

LORNE

Independent

No 207 February 2019

Produced as an independent newsletter by Lorne Independent Inc.



GO WITH THE FLOW

Summer Vibes Page 3

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GREAT OCEAN ROAD: Our grand old lady is in trouble

We've got to face facts – like the human body that's aged, our grand old lady is in trouble. Born about a hundred years ago when survey work began in August 1918, it wasn't until November 26, 1932 that she officially came of age.

A couple of decades short of a hundred years, our lady is now showing considerable wear and tear. And like any human being of that advanced age, she's been patched up here and there where there's a need, but this, unfortunately is only a solution in the short term.

And of course the so-called 'specialists' are all around, prodding, examining and giving their wise opinions on exactly what is to be done to the old lady to keep her functioning and in top health.

Tourism is top priority – our lady is an icon, attracting tens of thousands of visitors annually, and thus we've got to do everything in our power to keep her alive. We simply can't afford to have her fall into disrepute!

Ironically, her popularity is one of the major causes of the old lady's declining health.

With increased traffic, especially heavy tourist buses, the wear and tear on the roadway is considerable with work on the road surface now almost continuous, year after year.

In addition, there is strong evidence that climate change and rising sea levels will play a considerable part in the health of the old lady.

Recent media reports highlighted the problem in the Apollo Bay region, where the GOR runs but a short distance from the open sea. Another area is Painkalac Creek and please note the battle the Fairhaven Surf Life Saving Club had with rebuilding its club house.

Victorian Climate Change Minister Lily D'Ambrosio, has given an assurance that rising sea levels are embedded in the Government's overall coastal planning with investment of \$33 million to prepare for the impact. "We know that climate change will cause rising sea levels," she said.

In one of the smartest moves on the GOR's state of health, the state government has committed to establishing an authority, the bi-partisan Great Ocean Road Task force co-chaired by Peter Batchelor and Terry Mulder, to oversee planning and management of the land and seascapes along the Great Ocean Road.

Instead of up to 30 individual agencies such as councils, government appointed authorities and departments, there is now at work one committee to oversee all problems associated with the Great Ocean Road.



State government too has seen the light and VicRoads has constructed rock walls, at least ten of them from Apollo Bay to the St George River, just outside the Lorne town perimeter.

Although Lorne has so far been spared any major damage to the GOR, nature is a formidable opponent and with rising sea levels, Lorne will not be immune from damage and/or change.

Have a look what encroaching sea power can do to our shoreline at the delightful picnic spot at North Lorne, (you can't miss it with its tables and stately Cypress trees). The picnic area is only a few metres down from the GOR as it snakes into Lorne and for some time there's been a battle to stop erosion.

A wire fence now stretches on either side of the area, presumably with the intention of keeping people off the fragile and ever-shifting sand.

It doesn't matter what solutions the ever-wise 'specialists' offer, it always comes down to money, and that's a commodity that is not in inexhaustible supply, especially with election-sensitive governments.

Putting a tax or a levy on GOR traffic, especially on the huge number of tourist buses – some tourist operators already pay a small amount on limited number of passengers – is a possible solution to the ever increased urgency for more money.

And let's remember that when the GOR was finally and officially opened to public traffic in November 1932, the Great Ocean Road Trust charged 2 shillings for a motor car (10 shillings for a wagon with more than two horses), not a trifling amount for the period.

It wasn't until October 1936 that the toll was removed.

JV, various

LORNE'S LATEST CROP OF 'NIPPERS' HIT THE WATER



The Lorne Surf Club intensive “Nipper” Program came to an end recently and with just over 440 aspiring young lifesavers from under-7 to under-14, learning all about ocean safety, first aid and life-saving competition activities.

They also meet new friends during beach events and competitive club activities. And, as organisers say, most importantly it’s about having ‘loads and loads of fun’!

This outstanding program is entirely run by volunteers with great financial support from the Lorne Surf Club in providing the very best equipment available for our youngsters.

And it’s just been announced that the Lorne Surf Lifesaving Club has successfully secured the 2019 State Nipper titles this year, also the Victorian Surf Life Saving State Junior Carnival to be held over the weekend of 23rd and 24th February 2019.

This event will bring to the Lorne beach over 1500 competitors along with their families.

There is so much work that goes into the Nipper program, even before participants arrive for their first session, and then the workload increases even more. Volunteers start each program day at 7am setting the activity stations on the

beach and ensuring all equipment is well maintained and in position for the arrival of the excited youngsters as they progress through 10 sessions of action packed fun.

The intensive program came to a successful end when it was standing room only as the Lorne Surf Club hosted the 440 plus participants, parents and grand-parents for a BBQ and presentation of the 2019 trophies.

Ian Stewart - Committee for Lorne

**RED GUM
FIRE
WOOD**

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0401 622 230

THE AQUATIC CLUB IS WHERE IT'S AT!



What could be more at the heart of summer in Lorne than the Lorne Aquatic and Angling Club (LAAC) at the Pier head opposite the timeless Pier Restaurant? Always a meeting place, it plays a particularly central role in the social life of the town from Christmas through to Easter but most especially during January when it is invigorated by a seasonal influx of visitors with large numbers in attendance from early morning as cyclists, joggers and walkers pause for coffee and then return when the small bar opens late in the afternoon.

This is when old acquaintances are renewed, and new ones forged whether it be people from the caravan parks, casual visitors or politicians and government representatives including the Governor of Victoria who may often be seen in there. One annual visitor, a chap who holidays in Lorne from his home in London, is emphatic in his pronouncement that it is one of the finest venues anywhere in the world.


The month peaks with the Pier to Pub swim as entrants enter the water down the Aquatic Club ramp – loaned for this specific purpose every year – and winds up with the first fishing competition of the year on the Australia Day weekend. It is very much a family-oriented club and juniors are well represented in the many fishing competitions.

