

LORNE

Independent 2

No 195 February 2018

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FESTIVAL OF COLOUR

The Hindus call it Holi, the Festival of Colour and by throwing colours all over people, this ancient ritual is supposed to promote love and togetherness.

Lorne now has its own Colour Festival, organised by the Hare Krishna community from Bambra with a little seeding money from the Surf Coast Shire.

Some hundred people took part in the colour throwing ritual on Lorne's foreshore recently, and from Leon Walkers great photos, you can see that a good time was had by both young and those young at heart.

Photo credit: Leon Walker Photography.

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VICE REGAL INFORMAL VISIT TO LORNE'S MEN'S SHED

What started off as a casual contact with the Men's Shed led to the Governor of Victoria, the Hon. Linda Dessau AC and her husband, Mr Tony Howard QC spending time one recent Saturday morning with Sheddors and their partners.

The visit was informal with President Allan Walls demonstrating Sheddors' ability to brew great coffee and extend hospitality to the vice regal couple.

Explained Shedder Secretary Don Balwin, "Her Excellency and Mr Howard spent a delightfully casual hour or so touring the Shed facilities and mingled with Sheddors and their partners over coffee and cake."

President Allan said that Her Excellency and Mr Howard showed great interest in the layout of the Shed, its range of equipment and activity program; the Lorne and District

Men's Shed is considered to be one of the most modern and best-equipped in Victoria.

Allan said that the couple voiced their belief in the value of the Men's Shed movement.

Allan had great delight in showing the couple a maquette of the cousta boat sculpture, an entry in the Lorne Sculpture Exhibition due to open late March.

The sculpture is now nearing completion – see page 4 for a story on the work in progress.

The creator of the cousta boat sculpture, local Tony Wolfenden, an award-winning industrial designer, was able to answer questions and point out features on the small maquette.

The Vice Regal couple were in Lorne on a private holiday.

Story and photographs by Don Baldwin

Below: The Hon. Linda Dessau and husband Mr Tony Howard QC, with Sheddors Tony Wolfenden and President Allan inspecting a maquette of the LSE entry.



ARTS ROUND UP

Easter Lions Art Show The very best from the Surf Coast

This year's Lions Easter Art Show will be held as usual at the Lorne Senior Citizens Centre, starting off with drinks and finger food at the official opening on Thursday March 29 at 6pm. Prize winners will be announced later that evening.

The show will be open each day over Easter from 10:00 am until 5:00 pm and will close at midday on Monday 2nd April, 2018.

Noted Surf Coast artists Susan Sutton, herself a multiple winner, will judge this year and prize money on offer is \$500 for each of the categories – Best Oil, Best Water Colour, Best Pastel, Best Acrylic, and Best Other Medium. The People's Choice award is \$250.

The exhibition usually features the very best work by artists on the Surf Coast and beyond, and last year over \$42,000 worth of paintings sold (more than a third of all entries were sold) and 49% of artists sold at least one work.

Progress on the Men's Shed sculpture

The boys at the Lorne Men's Shed are making steady progress in getting their entry in the Lorne Sculpture Exhibition ready for the official opening at the end of next month.

Known as 'The Couta Boat', the entry is yet to be officially named but as things stand, it will be one of the main sculptures entries to be placed on the Lorne Pier.

The Lorne Independent has been forbidden by the organisers of the LSE to publish any images of the work in progress.

'South Coast' by Susan Sutton 1st to 22nd April, QDOS Arts

Acclaimed Surf Coast artist Susan Sutton presents an all new, major collection of her much loved subjects in and around Lorne.

After many years of painting along the coastline and into the Otway bush, the inspiration for Susan continues.

The south coast light, colour and atmosphere pervade the multitude of canvasses currently gathering in her studio. Idle surfboats at the tidelines, beach lovers and competitors mingling, the constantly changing Erskine river mouth, the tidal detritus, natural features along the sand dunes, the busy cafe life in Mountjoy Parade and of course the Otway bush which meets the coast so beautifully in Lorne.

Added to this mix is Susan's recent interest in using some aspects of local history.

These lively, diverse works of art will adorn the walls of the QDOS Gallery for three weeks during April and as a major solo showing will convey Susan's enduring love of the region.

She said of her latest exhibition, 'I have a continuing enthusiasm for many visual aspects of Lorne, always finding fresh inspiration in the town's coastal environs and never tiring of painting familiar subjects through the challenge of new approaches.

'I hope the many visitors to QDOS through April will enjoy the local interpretations and my passion for my art'.

It has been two years since 'Water and light' Susan's last highly successful solo exhibition.

This new collection 'South Coast' is greatly anticipated.



ART IN ABUNDANCE



Lorne is to be the focus at the end of next month of an almost unprecedented wave - dare one say tsunami? - of cultural experiences ranging from the opening of the much-awaited Lorne Biennale Sculpture Exhibition on the foreshore to the Lions Easter Art Show and a number of individual showings at Qdos arts.

The Lorne Sculpture Exhibition has been two years in the planning and offers 17 packed days of cultural experiences, including opening, ceremony, an inaugural conference, lunch with the curator and other events.

The Sculpture Exhibition will extend over a 4-km trail from Erskine River mouth to beyond the Lorne Pier on Point Grey.

The opening ceremony will be held on Saturday, March 17 at 11am and is open to everyone. The opening of the very popular small Sculpture Exhibition will be held on the same day, but later at 4pm.

The first cab off the cultural rank will be the premiere of acclaimed performance artist Jill Orr's *Dark Nights* at 8pm on Saturday, March 17 at 8pm.

A feature of this year's LSE will be the inaugural conference titled *Creating Utopia* - imagining and making futures in the arts, architecture and sustainability.

Sponsored by Deakin University, the conference is part of Education Week. This conference, March 22 -25 will be held at The View Room, Lorne Hotel.

