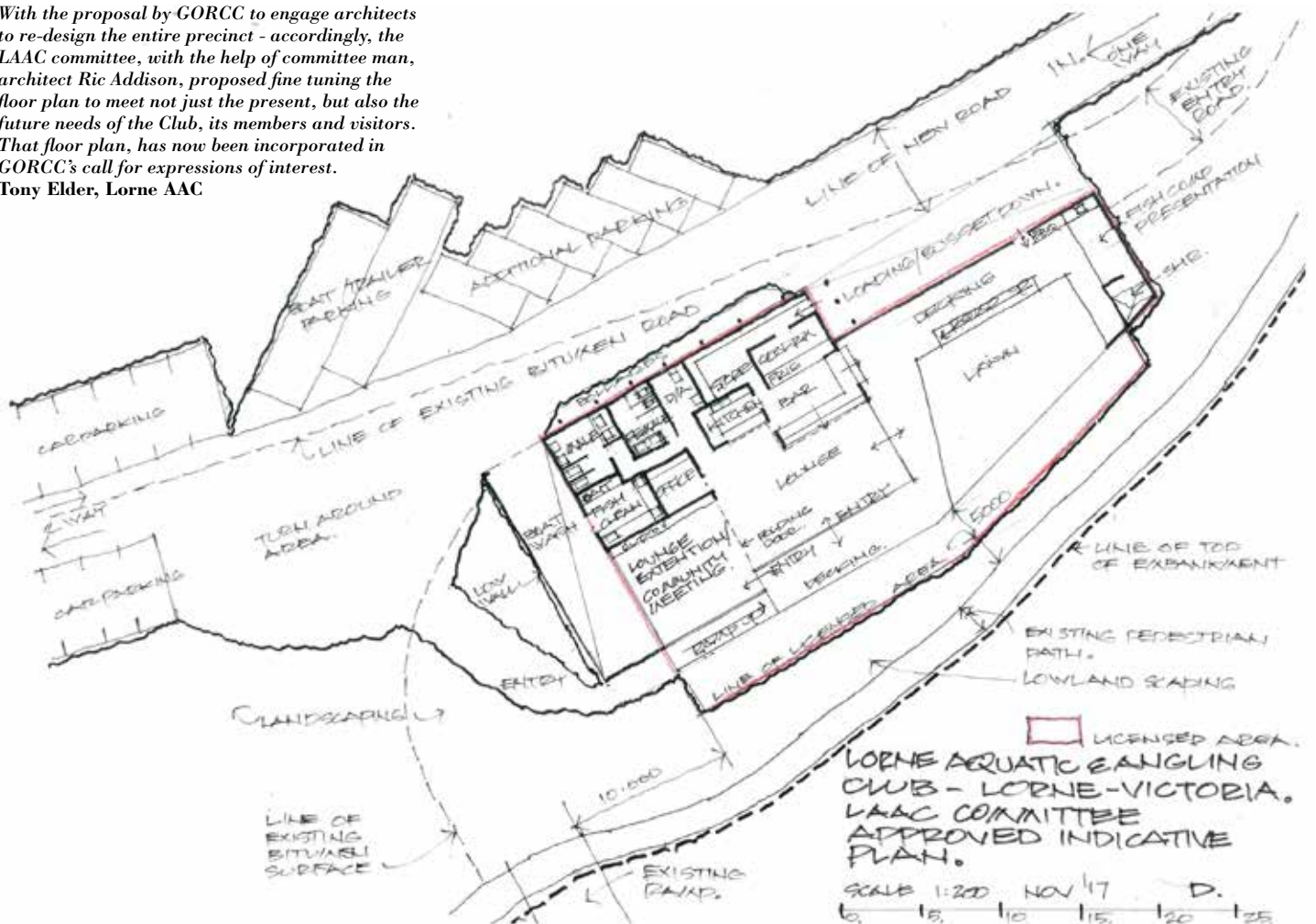
I am proud to be part of the 45th Australian Parliament which has delivered a basic human right of equality.

My support for marriage equality also respects the outcome in our postal survey in which 62 per cent of Australians voted to change the Marriage Act. In Corangamite, the 'yes' vote was a very significant 72 per cent.