The annual fishing competition is held over six holiday weekends and there is a winter competition as well which runs from May through August, so a total of ten competition days a year, every year. It is probably the most active competition-based club anywhere along the Great Ocean Road. There were one hundred and sixty one entrants in 2018. Contestants sometimes come from Colac, Geelong and Ballarat.

Volunteers from the strong committee chaired by Keith Miller, provide free barbecues most evenings, there are raffles and often there is a band playing against a backdrop of a magnificent coastal panorama and to make it easy for visitors, the courtesy bus runs every day as well. Traditionally, every night, families meet up to enjoy the special ambience and the view.

LAAC is firmly embedded in the community and as an intrinsic part of Lorne culture it is able to make regular donations to a great many worthy local causes, such as the Lorne Hospital, local sporting clubs, the Men's Shed and the school. Fund-raising is a strong feature of its mandate. Our current clubhouse is tired and in need of an update, but this does not stop us functioning as an integral contributor to summer in Lorne.

Doug Williams
Vice Commodore
Lorne Aquatic and Angling Club



THE LOUTTIT LOOP

Sincere thanks to our team from LorneCare who joined the GORCC workers at 6.00 a.m on 1st January to clean up after NYE frivolities in town. Thanks to the No Glass Policy it was not a ginormous job, except for the area round the Swing Bridge which seemed to be wall-to-wall discarded glass bottles – intact and broken. A terrible situation in such a barefoot and doggy area but LorneCare's Alain Purnell has got busy with the Shire, the Police and GORCC and these thoughtless, selfish, lawbreaking revelers will not escape next year.

Lost Property found by this working group is bagged and cleaned and ends up for sale in our Op Shop within a few days. This year the most unusual item found was an Oxford Dictionary! What the?

Whatever seaside town one visits, the Pier is always great entertainment. Of course the view from ours is stunning. Also pretty good fun watching the kids and adults who leap into the sea from an area which clearly states "No Jumping"! Luckily there are two ladders to climb back up – usually for another jump! Heaps of fisher folk have been catching all sorts of fish this summer, unless our pet Sammy The Seal rolls over and leaps at the line, cleanly removing said fish as it is hauled up. Hilarious.

Lorne abounds with rumours – especially during the 'busy' time – and one such story involves a guy who left his precious spot on the Pier to throw in a line near the Aquatic Club ramp. Story goes that he hooked an amputated HAND! We've all seen white hand-shaped seaweed but the several wide-eyed folk reporting this happening insist it WAS a hand and it is being kept quiet not to scare others.

'Matter of fact, most of the backs of envelopes in my Lillian bulldog clip for this February edition have been filed as 'not for printing'! Sad because there are some sidesplitting happenings in this little town in summer. One major frustration is that I do not have a photo of the idiots who lit fires in the open on the first State-wide Total Fire Ban day of the year. I would dearly love to show you all what absolute dickheads really look like. Not to be, suffice it to say that our wonderful, amazing, patient, hardworking, devoted and incredible CFA members have saved Lorne several times a day throughout the fire danger period and for that we thank them sincerely.

Also thanks to the enormous team of volunteers who made it possible for over 400 Nippers to have that wonderful week of learning and fun. Incredible effort.

Congratulations once more to the Lorne Surf Club for the excellent Mountain to Surf Run and the 39th Pier to Pub swim – both superbly organized events and once more involving over 500 volunteers! Both races produced the same winners as last year – Ellie Pashley – the physiotherapist at the Lorne Hospital took out the Run setting a new course record, then trotted off to work as she did last year. Two Queensland JUNIORS Hadyn Cotter and Lani Pallister were victorious in their superfish swim events and we all dips our lids to them!

Tragically we must pay tribute to Murray Howard who suffered a fatal heart attack during his twentieth Pier to Pub swim. Murray had heaps of friends in Lorne and will really be missed, but most especially by his dear family and his cobbbers in Beac and Colac. Sympathies to all.

Last month's Independent reported the passing of John Schmidt – our former popular Post Master and much loved long-term Lorne resident. Heather and John made an enormous decision to leave us all and move north to Yamba to be in the same town as their daughter and her family. Dear John wasn't 100% fit when he left, but he did enjoy his last years at Yamba. Our love and sympathy to Heather, Sue-Ellen and Adrian and their families.

North Lorne folk have spotted a local koala sitting and/or leaning on the trunk of a tree – on the ground – asleep of course. He moves from tree to tree so we're never sure where he is. Maybe like many of us the festive season takes its toll and its not possible to go on and make the climb till we have a little zzzzz.

If you're interested in Real Estate, and particularly in real estate on the Coast, contact Lorne Real Estate and sign on to receive their Friday email "Our Backyard – Lorne". It's a ripper of a read. Ian Stewart and his team present an optimistic little chat, a bit of Wisdom from Ian, a market round-up, and even a Little Lorne Secret, as well as a Quote of the Week! Who could not love receiving that every Friday morning! Another great read and guaranteed to make you smile if not laugh out loud, is the Aquatic Club's monthly Commodore's Notes! If you're a member and have a wifi gadget get on the mailing list.

Thanks to Randall and Renae at the Pharmacy (and their marvelous team) for taking over the important job of the flag pole opposite their shop. A sweet, very country, and most important communication point. The flag is put at half mast for deaths, and a pink or blue flag is raised for births! And the word soon gets round.

Speaking of which, we farewell Vera Young who passed away early this year. Our sympathy to Lorraine Griffiths on the loss of her dear Mum, and to each of that very special family.

A publisher's contact tells us that Penguin's book 'Bullshit Jobs' is walking off the shelves. Seems weird holiday reading, but hopefully some of the hundreds of folk working for our Shire may relate to it! Available at our own excellent book shop mid Feb.

Warning! The latest scam seems to be a telephone recording saying 'there is something wrong with your NBN connection, please press one'. Similar to the constant calls from a 'lady' with an accent wanting to fix my faulty computer – NOT! Makes a change from power company callers. It's open season on these pests so give them a blast and hang up.