As part of the curatorial theme of the LSE 'Landfall', papers will reflect on issues of environmental decline and degradation, and the wider processes of social and environmental transformation and the regeneration of nature.

Invited presenters come from a wide range of places, spaces and experiences and will convene paper sessions exploring the intersection of the physical and symbolic, the spiritual and the ephemeral, the material and immaterial.

A special programmed event is a 'Slow Lunch with the Curator'. Lara Nicholls hails from Lorne and since leaving Melbourne University, she has had a distinguished career in curating art in the private sector and she now holds an executive position with the National Gallery of Australia in Canberra.

It's on at Qdos 12 noon to 4pm on Sunday, March 25.

For all information on the Lorne Biennale Sculpture Exhibition please see website - www.lornesculpture.com

LORNE SPINNERS SEEK THAT ADRENALIN RUSH



Over the past nine years a group of local hobby cyclists - the Lorne Spinners - has raised around \$300,000 for our Lorne Community Hospital by participating in the Murray to Moyne cycle relay event.

The event this year is being held on the 7th and 8th of April.

The two day untimed event covers 520 k from Mildura, Echuca or Swan Hill via Hamilton to Port Fairy. Several thousand riders take part in teams to raise funds, through corporate and private sponsorships, for their own nominated health service. The organisers claim that in the 31 years of the event in excess of \$20,000,000 has been raised!

The Lorne Spinners, composed of male and female riders aged between 15 and 75, are able to maintain average speeds of between 25 and 30 k per hour, usually travel by bus to Echuca on the Friday, ride in relay the 400k to Hamilton on the Saturday, and then together as a group the 100k to Port Fairy on the Sunday morning before heading home.

Team members pay for their own expenses - registration, accommodation, food and transport - and are encouraged to raise at least \$500 each in personal sponsorship as well as seeking corporate support for the Hospital. Donations are tax deductible and Hospital receipts can be issued.

If you would like to receive the adrenalin rush from participating as a cyclist,

Ed Babington on 04183 84022 or Katy or Karyn at the Lorne Community House on 5289 4383.

Additional riders and support crew are required for this year's event.

Harri Muller,
Optimistic 75 year old ten time rider

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Please note: Absolute deadline for copy is five days before the end of the month.



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THE LOUTTIT LOOP

Busy, busy Lorne! Hard to believe it was the 25th anniversary of the Falls Festival and what a chilly and successful one it was. Also amazing that on the good old Lorne Surf Club's 70th birthday the Nippers program attracted 430 kids from 7-14! Imagine organizing that?? Congratulations all round.

“Landfall – nature+humanity+art” is almost here. From 17th March-2nd April a visit to Lorne's foreshore is a must! 40 sculptors will install their work over the 4-5 km from the Erskine River to the Pier. Lots of little and big projects being worked on and heaps of behind the scenes plans finally coming to fruition (especially at our Men's Shed – very cloak and dagger). Such an exciting time for the town with a giant team of local and out of town volunteers banding together. More always welcomed. Get involved – it's great fun.

A modest sign at the Medical Centre announced that Lorne Physiotherapist 29 year old Ellie O'Kane had won the women's section of the tough 8 km Mountain to Surf run. Ellie bolted round the course, finishing almost 3 minutes ahead of the second place getter and after the presentation she headed off to work!

The 38th Pier to Pub 1.2 km swim took place in calm seas and it was a bit of an upset when a 16 year old guy and a 15 year old lass swam (and ran) the fastest of the 5,000 competitors! Well done to inter-Staters Hayden and Lani.

Beautiful to see Mila Guerrero's beautiful smile in the Sunday Herald Sun proudly showing off her Pride of Australia Medal. Seven Victorians received this recognition for amazing efforts and Lorne is so proud of 12 y.o. Mila for saving the lives of two Japanese girls caught in a rip.

Lorne's Sen-Constable Russell Harrup and Sen. Constable Mick Atkinson have also saved several lives by taking immediate action – even rushing into the ocean fully clothed to save some kids in a rip at Cumberland River. Only a month prior they had saved others from the same rip at the same beach. Thanks boys, amazing effort and well spotted. What do we learn? Only swim at patrolled beaches preferably between the flags, never take your eyes off your kids; if you feel a rip dragging you out, swim sideways to get out of it; AND that our cops are fanbloodytastic!

The Mountjoy Pde flag at half mast announces the passing of a mate – and the word soon spreads. So it was for Bruce Waller – darling husband of Binnie. Rest in peace Bruce, we have great old memories of you – and can still picture you standing at the bar at the Country Club every single Friday night in exactly the very same spot with your dear mate Hendo. Hugs to sweet Binnie.

We will also miss Leanne Wittenbury who died mid-January. Sympathy to Leanne's hubby and all her mates round at Point Grey and in town.

Lorne's Lydia Lassila won GOLD at the Aerial Skiing World Cup at Lake Placid, New York. Reckons she felt “calm, confident, aggressive, and assertive!” Go girl! Bring on the Winter Games.

Such a damn shame that the gravity locks the Men's Shed team put on ALL our rubbish bins have proved to be too fragile for the

job of keeping cockatoos out. Poor Glen the CleanAway truck operator reports he is almost driven mad as he has to hop out when upside down bins refuse to open despite a severe shaking! He slaps on a bright yellow sticker recommending you ring the Shire. What a job in hilly Lorne! The Shire then come promptly and attaches a rubber clip to one side of the bin. Seems to work. But methinks these clever cookies will soon work them out and then we'll need TWO clips, one on each side of the lid.

Photographer extraordinaire Leon Walker's 2018 calendar is now reduced to \$12 and available from HAH Café on the beach. Divine photos of our area.

Schmick landscaping at our school looks stunning. The timber front fence looks wonderful and the Kindergarten is also getting one – both thanks to the generosity of the Falls Festival folk.