In my speech in Parliament, I paid tribute to my dear friend John Parker for whom this issue meant so much.

I thank everyone in Corangamite who had their say. And to the many Corangamite residents who shared with me their concerns, hopes and dreams on such a deeply personal issue as this, I thank you.

Sarah Henderson,
MP for Corangamite



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YET ANOTHER PLAN FOR POINT GREY

A group of highly qualified architects will be working over the next months to examine public submissions to find a solution on how to redevelop the Point Grey precinct.

The authority responsible for this beautiful plot of land, the Great Ocean Road Coast Committee (GORCC) has been scratching its collective heads since it was formed in 2004, and though a number of possibly acceptable plans have appeared (and a few non-acceptable designs too), the big elephant in the room is money.

It's one thing to have an acceptable design, but quite another to find the money to transform the concept into brick, concrete and glass.

Money is usually sourced from state or federal grants, regional authorities such as the Surf Coast Shire, or private developers, and though GORCC had tried hard over the years to find suitable funding, amounts have not been enough to do justice to its ambitious plans.

In line with conventional wisdom, the redevelopment must be sustainable.

Meanwhile, the group is made up by formidable talent – each of the architects is an award-winner in the industry in his or her own right and hopefully their final selection will more than satisfy expectations.

The group is made up of Mauro Baracco, Director, Baracco Wright; Kristin Green, Director of KGA; Bronwen Hamilton, Manager, Victorian Design Review Panel, OVGA; and John Wardle, Director of John Wardle Architects.

The other member is bureaucrat Richard Davies, CEO of GORCC.

The official GORCC media release said that up to four teams will be selected from the Expressions of Interest submissions,

and will be invited to participate in a single stage design competition.

Competitors are invited to provide creative and inspiring responses to the brief, but are subject to the stated achievable aims within the time and budget available.

The jury will select a winner from the Stage Two competitors, who will be contracted to deliver design services through to completion, pending planning approval.

The design competition follows a precinct planning process and a completed business case for the project, a number of research papers, workshops, community consultation and public initiatives that have helped develop and form a picture of Point Grey's potential.

In other words, it is hoped the money and time spent over the last few years in developing plans that were finally rejected, will not be a complete waste.

The Point Grey – Lorne Redevelopment project is being overseen by probity advisors Pitcher Partners. Andrew Mackenzie of Citylab is the Competition Advisor for both the Expressions of Interest and Design Competition process.

Located just over a kilometre west of Lorne, the site of Point Grey is approximately 1.7 hectares in size. Current facilities include the Lorne Aquatic and Angling Club (LAAC), the Lorne Pier, the Pier Restaurant, the former fishing co-op building, and a public toilet and car park.

The competition is seeking “a creative design, encouraging vibrant activity within an exciting public realm which will entice visitors to stop, spend and stay”.

Lorne is holding its collective breath for an acceptable outcome for this latest attempt to solve the destiny of Point Grey.

Media Release and JV

A SNAKE ON A TRACTOR SEAT

Garry Fenton is a retired pastoralist and a most active member of the Lorne Men's Shed and here he recounts being at the 'butt' end of someone's bad joke.

'Rex was always a practical joker and on this occasion, he got a great laugh at my expense.

Rex always commented on the way I would jump into a tractor seat with one leap. I just had an unusual way of putting one foot on the running board and flick over the steering wheel, then my backside would drop back into the seat in one motion.

Possibly could have been called showing off or being smart, but when you're fit and young you do those sorts of things.

Rex warned me if someone left some tools or a thermos on the seat it could prove nasty for me ...

Unbeknown, Rex had killed a snake and knowing I was about to head off on the tractor, he had very carefully positioned it on the seat. I came along shortly after, bounced onto the tractor and at the last split second saw the snake.

Even though I turned myself inside out trying to avoid the damn thing I landed bum first on top of the dead creature. My lift off was immediate and ugly, landing in the dirt on the other side of the tractor.

Rex was laughing so much tears were running down his face.