A group of injured or ancient folk were splish-splashing in their "Elite Aquatic Exercise Class" at one of our resorts with a warm pool, when instructress Evelyn casually mentioned she'd noticed a red back spider building a "nest" in a corner. The appropriate staff member appeared well armed with spray and cloth and dealt with it.

Weirdest report of the holiday time was of an Alsation which spotted a koala in a gum tree at eye level and leapt over the third floor balustrade at it. Result? Broken leg for the poor dog, and sleepy koala stoned on gum leaves snored on.

Venturing out to eat in Lorne in January is something many permanent residents avoid a bit. Too hard to park! But this little duck just must share that a "Birthday" meal at our new Movida was not at all what was expected. It's a relaxed, happy, friendly place with amazing staff, and the most divine food. My 'posh' sister from South Yarra said she would drive to Lorne again any time just for a repeat – especially the Apollo Bay shark! And at \$60 a head for drinks and a la carte shared plates who could complain??

I have yet to try the new eatery we are calling Mosquito but actually is Mestizo – but reports are positive (next to Loutitt Bakery). The Country Club restaurant is also an absolute treat and of course the view is to die for!

Happy and healthy New Year to allLillian x

Lorne Independent Inc.

Published by Lorne Independent Inc.
No. A0041756Y

ABN: 54 724 981 550

Published monthly

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

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

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

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

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

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

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

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

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Harri Muller

Layout and Print:

Mud Group

The Lorne Independent Inc. is produced on a non-profit voluntary basis and, as a newsletter, seeks to give in its pages open access to the community. It is important to note, however, that opinions expressed by authors of articles are their own. Advertising and publicity for community events is free, and all other contributions are most welcome. Supplied copy and pictures must bear the name and address of the author and/or organisation. The editorial committee of the Lorne Independent reserves the right to cut, alter or otherwise work the articles to make them suitable for publication. The committee also reserves the right to reject articles and/or photos if it deems the material to be unsuitable for publication.

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



Lorne Sculpture Biennale 2020

MARKETING AND ADMINISTRATION POSITION AVAILABLE

Lorne Sculpture Biennale Inc. is seeking an energetic, positive and flexible individual to support the Committee of the Lorne Sculpture Biennale until the completion of the next exhibition in November 2020.

The role to be filled requires expertise in marketing and administration and a willingness to contribute to other functions as requested.

Experience in website and print marketing and publicity would be welcome as would familiarity with media management and copywriting expertise.

An ability to manage databases, mailing lists and telephone enquiries is essential as is a willingness to seek and contribute to funding applications.

The successful applicant will necessarily have expertise in computer software and file management.

This position is part-time, contracted for the length of the 2020 Biennale. Flexible working arrangements can be negotiated to suit the successful applicant and Committee demands.

Further information, including salary and conditions, will be available at interview.

Please apply in writing to: manager@lornesculpture.com

Closing date: 15 February 2019.

Public Notice

Lease Agreement

Lorne and District Men's Shed Inc.
45 Otway Street, Lorne (part of Stribling Reserve).

Surf Coast Shire Council is considering entering a lease with the Lorne and District Men's Shed Inc. The proposed lease is for a period of 5 years with a further two options of 2 years each. Feedback or enquiries about the proposed lease should be directed to info@surfcoast.vic.gov.au or phone 5261 0600.

Feedback must be submitted by 5pm, 28 February 2019.

surfcoast.vic.gov.au



**Contact the
Lorne Medical
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5289 4333.
Private Health
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FROM OUR COUNCILLOR

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



Welcome to 2019, what a wonderful start to the year with temperate weather attracting many visitors and residents to enjoy the magnificent Surf Coast. Nearly everyone I have spoken with has had a very busy January whether it be the traders, the Surf Club or our other sports venues around town. Great to see.

Australia Day celebrations.

Australia Day celebrations were held in Anglesea and Torquay hosted and organised by the local of Lions Clubs. I attended the celebrations in Anglesea. The Anglesea Lions Club has hosted this event for many years and are to be congratulated for all their efforts including a traditional Aussie BBQ breakfast.

I presented a number of Citizen nomination awards and announced the "Event of the Year" award to: "The Sound Doctor Presents". A non-for-profit group who have staged more than 10 high-quality musical acts to Anglesea over the past 10 years. Congratulations to founder David Corbett.

Special congratulations to Emily Ross a Young Citizen of the Year nominee. Emily has been an active and enthusiastic participant of Lorne P-12 College camps, excursions and extra-curricular activities including a recent trip to a partner school in Indonesia and PNG's Kokoda Track.

Australia Day ambassador Vedran Drakulic OAM addressed the gathering with a thought provoking speech on Australia Day focusing on looking to the future whilst demonstrating respect, trust and inclusions of all people who are lucky enough to call themselves Australians.

Deans Marsh Festival 2019

Planning for the Festival is well underway and will be held on Sunday 24th March.

"Experience Our Hinterland" is the theme for 2019, showcasing the Deans Marsh community through great live music, art exhibitions, Otway primary produce stalls, a unique artisans craft market and a vast range of activities including the Deans Marsh Gift, High Ball Toss, Sheaf Toss and the crowd favourites, the dog events – show, racing, jumping.

The Festival is the major fundraiser for the town financially benefitting the Primary School, the CFA, the Community Cottage and the Local Hall & Recreation Reserve. Sponsorships are available, so please contact cottage@deansmarsh.org.au to offer your support.

Lorne Community Connect Lunches

The fortnightly Community Connect lunches will commence in late February.

'Christine Walding has kindly agreed to prepare the lunches on the 3rd Wednesday each month commencing 20th February 2019.

Our Celebrity lunches will be held on the 1st Wednesday each month commencing 6th March 2019. World renowned chef Stephen Hishon is returning for the March lunch.