No evacuation this year thank goodness, but we must never miss an opportunity to express our appreciation to the voluntary members of the SES and the CFA who manage to do their day jobs as well as answer call-outs to various dramas in the area. A couple more terrible accidents on the Deans Marsh Road send a clear warning – slow the hell down – please!

Homes on the high side of Dorman Street now have regular visits from large mobs (?) of roos complete with joeys – grazing and drinking from bird baths! Well it has certainly been very dry so keep filling up your bird baths daily.

Lorne local Iris Walshe-Howling directed The Hope Song by Janet Brown with the Anglesea Performing Arts Ensemble in a sell out season on the Surf Coast. Now it will be at La Mama in Melbourne from 21-25 Feb. Well worth seeing apparently.

Belated thanks to our amazing Lornecare workers who turned out at 6am on New Year's Day to help GORCC clean up the town after the big night. Official thanks to Alain, Val, Kevin, Penny, Alan, Helen, John, Marnie, Linton and the Browns. Maxine McKew also joined in and is hoping to become a Lornecare regular! Rubbish not too bad, but a serious broken glass problem around the Swing Bridge area, below Scotchman's Hill and near the Surf Club. The situation is being addressed officially in an attempt to improve it next year – thanks to Alain Purnell.

The Aquatic Club's new Commodore Keith held an impromptu one night raffle to raise funds for local Nadine who was in NZ visiting relatives when her rented house burned down on NY Eve. \$1500 was raised to help her, thanks to the amazing generosity of the punters and Foodworks, Maddie The Fish Lady, Dee Stewart's Beachouse Gifts, and the Uphams at the Lorne Hotel.

Lots of changes at the A. Club and they even sell bait now! DOH! On Australia Day an unofficial “Pub to the Pier and then a Beer” swim followed by a barbie sounded great fun!

Sadly we farewell Francesca and Hugo to Byron Bay mid Feb. although they'll be regular Lorne visitors as Alain Purnell still resides here and he's Fran's Dad! We wish them happy northern times, and are reminded that the Murray to Moyne big wonderful bike ride needs a couple more riders. Please ring Ed Babbington on 0418 384 022 if you'd like to gidonyabike and be part of a fun team on the weekend of 7/8 April.

Lorne's traders and accommodation providers are seeing the light at the end of the summer tunnel. Hopefully they've had fantastic times and can take a well-earned break soon. Sadly Mountjoy Parade looks so different without the Arab! Gawn! Trading non-stop since 1956, this historic café attracted many folk to Lorne to reminisce about the good old days sitting on cushions up the back, and meeting future husbands and wives. This year they've been greeted with a huge chain and padlocks and an empty shop. Not for long we hope.... Lillian.



FROM OUR COUNCILLOR

For the Lorne Ward

Cr Clive Goldsworthy - 0400 756 854
lorneward.information@gmail.com

Welcome to 2018

Over the past six weeks Lorne has experienced a temperate summer providing ideal conditions for all activities for our diverse community and day visitors. Our Clubs have seen large increases in patronage and the general consensus amongst our traders has been very positive.

At this time of year I am regularly asked to explain "how are my rates calculated?" and on occasions "why do I pay more rates in Lorne than my rates in Melbourne?"

How are my rates calculated?

As required by legislation, the Surf Coast Shire has adopted the Capital Improved Valuation Base (CIV). The CIV on your property is calculated by a registered Valuer every two years and takes into account the land value and any improvements including buildings, fences, sheds etc. The CIV is then multiplied by the Rate in the Dollar (RID) applicable to your property. The (RID) for 2017/18 rate calculations is 0.0025083 for the Surf Coast Shire. Additional charges are then added to this number which include Municipal charge, Garbage charge and Fire Services Property levy that is collected for the Victorian Government.

How is Rate in the Dollar calculated?

In broad terms the total amount of money to be raised in general rates, is divided by the total value of all rateable properties in the Shire. The resulting figure is called "rate in the dollar" Rate in the dollar varies from Council to Council depending on the number of rateable properties, total value of all properties in the Council and the total amount required to be raised in general rates for community needs and infrastructure.

The table below highlights the impact of RID on rates payable in various municipalities.

Municipality	Property Value	Rate in the Dollar	Rates payable
Surf Coast Shire	\$750,000	0.0025083	\$1,881.23
City of Geelong	\$750,000	0.002794	\$2,095.50
Casey	\$750,000	0.00317551	\$2,381.63
Bass Coast *	\$750,000	0.0037639	\$2,822.93
Stonnington	\$750,000	0.001098	\$823.50
Boroondarra	\$750,000	0.001382	\$1,036.50

* The Surfcoast Shire is often benchmarked against Bass Coast

Rate Capping

In 2015, the Victorian Government introduced rate capping. The rate cap for 2017/18 is 2.0% and applies to the average of all rateable properties in the Shire. The rate cap is not a rate cap on each individual property but rather a rate cap on the total rate revenue for the Shire. Council does not receive extra money if your property value increases. Some ratepayers will pay less than the 2% cap and others will pay more, but the overall rates collected by the Shire won't exceed the rate cap.

Property Values

Property values provide the basis for the amount paid in municipal rates. Changes in property values will vary across a municipality and may result in the rates of some properties going up while others go down. If a property's value increases by less than the average increase across the Shire, the rates for that property will be relatively lower. Rates will be relatively higher if a property's value increases by more than the average increase in valuation.

Valuation Objection

A formal objection to a valuation may be made in relation to the value of a property and also upon other grounds as specified in accordance with the Valuation of Land Act. Ratepayers may object to their valuation within two months of the issue date of the rate notice. More information can be obtained from the Shire's website under Rates & Finance.

Exciting news!

The Peak at Lorne Country Club have decided to continue trading post-summer. The Peak's new operating hours effective February 9 are as follows:

- Friday 11am - 10pm
- Saturday 11am - 10pm
- Sunday 11am - 10pm

The Peak will also be open for events throughout the year.