Garry Fenton

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LORNE BABY BOOMERS

Lillian, from 'Louttit Loop', wrote that the classification of Lorne as a tourist town "offended us mightily". She then wrote about the sense of community relating to the Lions Award recently presented to Peter and Jan Spring.

Below the layer of tourism lies a layer of born and bred local identities. Born in Lorne between 1940 and 1950, the group has affectionately taken on the name 'The Lorne Baby Boomers'. The majority of the group received their education at the local Lorne School before moving onto careers that followed family history in fishing, logging, transport, building and government services.

They are the children of original Lorne families who helped to build the foundation of the Lorne community: the Loves, Nortons, Fultons, Babbingtons, Ferriers, Ridgeways, Hickeys, Armisteads and Schrams, just to name a few.

Fiercely proud of their Lorne heritage, the group, together with their partners, meet biannually over lunch to reminisce and chatter about Lorne in the 'good ole days'. They are truly the grass roots people who continue to share their family history and attempt to further develop the Lorne heritage story.

Yes, Lillian has every right to say that the label of 'tourist town' still 'rankles' many of us!

Helen and Graeme Norton



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MEDICINES AND DRIVING

It is estimated that road crashes cost Australia \$27 billion every year.

Since record keeping started in 1925, there have been more than 189,000 road deaths in Australia.

During the 'silly season' most people will consider their alcohol consumption and how it may affect their driving. However, many people don't realise that medicines can also affect driving.

We all know alcohol can slow our reflexes, but many medicines can do this too. If your driving skills are compromised by medicine side effects, you may cause an accident and risk death or injury to yourself or others. Other risks include fines, property damage, and loss of licence, or even time in jail.

Traffic accidents in Australia

Traffic accidents are a major cause of death and disability in Australia.

Traffic related incidents are the second major cause of death for those aged 15-24 in Australia, and the third most likely cause for those aged 25-34.

In 2016 there were 1,293 road deaths in Australia.

The annual economic cost of traffic accidents in Australia is estimated at \$27 billion.

Traffic accidents are devastating not only for victims, but for society as a whole.

Medicines and driving

Many over-the-counter medicines including antihistamines for allergy, and prescription medicines such as opioid pain relievers and benzodiazepines (for anxiety or sleep disorders) come with warnings against the operation of machinery including motor vehicles for a specified period of time after use. This is because these medicines can impair driving and make traffic accidents much more likely.

Medicines can impair driving by:

- causing drowsiness
- slowing reaction time
- affecting concentration
- causing shakiness or unsteadiness
- causing blurred vision
- causing aggressive behaviour
- affecting coordination.

These are some effects that can make driving unsafe.

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There are many factors that can cause the effects of medicines to vary. These factors can include:

- the individual's metabolism
- the strength and time of dose
- whether it is initial treatment
- whether the dose has increased
- whether it was taken in combination with
- other substances (e.g. other medicines, illicit drugs, alcohol, and some complementary medicines).

Help from your pharmacist

Your local pharmacy is your health destination. Your pharmacist can provide advice on which medicines may affect your driving. When starting any new prescription or over-the-counter medicine always check with your pharmacist about the possible side effects. If the side effects of your medicine do affect driving, ask your pharmacist if there is an alternative. For example, there are now antihistamines for allergy that are less sedating.

Travelling safely when taking medicines

The New South Wales Centre for Road Safety makes the following suggestions:

- Look for and follow instructions on medicine warning labels.
- Ask your pharmacist or doctor to explain anything you do not understand about your medicine/s.
- Read the consumer medicines information leaflet available for most prescription medicines, ask your pharmacist.
- Arrange another form of transport - call a cab, ask a friend or relative for help, or use public transport.

For your own safety:

- Don't drive unless you are fit to do so.
- Don't stop taking your prescribed medicine if your driving is affected, cease driving and talk to your doctor or pharmacist about an alternative.
- Don't take more or less of the prescribed dose unless recommended by your doctor.
- Don't take another person's medicine.
- Don't consume alcohol with any medicine check with your pharmacist or doctor.
- Don't drive if you have missed a dose of medicine that controls symptoms which affect your driving.
- Remember, your driving can affect not only you, but also your passengers and others on the road.



**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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