Lorne Football Netball Club.

Last year was another history maker for the Dolphins bringing home the Senior Football Premiership. All football teams made it to the finals. Netball lost a number of players at the end of 2017 and throughout 2018 continued to rebuild. The Club has continued to strengthen and build strong community participation, values and culture that we hold so strong.

The 2019 season will shortly be upon us and is only possible by the continued support the Club is able to generate from our many corporate partners and individuals alike. Volunteers are an integral part of making home games happen so please consider offering the Club a few hours on Home game days. Contact Maxine Spizzica 0409 320 132 if you can assist.

Requesting Road Maintenance or Repair

Have you experienced or seen a road or footpath that isn't up to scratch (maybe it has a pothole or the surface is in bad condition), Email info@surfcoast.vic.gov.au – please quote "Customer Request - roads" in the subject line. Provide as much information as you can, like a location and a description of the issue, and attach a photograph if possible.

Or simply ring the Customer Service team on 5261 0600.

Once the Shire receives your request, you will be advised of a Customer Request for Maintenance (CRM) number. You can also request a follow up from a Council officer.

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5289 2972

Games Group Thursdays 1.00 to 3.30pm

All welcome

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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 17 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
Email: alainpurnell@bigpond.com*

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Lorne - a place of natural beauty and special significance

THE SHARK, A BOAT AND A BIT OF LORNE HISTORY

There's an old photo and story hanging high up on the wall at the left-hand side of the bar at the Lorne Angling and Aquatic Club. Hardly anyone knows it's there, but it tells a great story.

It was Christmas Eve 1935, and Arthur (Fiery) Norton who was 20 at the time and Rusty Norton who was 17 were cleaning couta just off the Kalimna Guest House in their 16-foot couta boat when a big shark that they called a "Grey Nurse" appeared and began nudging their boat.

Fiery lashed a knife to an oar and stabbed the shark. The giant fish then lifted the boat almost out of the water, dislodging the knife. It then went back to the nudging, only this time more aggressively.

Rusty then disengaged the tiller and belted the shark over the head with it with all his might. With this it swam off "thank Christ for that" they said, for it was a "big one and we wanted to go home with our fish"

From 100 metres the shark turned and charged the boat torpedo-like leaving a sizeable hole in the bow (20 x 30 inches). The boat capsized and partially sank, with the two young men were left hoping for the best, both clinging to the gunwale and expecting to be eaten at any moment.

The guests and staff of the Kalimna Guest House had witnessed the whole thing along with those on the Pier and a rescue was quickly organised - the shark was never seen again!

In my opinion I think the shark was a white pointer or now that we all talk American: A Great White.

Grey Nurse sharks are a very shy docile shark and it would be out of character for one to attack a boat but on the other hand quite normal behaviour for a white pointer. Rusty Norton's son Gary still lives in Lorne and was also a professional fisherman until his recent retirement. Gary regularly calls into the Anglers for a beer so hopefully I got this story right,

- Keith Miller



This photo was taken in front of the Anglesea General Store, the boat on its way to Queenscliff for repairs. The young boy in the boat is the late Rex Baldry who was one of the founding members of our club, and the little girl seen on top of the boat, Beverly Fletcher, was a Baldry family member.

CLEAN UP AUSTRALIA DAY

The LAAC invites members, and members of the public to participate in the annual Clean Up Australia Day on Sunday, 3rd March.

Our emphasis will be to tidy up the entrance to Lorne, basically the carparks from Big Hill to the St George River. If the seas are kind a qualified team will clean up the seabed under the Lorne Pier. One may notice the disgusting state of the Big Hill Car Park.

Date – Sunday, 3rd March

Time – 9 to 11am

Register – 9am at LAAC

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

Inquiries – Barry Hayward 0414642730

All Welcome

Grand Pacific Hotel & Apartments Lorne

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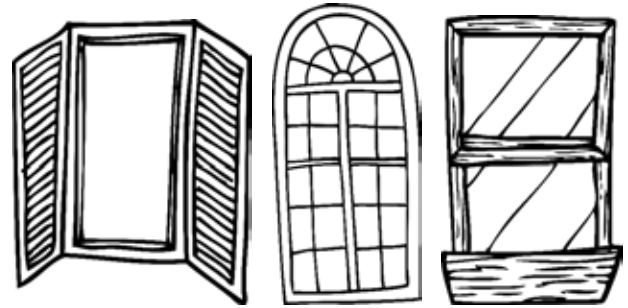
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Editorial

POOL BATTLE

Australians have a thing about swimming pools – a decent size town without a pool is a bit like being without a church or a football ground.

Yet, despite being ‘girt by sea’, few pool facilities take advantage of the abundance of sea-water and instead opt for ‘fresh’ water clogged with chemicals. Sydney is one of the few places where pools are carved out of stone on the foreshore.

Considering its geographical position, the Surf Coast Shire is not blessed with an abundance of pools, especially of the international-standard 50 m design. Open air pools can be found at Winchelsea, Lorne (short course in the old imperial standard); there are also quite a number of smaller, usually commercial indoor pools used for children swimming lessons

Warning: keep away from discussing the Lorne ‘Sea Bath’, pool as the issue is likely to be a health hazard and cause raised blood pressure, possibly TIA’s and other problems.

The Surf Coast Council in 2015 tried to test the waters as it were of local public opinion for an indoor pool at the lavish Shire’s sporting complex in Torquay, and the few public forums SCS officials dared to attend didn’t hold back on their opinion, especially as the Shire suggested that all ratepayers contribute in the form of a levy.

Outrage was ever harder to contain when it emerged that the magnificent complex at Waurm Ponds was only 20 minutes’ drive up the road from the proposed pool site.