The team would like to thank the Lorne township for welcoming Matt and Bridge to the community.

SPORTSBRIEFS

John Ford

Pier to Pub Swim

The 38th annual Pier to Pub swim was held on Saturday 13th January. The 1.2 km course attracted about 5000 swimmers who ranged in age from 12 years to 87 years. I mentioned in the previous edition that Lorne's Bernie Everitt was swimming in the event for the 30th time – a great effort given that over this period of time she has raised three children. To mark this achievement she was joined in the swim by ten family members including her sisters, daughters, son and nieces.

Winner of the 1.2 km event was Hayden Cotter recording a very fast time of 10 minutes and 54 seconds, with the female winner being Lani Pallister in 11 minutes and 45 seconds. Both these winners were ahead of their opponents by the narrowest of margins in very closely fought finishes. Well done to all participants.

Ellie dominates Mountain to Surf

Ellie O'Kane, physiotherapist at Lorne Community Hospital, was the first female across the line in the GMHBA Mountain to Surf Run held on Friday 12th January. Her outstanding time of 26 minutes and 49 seconds for the nearly 8 km run was nearly three minutes faster than the second female. Ellie said that she knew she was running well, but not really conscious of her time or position in the field of nearly 2000 runners. In true style Ellie went straight to the hospital after the run for her physio shift - all in a day's work for this athlete who enjoys running all distance events including marathons! Well done Ellie! The photograph shows Ellie at the finish line of the event.



Fastest male runner was 26 year old Andy Buchanan whose time of just under 23 minutes was within seconds of the race record established some years ago by Steve Monaggetti. This time equates to about 3 minutes per kilometre which is quite amazing over the hilly and winding course.

Lorne's Lydia in Olympics

Lydia Lassila will be representing Australia in the 2018 Winter Olympics in South Korea beginning on 9th February. The aerial skier who won gold in the 2010 Winter Olympics in Vancouver is hoping to repeat her achievements, after first competing in the Olympics in 2002. Lydia, who resides in Lorne with husband Lauri and sons Kai and Alek, is now 36 years of age and has overcome a series of injury setbacks to continue to compete at the highest level. She has extended the boundaries for women in sport way beyond her field of aerial skiing. We all wish Lydia the ultimate success and safe jumping in this highly competitive and often dangerous sport.

Tennis

Lorne Country Club Tennis Section held its annual Australia Day Tournament on Saturday 27th January. The format was mixed 'round robin' doubles and the morning of tennis was followed by a barbecue – sponsored by Foodworks Lorne. Seventeen players took part in spirited competition, playing some excellent rallies and emphatic winners. The outright winner was Dorothy Kelleher-Dixon, with member winner honours being shared by Jillian Chapman and Andrew Riccardo.

The Australia Day Tournament followed the popular Free Tennis Day held on 14th January in conjunction with Tennis Victoria. This day included: ANZ Hotshots, coaching, free play and a barbecue that was enjoyed by all players.

Ladies Golf

Welcome to a new season of ladies' golf. Our syllabus commences on Tuesday 6 February with the Summer Cup. We would like to encourage players of all levels to join us, especially beginners.

Golf clinic – Jason Kraan from Anglesea Golf Club will be running a four week clinic commencing on Monday 12 February at 11 am. The lesson runs for an hour. All levels welcome and clubs can be supplied.

Guest Day – we would like to invite you to join us on Tuesday 27 February for our annual guest day. You get the chance to meet the friendly regulars, try your hand at golf or just walk the course.

This will be a fun morning playing in a relaxed environment, certainly no pressure. Play will commence at 8.30 am.

If you need further information regarding our regular Tuesday mornings, golf clinic or the guest day, please contact Lesley Goldsworthy on 0437028169 or Wendy Hutchison on 0419878089.

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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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.

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LETTERS TO THE EDITOR

Reaction to the Festival of Colours

I am making a formal complaint about the noise from the band supporting 'the festival of colours', held last Sunday on the foreshore at Lorne. It was extremely loud, spoiling the whole atmosphere. On the beach could be heard the thumping, mind dulling beat, drowning the gentle lap of waves from the ocean and laughter of children.

From the sanctuary of the houses nestled amongst gum trees behind Lorne, there was no escape!

The band got louder with the one song, 'Hare Krishna' being repeated. Occasionally a count down from 10 to 1 was blasted out. It says on the board advertising this event as being suitable for all ages! I did not enjoy it.

All this technology!!! Why is it that all events have to be amplified and screens used?

I noticed on the beach in the evening before the recent Pier to Pub, an enormous screen. It showed the swim last year. No one was watching and in my opinion it spoiled the otherwise peaceful beauty of a summer evening in Lorne.

Let's not go overboard with noise and flickering technology competing with the quiet beauty we all love about Lorne.

The Festival of Colours is traditionally celebrated in India by Hindus at the beginning of Spring and during a full moon, not unlike the Christian celebration of Easter. It is also a celebration of the triumph of good over evil.

Surely we can celebrate all these things without noise!!

I am interested in knowing what permit or planning process the Hare Krishna went through with the shire. Was noise level considered and if so what level or restriction was applied? As you are no doubt aware, noise on the foreshore reverberates throughout Lorne's natural amphitheatre. It is therefore a much more sensitive issue than at most venues.

Rosalind Jonas

Lorne

Problems in finding fresh sea food

So the Surf Coast shire thinks we should eat more fish! It is hard to disagree with that. The Omega 3 oils in fish are good for our heart health and brain function. But what were the councillors thinking. Do they want us to eat sardines out of cans? Or catch our own fish? Or eat imported seafood?

Victoria is one of the only places in the world where it is almost impossible to find fresh local seafood. Why is this so?