MP for Corangamite Sarah Henderson has always been keen on pools and with elections just above the horizon, has started a vigorous campaign for a pool for Torquay specifically, but also pools for areas such as Barwon Heads and a couple of other places on the Bellarine Peninsula... “I am launching a petition calling on Surf Coast residents to support my campaign for a Surf Coast aquatic facility complete with a 50 metre competition pool,” she announced recently.

“The widespread feedback I have received makes it clear that the Surf Coast needs a proper 50 metre pool suitable for high level competitions and training. This would be a massive boost for local schools, families and surf life-saving and swimming clubs needing a proper swimming training facility.

“This is vital community infrastructure – so important for young people learning to swim, community health and for seniors.

“Please sign my petition to help drive support for an aquatic centre complete with a 50 metre pool for Torquay and the Surf Coast. The petition is at sarahhenderson.com.au/petitions”

Unfortunately, it’s not as simple as it appears.

Apart from money needed to actually build the pool, the problem lies in the very high cost for their upkeep. There is no problem with pool attendance in the warmer months but with the winter winds blowing from the south, heated water and surrounds are essential. To properly predict and understand what attracts people to a particular swimming facility, especially year-round, is a complicated exercise in understanding population needs, aspirations and convenience. Money, as always, is a big factor – the whale in the pool.

Perhaps a good way to start what appears to be an upcoming battle of the pool would be for the Surf Coast councillors, relevant bureaucrats and the two main contenders of Corangamite, Liberal’s Sarah Henderson and Labor’s Libby Coker to organise a bus and tour some of the state-of-the-art swimming complexes in and around Melbourne.

Of special interest would be the WaterMarc aquatic and fitness centre at Greensborough. Situated in the heart of a very busy-busy shopping area, this complex is a remarkable achievement in that it offers five pools including a 50m design, as well as anything a person concerned with health and ‘wellness’ could possibly wish for.

The official spiel says: ‘This \$42 million Banyule City Council project is a leader in the provision of health and leisure services with facilities that will continue to deliver excellent results from the first time casual swimmer to the most dedicated of exercisers’.

Another place to visit is the recently opened Eltham Leisure Centre, a more open space design with plenty of outdoor parking; it would probably suit a Torquay situation more than the WaterMarc design. The complex was actually funded by the local Eltham Council but the day to day management is farmed out to a company associated with the Richmond Football Club.

Please have a look at these two complexes ...and only on your return, let the battle for the Torquay pool begin. - JV

SPORTSBRIEFS

with John Ford

Pier to Pub Swim

On Saturday 12th January the Lorne Surf Lifesaving Club held its 39th annual Pier to Pub swim. The 1.2 km event is the world's largest open water swim and this year attracted nearly 6000 swimmers. It is the showcase event of the year for the club which trains over 400 nippers (7 to 14 year olds) each year in swimming, water safety and lifesaving.



This year's open event was won by Hayden Cotter, with the leading female this year again being 16 year old Lani Pallister who was just 36 seconds behind. We congratulate all participants, and the club is proud of the volunteers who help stage the event and give their support all year round. On a sad note we extend our sympathies to the relatives, loved ones and friends of the swimmer who passed away during the event.

Ellie Wins Mountain To Surf Run

Physiotherapist at Lorne Hospital, Ellie Pashley, has won the annual Mountain to Surf run for the second time in a row! Her time of 26 minutes put her more than two minutes ahead of the next female, and only two minutes behind the male winner Nick Wightman. The photograph shows Ellie celebrating with doctors Peter Atkinson and David Mullen from the Lorne Medical Centre – who volunteered their services on the day.



In the past twelve months Ellie has not only won this event again, but regular readers will remember that she also won the prestigious City to Surf run in Sydney. Ellie has also competed in South Africa and recently ran a half marathon in Japan in the truly excellent time of 69 minutes and 20 seconds! We all offer our congratulations to this champion who is very modest about her outstanding achievements.

Lawn Bowls

We start the New Year with all teams in great positions on their respective ladders.

The mid-week team is on top of the ladder whilst the two Saturday teams hold their second positions. All teams won their first game of the New Year.

What a brilliant grand final was witnessed for the 2018/2019 Men's Club Singles Championship on Sunday 13th January. Michael Causon, a ten times championship winner played against Che Turner a relatively new but exciting bowler. The first player to reach 25 points is declared the winner. A crowd of approximately 40 people saw Michael take a substantial lead, seven points to one point, early in the game. Che fought back gradually reducing the margin. At one stage the game became 16 all and then 23 all. Both players provided some magnificent, stimulating bowling prowess in a game where the changing wind patterns played a crucial part.

Who would win? Che produced a scintillating end to score two points to win the match 25 points to 23. The spectators commented how fortunate they were to see such a high quality exciting closely fought contest. Congratulations to both players.

Che Turner and Merna Smith, Ladies Singles Champion played in the Corangamite Champion of Champions competition in Colac on Sunday 20th January. Merna against the Champion from Cobden and Che against the Champion from Derrinallum. Both players made valiant and exciting efforts to win their closely fought matches for the Lorne Bowls Club, but were defeated. Merna 21/25 and Che 18/25.

The Stribling Memorial Day was also held at the Lorne Bowls Club on Sunday 20th January. This event honours the founder of the Lorne Bowls Club Hector Stribling. A splendid competition ended with the winners being Don Baldwin, Steven Hishon and Duncan Leckie. Photo attached shows the winning team being presented with the trophy by Edward Stribling.

Merna and Ken Smith.



Above: Bowls Champions Merna and Che
Below: Michael Caulson



Stribling Memorial Day winners Duncan Leckie, Steven Hishon and Don Baldwin with Edward Stribling

Australia Day Tennis Tournament

Lorne Country Club celebrated Australia Day with its annual mixed Tennis Tournament. This year 22 players aged from 12 to seventy-odd competed in the mixed 'round robin' event on a beautiful sunny day. The large field meant that a fifth court needed to be made available at short notice to allow steady progress of the sets.



Local players Michelle and Eileen played really well and tied for second place, but were no match for Joan from Albury Tennis Club who was the female winner. Ken from Anglesea Tennis Club was the clear male winner, ahead of John and Peter who both posted good scores. Winners' prizes were generously donated by Lorne Central and Lorne Cinema. The Club thanks those volunteers who assisted with the court surfaces, recording of scores and supplying morning tea for the players.

Golf

The annual summer cup is contested during January with players required to each submit five score cards. As we go to print the scores are being finalized and so results and photographs will be included in the next edition of Sportsbriefs.

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

THE LANGUAGE OF FLOWERS

Doug Williams

Every year of marriage has a flower associated with it so that a fifteenth year anniversary is represented by the rose, at twenty years it's the aster, thirty is the lily and forty is gladiolus. Bird of paradise is the flower for a nine year anniversary and, for those Lorne couples who are celebrating their own special anniversary after fifty years it is a choice between a yellow rose or a violet.

I'd go for the violet simply because, in the language of flowers, a yellow rose sends an ambiguous message in today's lexicon but traditionally it signifies infidelity or loss of love. And reading Fionnualla Fallon in the Irish Times in February last year this is pretty much what she agreed with – yellow roses are associated with jealousy. Or they used to be. Supermarkets seem to always feature a display of bananas as you walk in to provide the yellow of sunshine and nourishment. Today yellow roses carry a message of warmth and friendship for many people in the west; joy, wisdom and power in other cultures. They have had a make-over by those in the florist trade although not for Fionualla who also reports that mint represents madness and since I always have a pot of mint near the back door now I have found another use for it beyond the culinary. She says that “a single rose leaf ... signals hope” but she is getting away from the subject a bit which in this column is mainly to be about flowers and their meanings.

In the list of materials for wedding anniversaries we all know that a golden anniversary is the fiftieth. But you mightn't know that flowers – of any type – are given for a fourth anniversary, an eightieth is marked by oak while after ninety years it's stone. Hardly worth being married that long to get a lump of rock some might think but I wonder what Jeanne Calment would be eligible for. Jeanne is the French woman who once said of her fame, “I had to wait 110 years to become famous. I wanted to enjoy it as long as possible.” This was after she had reached that milestone to become the oldest living person in the world at that time. (By comparison Lorne's oldest resident, Eileen Quick turned 104 last October.) Jeanne lived on until the age of 122 and clearly had no need of a copy writer since she has a list of pithy one-liners attributed to her, such as, “I only have one wrinkle and I'm sitting on it.” Less politically correct was her remark that, “Wit doesn't make girls pretty”.



I'm not sure quite what the context of that remark was but from a dame who smoked the odd fag and drank cheap red wine to the end, ate a lot of chocolate and consumed olive oil in large quantities, being PC wouldn't have been her style. She once said, “I see badly, I hear badly, and I feel bad, but everything's fine.” A bit of a French Mae West by the sound of her. Jeanne was eighteen years older than Mae but lived seventeen years longer. By my calculations she could have had two golden wedding anniversaries and have met every known occasion that is associated with every floral reference ever known. Since ivy is coupled with perennial life and immortality that would be appropriate for her but it doesn't carry the cachet that comes with a huge bouquet of flowers which is doubtless what she would have preferred. A very large bunch of roses, which grow so well in Lorne, would have been her preference I feel sure.

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Gala opening Thursday 18th April 2019

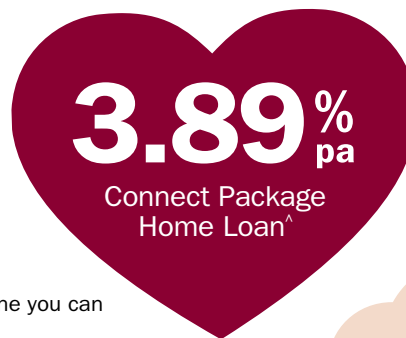
@ 7:30pm – Lorne Community Connect Centre
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Closes at 12pm on 22nd April 2019



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I am very proud to be standing up and delivering for Lorne.

I have secured \$8 million for the **Point Grey** redevelopment including \$900,000 for the **Lorne Aquatic and Angling Club**, as part of our \$154 million **City Deal**.

I am now fighting very hard for funding to support the **Stribling Reserve** upgrade.

Please let me know what's important to you so that, together, we can build a **stronger Corangamite**.

SARAH HENDERSON MP

Federal Member for **CORANGAMITE**



Celebrating the installation of new lights at Lorne Bowls Club



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With Commodore Keith Miller celebrating \$900,000 for the Lorne Aquatic and Angling club.

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Authorised by S. Henderson, Liberal Party of Australia, Waurn Ponds.





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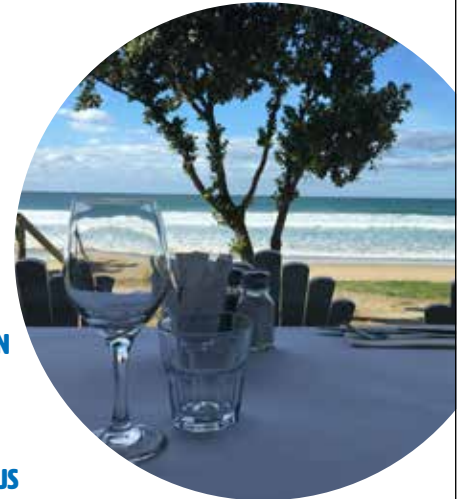
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LETTERS TO THE EDITOR

Dear Editor

Pie in the sky GORCC design factory

In response to the recent email from GORCC titled "Community consultation this summer" (sic). Although much time and effort is still being spent on various Lorne "Master" plans (not to mention "Master" plans for Torquay – of course – Jan Juc and Anglesea) one wonders at the cost of devoting either effort or time.

The "Master" plan for Point Grey can't get started because there's no money (although now the LAAC is fully funded and ready to go from all reports) yet more and more resources are spent on pie in the sky at the GORCC design factory.