In 1993 the Victorian Land Conservation Council documented that there were 1890 licensed commercial fishers working on a fleet of over 1000 vessels. Since then, the number of licensed commercial fishers in Victorian waters has collapsed, mainly due to poor government policies which have resulted in removal of commercial fishers in favour of recreational fishers. The latest debacle is the current process to remove more commercial fishers

from the waters of Port Phillip Bay, despite the fact that scientists consider the commercial catch to be "sustainable".

I do not have anything against Victoria's half a million or so recreational fishers, but not everyone has the time or resources (or ability) to catch their own fish. There are over six million fish consumers in Victoria who seem to have been forgotten.

The fish consuming residents of Surf Coast Shire are doubly disadvantaged when it comes to accessing local fresh fish. There are very few licensed commercial fishers in the coastal waters of the Shire, mainly due to the lack of safe "all weather" port facilities.

This brings me to a very sore point. The old Lorne Pier may not have been ideal, but it did enable several generations of local commercial fishers to supply fresh local fish to residents and visitors of Lorne. The unique method of berthing Lorne vessels on the pier was a major tourist attraction.

The replacement of the commercially functional pier with a lightly constructed "fake pier" was a disaster for local seafood lovers.

So I am looking forward to our Surf Coast Shire councillors doing more than tell us to eat fish. They need to be representing seafood loving constituents properly by opposing State government moves to reduce the number of licensed commercial fishers. And it would be a good idea to get rid of the fake pier and reinstate a quality maritime structure that enables Lorne to once again be a working fishing port.

John Barker

Lobbying for improved safety on the Lorne-Deans Marsh Road

The Deans Marsh-Lorne Road Safety Group has been busy in meeting with various Government agencies to improve safety on the road link between the two towns for both motorists and bicycle riders. In a statement of purpose, the Group has outlined the following:

- 1 Education for ALL road users on rural roads i.e. Vic Roads 'C' category, as to the additional hazards which are unique to these roadways. Resulting in improved tolerance for ALL road users.
- 2 Encourage cyclists to wear brighter clothing,
- 3 Add extra signage - "cyclists share these roads"
- 4 Amend "Slow vehicles turnout" signage to include the word "cyclists".
- 5 Lobby for Legislation to make it mandatory for bikes to be equipped with flashing lights front and rear and to be on 24/7 on all public roads, due to unpredictable weather conditions.
- 6 Lobby VicRoads for an upgrade which would include extending existing turnouts/passing bays and constructing additional ones.
- 7 Add a shoulder for cyclists for safe vehicle passing.

As a result of the Group's lobbying, VicRoads has instructed its maintenance crew to keep all turn outs on this stretch clear of gravel and other debris.

JB



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EDITORIAL

Queensland weighs into motorist-cyclist debate.

While the Victorian government and various cycling groups are trying hard to come up with some sort of answer to salve the growing rift between motorist and cyclist, Queensland is the latest to join what it calls 'this angry debate'.

In one of the many editorials in the State's newspapers, one writer said, 'Now newly minted Bicycles Queensland chief executive Anne Savage has called for a truce, and it is long overdue.'

'There were 248 fatalities in Queensland last year caused by road crashes, and as she points out, eight were cyclists.'

Ms Savage said that serious injury crashes related to cycling have been increasing by 8 per cent every year, costing the economy about \$150 million annually and leaving hundreds of cyclists severely traumatised by the experience.

She said that she would be working to "end hostilities", a move certainly overdue.

Victoria is in a similar position with open hostilities between motorist and cyclists. It just can't go on, and there is a chorus of voices for change, and change implemented soon.

An interesting point Ms Savage made: the debate between the two bodies is almost like that old dictum – never mention religion, politics, or sex at a dinner party if you want to retain your friends.

It's got a bit like that with motorists and cyclists. Both parties tend to take any debate as criticism of their position and that sort of attitude doesn't lead to positive outcomes.

Which reminds of a so-called Lorne conference we had on dog regulations in the Shire some years ago. One very tall dog owner from Torquay peered down and said: 'You're anti-dogs!' and pointed a finger at my chest to emphasise his stand.

His contribution was totally one sided and unhelpful ; not sure why he had bothered to turn up at all.

Aggression is a common element on both side of the motorist-cycling debate and the big difference is that a motor car does offer its driver some protection during a crash while lycra clothing offers little or nothing in the way of safety.

More and more cyclists are taking to the road, and though much is being done to provide a range of safety devices – specially dedicated cycling paths, electronic warning boards, a plethora of publicity materials on road conduct – the attitude of both parties is still the number one factor in the debate.

And for 'attitude' of the parties, read aggressive behaviour.

You don't have to look far to find evidence of motorist aggression, nor the recalcitrant bicycle riders who can't seem to shake off a sense of entitlement.

Perhaps the answer lies in education, exposing children at an early age on the proper conduct of road use.

You know what the Jesuits say about the power of moulding a child of seven years of age, a good age it would seem to show our boys and girls what's in store for them in the future when they venture on the road either as a motorist or a bike rider.

Let a serious and full-on debate begin but please let both parties have an open and non-prejudiced mind to try to solve this vitally important problem that confronts all of us almost on a daily basis.

JV

LORNE JOINS PLASTIC FREE INITIATIVE

Lorne supermarket shoppers will receive free reusable bags thanks to a partnership between Plastic Free Winchelsea and Bendigo Bank.

About 1,700 reusable jute shopping bags will be available in Lorne, Winchelsea and Anglesea in an initiative supported by IGA supermarket's commitment to going plastic bag free in the New Year.

According to Planet Ark, 10 million plastic bags are used daily in Australia, with 7,000 thrown away every minute. Most of these are not recycled, and some end up causing damage to waterways and wildlife.

Plastic Free Winchelsea's Anne Mulvey said the jute bags will bear a logo designed by Surf Coast Shire Council, featuring the message 'Bring Your Own reusable bags, cups and bottles'.