Perhaps their limited resources could be concentrated on completing at least one project before considering future ones thus saving money that could be used at Point Grey.

Or might it be like the so-called "Master" plan for the entry into Lorne a few years back. In this case Foodworks supermarket were leased additional land from the caravan park to expand and the building opposite the river which was intended to contain rubbish, is instead being used as storage while the waste bins and pallets of cardboard are still out in plain view.

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VISITING LORNE WEEKLY

Dear Editor

Design for new Point Grey Aquatic Club

The most popular and pleasant feature of the current clubhouse is its beer garden.

It is oriented to capture the sun all day and most importantly the summer afternoon west-south west sun. This ambience is facilitated by the garden being open aired, ie. no roof structure and no stifling glass and other vertical barriers.

A visit on any summer afternoon would make this clear; the glazed and roofed bar area is empty while the open exterior areas are crowded. Patrons love the sun on their back, the fresh sea breeze and the feeling of being part of one of the most impressive vistas in the world. Another feature is that patrons' children can enjoy the rocks, seawater and pier, within view and contact with their parents.

An examination of the plans for the new clubhouse reveal all this will be destroyed and be replaced by sterile air conditioned, claustrophobic drinking rooms, like so many sad pubs and clubs along the coast. Patrons will be isolated from their surroundings. The club's unenthusiastic comments about the design in the Lorne Independent suggest it feels the way I do.

It would seem, as so often happens, bureaucrats and designers throw a lot of money at a project but miss the essence of what they are replacing. The crowd will drift away and the new edifice will become a financial and physical embarrassment.

Rosalind Jonas
Lorne

Dear Editor

Poor TV reception

I'm writing to draw attention to a somewhat frustrating issue that, according to advice I have received, is simply unresolvable - poor and often intermittent reception of free to air television.

It's ironic that a recent news program provided details and showed images taken from the far edges of our solar system, some 6 billion km away. Yet we still cannot get a reliable and consistent picture from nearby Melbourne.

I would be interested to learn of the experiences of other residents so see how widespread the problem is and whether there is a case for some further action by authorities.

Peter and Jacqui Snelson
Lorne

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OP SHOP BUZZ

A curious little object was donated to the Lorne Op Shop recently by one of our volunteers, Pam Hill - a little linen sampler measuring only about 20cm by 10cm, hand embroidered with tiny stitches. The linen appears to be discoloured with age and looks like an old keepsake, brought to Australia in another century from a home far away.

The needlework belonged to Pam's great grandmother, Mary Meadows Davey, and Pam always understood that Mary did the fine embroidery. She migrated to Australia from England and died here as an old lady in 1901, so it's likely that the embroidery was done in the first half of the 19th century when she was a young woman.

The front is embroidered with animals, flowers and trees and the text on the reverse side reads:

Musing on my heavenly
Home fills my soul with
Holy longing come lord
Jesus quickly come vanity
Is all I see for I long to
Be with thee



These are words from an 18th century hymn that may still be familiar to people now. The text seems to be the haunting words of someone pouring out their sadness at being far from home. It has been lying quietly in Pam's home for many years, passed on to her after her father died. It was probably something he kept in memory of his grandmother. Pam says she is not a hoarder, and is happy to pass it on to someone who will love and care for it.

Its connection with Lorne is slim, but we can say that the great granddaughter of the lady who made the little sampler was once a nurse at the Lorne Community Hospital!

On a completely different note, it was lovely to hear the story of local girls Keira Hollmer, Harper Shields and Leah and Myah White who came into the Op Shop recently with \$13.50 to put in the donations box. They had sold their home-made lemonade on the beach in the morning and wanted to donate their takings to the Lorne Hospital via the Op Shop. This town and community are in good hands with such generous and thoughtful kids growing up here. Well done, girls!

Mandy Calder



From the Deck by John Agar

THE OTWAY TRAMWAYS

The Lorne pier, a true centerpiece to my deck view, is a seminal feature of Lorne that still echoes the past – despite a recent renewal.

Most know the pier as a place to stroll in the sun, to spot a frolicking seal, to watch a ray effortlessly swirl and circle between the pylons, or from which to throw a line in hope of ‘the catch of the day’. Fewer know of its’ pivotal past: the bygone days of Lorne when the Port of Lorne – still the official, never-rescinded designation for our maritime link – was the industrial centre of our jewel of a town.

For most of the 1900’s, till the couta suddenly disappeared from Bass Strait in the 1970’s, the pier was all about fishing: couta boats, the unique but necessary crane, boxed fish in ‘the Co-op’, and the smells of fish, kelp, salt, and sea.

But, reaching further back into memory, different sounds, sights and scents would have assailed the senses. The pungent smell of oil, the lazy drift of smoke from the stacks of a steamer drawn alongside, the neigh of weary horses, and the groan of chains. And, above all, the crash of massive trunks – the pride of the Otway forests – as they tumbled into the hold of a waiting ship.

Steamer after steamer was laden with prized mountain ash, hardwood timber from the ancient hills. Steamer after steamer would disgorge visitors to the guesthouses that had proliferated in the town centre, then load its precious cargo of wood and depart, destined for the larger ports of Geelong and Melbourne.

These were the goldrush years in the second half of the 19th century. Victoria was riding the back of unparalleled prosperity. The gold field poppet-heads of Bendigo, Ballarat, Clunes and Maryborough, and the sidewalk promenades of a rapidly-expanding Marvelous Melbourne had created an endless demand for strong, durable timber. Lorne and our southern coastal neighbour, Apollo Bay, were nearby, and the sea-trip quick. Crucially, the Otway ranges sourced some of the finest, strongest timber the world had ever seen.