"It will remind everyone to do what they can to love our environment by refusing single use plastic items," Anne said.

Bendigo Bank's Rob Cameron said: "The \$5000 we have invested will certainly help make our Surf Coast and hinterland region a cleaner and safer place".

Media release



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UNDERSTAND THE RATINGS

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There's no questioning the facts. During summer, you should check Fire Danger Ratings daily via local radio, the VicEmergency website and app. The higher the rating, the more uncontrollable a fire would be if one started.

Ratings can be different across the state, so know your fire district. **Decide what rating is your trigger to take action.**

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Heading downstairs finds two more bedrooms, full service laundry and second living room. The master bedroom on this level is nothing short of special. Fully ensuited with free standing bath amongst the tree tops, this room truly gives a sense of luxury. The views from this bedroom, second living area (with fold up bed - not pictured) and the terraced garden below allow you to fully enjoy the natural setting, complete with native birds and koalas.

Vue Sur La Mer is refreshing, contemporary and full of life. All in all, a perfect holiday destination for all seasons.

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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.

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

10.00am on Sunday 18 February

For the exact location see the Lorne Community Noticeboard outside the Post Office and on Facebook during the previous week.

A barbeque will follow the working bee at about 12.30pm. Visitors and new starters will be made especially welcome.

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

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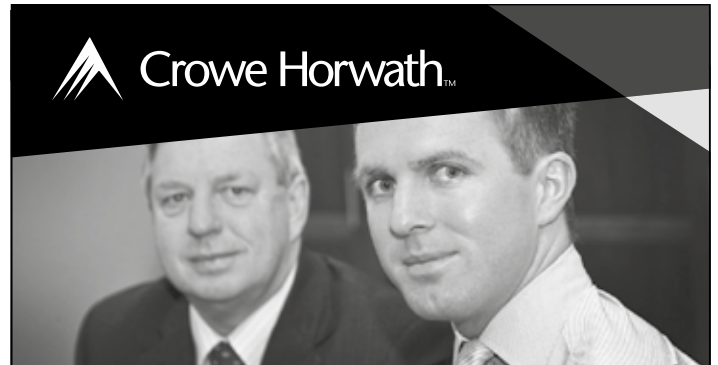
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VISITING LORNE WEEKLY

AQUATIC CLUB

Committee notes

Keith Miller - Commodore

We've had a wonderful start to summer with great weather and lots of members and guests enjoying our Club's facilities in the best location in Lorne and the best cold beer in the world.

On Christmas Eve we had live music and a free barbecue. It was a great night! We also did the same on Sunday the 7th of January.

On a few busy nights we have been barbecuing over 200 sausages and giving them out free of charge. Thanks to Annie, Leon, Heather, Julie and Ange for doing a great job cooking the snags to perfection.

Pier to Pub night was a challenge with the weather going against us but we managed to borrow a marquee to keep the crowd dry and a tarp to keep the band dry. It turned out to be a sensational night with the Vulcans playing some great music entertaining the crowd with a large section dancing the night away.

Upcoming Events

Our first Major Fishing Competition for the year was on Sunday the 28th of January.

We encourage any members who enjoy fishing to have a go especially the kids. We have separate prizes for the juniors. In any competition, all fish must be weighed in by 12.30pm. We usually do a roast lunch and refreshments for all competitors and guests at about 1.30pm.

Our next live music night is on Sunday 11th of March which is the labour day long weekend. The music will start at 4pm and finish about 10pm. We will also be handing out our famous free sausages.

Helping the Community

On New Year's Eve we had a house fire in Lorne and one of our locals Nadine who was visiting family and friends in New Zealand lost everything. We ran a couple of raffles to help her out and our very generous members and guests chipped in and we raised \$1,500 for her. We would like to thank FoodWorks, Maddie the Fresh Seafood Lady, Dee Stewart from Beachhouse Gifts and John & Paul Upham from the Lorne Hotel who all very generously donated the raffle prizes. The LAAC also donated \$500 to the Lorne School for their awards night.

Bus

Our new Courtesy Bus is operating flat out 7 days a week starting at 4pm running from the Tourist Info Centre every half hour. Dedicated phone number 0498 03 1234.

We would like to thank David, Tony, Jenni, Ange, Graeme, Leon and Doug, for driving the bus and also our patrons for their generous gold coin donations.

Coffee and Bait

Our coffee man Jason is brewing the best coffee, tea and hot chocolate in the world starting at 7.30am 7 days a week. He also bakes his own muffins and does a beautiful muesli.

Don't forget we have the best and cheapest bait in town.

Merchandise

Our very popular short and long sleeve T Shirts have been selling so well that we've struggled to keep up with supply. We've run out of the most popular sizes but new stock is arriving in the next few days. If you are looking for a birthday present we have vouchers available for any amount you choose and can be used to purchase merchandise, bait or over the bar.

Fishing Report

The fishing around Lorne has been pretty good with reasonably favourable weather. The Pier has been fishing well with reports of good size salmon, snapper, whiting and calamari being plentiful.

For our boat owners, the offshore fishing has been good also. The water is up to 20 degrees and a beautiful dark blue colour which has occurred much earlier than normal.

Snapper and good sized gummy sharks are abundant. But the arrow squid which are followed by mako and blue sharks haven't appeared yet.

Closer to shore the flathead are still on the chew and king george whiting catches are improving.

I've come across schools of kingfish and tuna but had no luck getting them to bite.

Small schools of good size salmon are popping up everywhere but are very timid and often disappear when approached.

I've written a letter to Fisheries Victoria asking if it would be possible for them to install a F.A.D. (Fish Attracting Device) off Lorne. Apparently, they are installing several off Torquay so I was hoping we could be included.

Clean Up Australia Day

The LAAC invites members, and members of the public to participate in the annual Clean Up Australia Day on Sunday, 4th March. Our emphasis will be to tidy up the entrance to Lorne, basically the carparks from Big Hill to Lorne. If the seas are kind a qualified team will clean up the seabed under the Lorne Pier.

Date – Sunday 4th March

Time – 9 to 11am

Register – 9 am at LAAC

Bring Gloves, Hat and Sunscreen (bags and coffee provided)

Inquiries – Barry Hayward 0414642730

All Welcome

LEAVING HOME

Doug Williams

So you're leaving, pulling up stakes and moving to a new place. And since you would like to take some of your favourite plants with you, you are keen to know the best way to go about transplanting them. This won't be an issue if your plants are in containers, obviously, but you might be heard saying, "What about my roses, my gerberas, my lemon tree, my this, my that? I've been nurturing this clump of Japanese Sacred Bamboo (*Nandina domestica*) for years and I couldn't bear to have to leave it behind."

Well let me say right from the start that in all likelihood you will not be able to transplant all of your darlings. For instance, your established grevilleas, bottle brushes and other natives are very difficult to transplant successfully. Not impossible but damned difficult. On the other hand your established daphne bush can be moved if the proper planning is undertaken – and so let's look at how to go about it. Around six months prior to the replant a trench about thirty to forty centimetres deep and ten centimetres wide should be dug so as to prune the roots. A couple of days before digging out the plant water well, very well to saturate the root zone. Now, dig a hole at the new location. This should be larger and deeper than the root ball you will be placing in this hole which can be half filled with compost and leaf litter and sundry loose material. The root ball will have already been wrapped in hessian or similar to ensure that soil does not fall away from the roots and this can now be carefully untied, placed in the hole and the hessian gently slid out from under the root ball. Irrigate well, very well and backfill the hole leaving a saucer shaped depression¹ so as more water can be delivered over the next week or so depending on the air temperature and having paid attention to the depth of planting. This must be at the same depth as the plant was when you dug it up.

The same principle applies to most plants but I mention daphne as this can require a bit more preparation than other plants such as the aforementioned Jap bamboo which is relatively easy to transplant by comparison with, say, the gerberas you got from your great aunt's garden which are pretty resilient and are easier to work with. Naturally due care should always be taken with every replanting but do not

fall into despair at the thought that this process cannot be attempted, it can. Lemon trees can be transplanted too if they are not too hard for you to manage. It's all about logistics. As was written in last October's column, advanced Date Palms and other trees can be re-located so long as you have the equipment. And the cash. For \$70,000 or more you can have a really big tree put into your yard, safe in the knowledge that this will increase your property value tremendously. Moving really big trees is a difficult thing to do as you can imagine – for example a twenty-nine metre tall ginkgo (*Ginkgo biloba*) was transplanted in South Korea to claim a spot in the Guinness Book of Records.



Those favourite trees can be difficult to move

Moving this huge tree with a span of 33 metres and a girth of 13 metres entailed a lead time of four years in preparation.

Not unexpectedly, the Americans have put forward a number of claims to have done this with bigger, taller, higher, longer, even faster trees (like it's a plant Olympics) but at one thousand, three hundred and fifty tonnes that Ginkgo is a giant of a tree by anybody's measure. Of course, the Egyptians were doing similar transplanting 4,000 odd years ago, so it's not new.

As you can see, transplanting for those of you at home is a comparatively straightforward thing to do, certainly not the gargantuan mission described above, but feasible if you approach the operation with care. I advise you to undertake the task during the plant's dormant period and during the cooler months of the year if at all possible.

¹ *This is not original, it is a term commonly used by gardeners*

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LETTERS TO THE EDITOR

Roads not Ropes

Liberal Member for Western Victoria, Simon Ramsay, has slammed the Andrews Government's decision to take out full-page ads while Western Victorian roads are falling to bits. The ads, defending the excessive spending with the installation of wire cable barriers would be better spent in investing in our roads and bridges.

"Instead of focusing on educating drivers about a wire rope barrier the Andrews Government should be investing in our roads and bridges to reduce road deaths", he said.

"While the Government is infatuated with corralling cars with wire ropes, they're completely ignoring the big issue, being that rural roads are deteriorating before our eyes".

Following Labor's abandonment of the Country Roads and Bridges Program, now rural shires cannot afford upgrades or repairs to our rural roads, bridges and dangerous intersections.

"Despite the potholes and dangerously uneven surfaces littering Western Victoria's road network, the Andrews Government refuses to listen to the concerns of thousands of Victorians and instead continues to placate city drivers."

The full-page adverts which appeared in regional media this week cost taxpayers thousands and thousands of dollars.

**Simon Ramsay,
MP for Western Victoria**

Road use is about co-operation

All road users need to remember that using our roads, particularly our narrower country roads, requires co-operation between users. With that in mind, when out cycling, our Great Ocean Road Cycling group (Gorcs) try hard not to impede other road users unnecessarily.

The law says that we cyclists can ride two abreast and while that is our legal entitlement and is fine if there are no other road users around, on our country roads, when cars, trucks and motor-bikes approach from behind, we understand the need to co-operate and will move to a single line to try to assist those vehicles overtake.

There are two things which motorists can do to assist us with this process:

1 With motorised (not to say anything about electric), vehicles becoming quieter, and with the wind whistling in our ears, it is often hard for us cyclists to hear a vehicle approaching from behind. We keep a regular lookout, but it is not uncommon to glance over the shoulder and see that a car or even a truck, has approached from behind unheard by us. A quick toot on the horn – not an angry blast; as you approach from behind, will alert us to your presence and help us help you, by having us move to single line.

2 Once we are aware of your presence, it does take a few seconds for us to move to a single line, to help you pass. Please be patient and give us time to get organised, it will only take 5-10 seconds, and the Gorcs and those who ride with them, will move to a single line.

Of course, it needs to be remembered, that while that is the Gorcs' way of doing things and we do try to pass that on to cyclists visiting the area, cyclists from elsewhere do not necessarily have the same understanding of the need for co-operation. Hopefully time will improve that.

With patience, understanding and co-operation between all road users, road use will become safer and less stressful for all.

**Tony Elder
Secretary, Great Ocean Road Cycling Inc.**

Everyone loves me.

My Name is Basil Smith and I'm a King Charles Cavalier – brown and white, petite, and very cute. Everyone loves me. And I love everyone. Walking on the beach several times a day I meet and greet every family whether they are sitting down or walking. I love big dogs and love sniffing their nether regions – especially Mickey. I've got lots of friends at the beach and Lorne beach is fantastic as there are so many rocks to sniff and wee on, and lots of rock pools to paddle in to cool down. I don't run much, only after a swim when I go a bit crazy.

It's wonderful in holiday times when all these dogs visit Lorne and leave so many new smells. It keeps me very busy so I am even slower than usual. I keep getting called and even yelled at, but I simply don't listen!

I adore my outside and inside beds, and can sleep all day if no-one's home.

Recently I was involved in a working bee for one of the installations for the upcoming Sculpture Festival. Lots of mulch was sifted and Colin came for days to do it. Then Colin, Tanya, Mia and Ashley, Helen, Grace and uptheroad Sue and Rocco all came to line and fill wooden boxes and plant herbs and plants in them. Art!! They thought it was funny I'm named after one of the herbs, but I'm sure its after Basil Brush.

Once I scared off a huge upright roo from attacking my owner. But mostly I'm pretty laid back and stick to hunting geckos and just sniffing round.

I've got my owner pretty well-trained and she goes to a lot of trouble with my lovely meals and walks me heaps. I feel sorry for people walking on the beach with no dogs 'cos we make everyone smile!

Woof woof.

Angry? Vent your rage!

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A HEALTHY HEART IS A HEALTHY LIFE

As a nation, we tend to take our hearts for granted but the sobering facts are that cardiovascular disease is the cause of 34% of deaths in Australia, followed by all cancers on 29%.

Research and awareness-raising is necessary in order to find cures for heart disease. As such Heart Research Australia was established to raise funds for research into the treatment and prevention of heart disease and associated medical conditions.

The importance of doing something healthy for your heart is highlighted by the fact that 90% of Australians have at least one risk factor for heart disease. The main risk factors include a family history of heart disease, but the risk also increases as you age. Gender is important because men are at greater risk of predisposing conditions.

Information on healthy hearts is available at Heart Research Australia's website (www.heartresearch.com.au). The site also provides four simple steps that we can undertake to make some inroads into improving the health of our hearts.

The first step is to keep moving at any age and at any level of fitness. Exercise has many benefits beyond fitness and flexibility. Exercise stimulates the body's immune system, reduces the blood's ability to clot easily, improves brain function and lowers blood pressure.

Exercise can even prevent some forms of cancer. Research in older patients with age-related muscle wasting (also called sarcopenia) has shown that strength training was found to prevent disability, slow down dementia and reduce the risk of accidental falls. In later life independence and good health are closely related to physical fitness.

The second step is to look at what we eat and to ensure we eat wisely. Good nutrition extends beyond controlling our intake of cholesterol, calories and chocolate. There is also great benefit in understanding the importance of trans fats (bad for you), and polyunsaturated and monounsaturated fats (good for you). Or how the body metabolises different carbohydrates (sugars) and the impact this has on weight, diabetes and body fat deposits.

Research consistently shows that the right balance between food intake and exercise is vital for optimum weight, fitness and health.

The third step suggested is to keep track of our health measurements. This includes cholesterol levels, blood pressure, weight, sugar levels, and exercise capacity. For years health professionals have understood the value of monitoring blood pressure, cholesterol levels, sugar level and body weight. To this we can now add the importance of measuring heart pump function (ejection fraction), exercise capacity (6 minute walk test), waist circumference, and kidney function, among many others. A close relationship between the family doctor, pharmacist and consumer will optimise the way good health is measured and monitored.

Finally, the fourth step is our mental approach and staying optimistic. Studies show our state of mind can protect, as well as damage, heart health. Important risk factors that may lead to heart disease include stress, anger and depression and these can be as damaging as high cholesterol levels in causing heart disease. Conversely, a positive state of mind, a supportive community, and personal happiness may help reduce cardiovascular problems.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support heart health. These include:

- prescription medicine and medicine advice
- health advice such as managing your weight
- blood pressure monitoring
- services to help you lose weight and quit smoking.

Visit your local pharmacy today and find out what they have available.

In addition, you can get more information on heart health from pharmacies around Australia providing the Pharmaceutical Society of Australia's Self Care health information. Self Care Fact Cards available from these pharmacies include topics such as High blood pressure as well as lifestyle topics such as Staying a non-smoker.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'



**Your monthly health newsletter brought to you by the team at the
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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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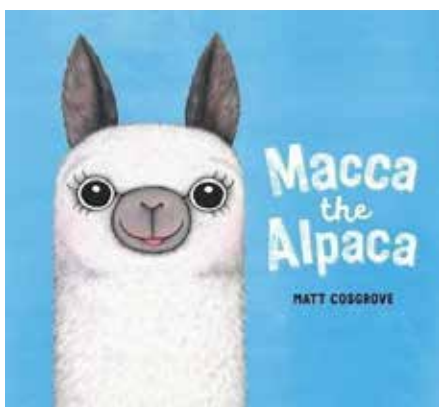
Would you rather love the more, and suffer the more; or love the less, and suffer the less? That is, I think, finally, the only real question.

First love has lifelong consequences, but Paul doesn't know anything about that at nineteen. At nineteen, he's proud of the fact his relationship flies in the face of social convention.

***The Only Story*,
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***Macca the Alpaca*,
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