As the Otway old-growth forests were plundered, rail penetrated from inland to the north-western slopes into Deans Marsh and the Pennyroyal valley from Wensleydale and Moriac, into Weeaprounah and Beech Forest from Colac, and into Timboon and the Ayre and Gellibrand River valleys from Camperdown and Cobden. Meanwhile, the Lorne pier provided sea access to the deep, short gullies of the eastern slopes, where giant hardwoods were abundant.

My great, great uncle, Howard Hitchcock, who conceived, funded, then resourced the Great Ocean Road, was still in knee-breeches when the Port of Lorne was in its’ heyday, the ‘road’ not yet a twinkle in his eye. A chancy Cobb and Co. coach provided the only road access from Deans Marsh, but the coach was



One of the most substantial steel-railed tramways in the Otways was Henry’s near Forrest, which employed several steam locomotives including diminutive Tom Thumb, pictured in about 1910. (Colac and District Historical Society)

regularly bogged and immobilized by deep mud. The sea was the only reliable way in ... and out.

Trains and railway lines were impossible in the steep coastal terrain, but horse-drawn trolleys and tiny, pocket handkerchief-sized steam engines that ran on tram-tracks – the fore-runners of light rail – were ideal. Tramways penetrated the St George River, the Cumberland, and the lower reaches of the Erskine at Lorne, and the Barham River and Skenes Creek at Apollo Bay.

Walk the George upstream from the river mouth. The wide track to the footbridge over Cherry Tree Creek was once a tramway. Further up river, if you look carefully as you tread, remnants of tramline sleepers still remain – though most have now rotted away. Watch for the cuttings carved through ridges and perched above tight river bends.


Vestiges of old tram tracks also hug the coastline, high on the southern St George headland from Sheoak, and low around the northern St George headland to the Queens Park caravan park. Their destination? ... the Lorne pier.

While sawmills dotted the hinterland, some were close at hand: the sawmill site at Allenvale – now a tent-only campground; the mill at Hitchcock Gully near Kennett River; and Babington’s mill on the Wimboleel track from Benwerrin, the last to close in 1989.

Once – and not so long ago – our nearby ranges echoed to the scrape of saws, the shouts of hard, tough timber men, the thunderous crash of felled giants, the snorts of laboring horses, the chuff of mini-steam engines, and the creak of laden wagons.

Once – and not so long ago – the pier at Lorne played a pivotal role in the growth and prosperity of Victoria, built as it was on the giants of the Otway forests.

Reference: *Railways of the Otway Ranges*, by Nick Anchen. ISBN 978-0-9807640-00-0 ... available at the Lorne Historical Society.



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EASTER ART SHOW TO ATTRACT TOP ARTISTS

Publicity has gone out to the Surf Coast and general art community to attract entries from near and far for the Lions Club of Lorne annual Easter Art Show in April.

First held 49 years ago, the Lions Easter Art Show is now one of the most popular show-cases for paintings on the Surf Coast – many well-known Australian artists got their ‘start’ exhibiting at the Lorne show.

The official opening of the 2019 Easter Art Show will take place on the evening of Thursday 18th April 2019. The show will be open each day over Easter from 10:00am until 5:00pm and will close at midday on Monday 22nd April, 2019.

A well-known artists in her own right, Lorne’s Cynthia Wynhoven will be guest judge. Ms Wynhoven has been associated with the Easter Art Show on the organisational side and as a exhibitor for many years and in addition to her community contribution, had written extensively on art for the Lorne Independent, the Surf Coast Times and other publications.

She and her husband Jack Wynhoven were members of the initial committee that established the Lorne Sculpture Exhibition.

Last year’s 2018 Easter Art Show was particularly successful in that over \$38,000 worth of paintings sold, more than a third of all entries found buyers and 60% of artists sold at least one work.

The Lions Club of Lorne was established in 1970 and comprises team of men and women who work tirelessly to raise funds to provide financial and other support to worthy causes within Lorne and also to initiatives of Lions International.

For most of those 48 years, the Lions Club of The Lions has contributed to a wide range of community projects. Sporting clubs, emergency services, the hospital, church groups and individuals with particular needs; all have been beneficiaries of the Lions Club. The motto of Lions is “We Serve”. - BB



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Lorne SES Unit is currently recruiting for six new members to assist in keeping your community safe.

As well as emergency response, VICSES volunteers engage with the community to help them prepare for disasters.

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For more information phone Adrian on 0419 114 003
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BENEFITS OF TELEHEALTH



The Lorne Community Hospital is committed to providing the best care to its patients as close to home as possible. Telehealth is the use of technology (usually video) to provide healthcare over a distance.

Telehealth aims to make it easier for people who live in rural and remote areas, or who have difficulty accessing healthcare providers, to have a consultation without having to travel long distances. So if you have a specialist appointment outside of Lorne, then it is worth thinking about using this technology.

There are several ways you can have a telehealth appointment:

1. At home
2. At a GP or health clinic (Lorne Medical Centre)
3. At your local health service (Lorne Community Hospital)

Telehealth appointments can happen from anywhere. It is as easy as clicking a web link; you will need access to the following equipment:

- A computer (Windows or Mac), tablet or smart phone
- A webcam (built-in or USB)
- A microphone (usually built-in to most laptop computers or webcams) and speakers
- A reliable internet connection
- Google Chrome web browser

HOW DO I ACCESS TELEHEALTH?

If you are interested in a telehealth video consultation, ask your doctor, nurse or healthcare professional during your appointment.

If it is appropriate, we can also book a telehealth video consultation for you at the Lorne Medical Centre.

You can access your telehealth appointment via the Barwon Health Telehealth website.

HOW TELEHEALTH CAN HELP YOU

- Care received close to home
- Less or no travel time
- Less disruption to your usual routine
- Your local healthcare professional (e.g. GP, practice nurse, or other) can be involved
- Greater flexibility for appointments.

WHEN IS TELEHEALTH NOT SUITABLE?

- Video consultation may not always be appropriate for your care. Your medical clinician will always advise you.
- Your medical clinician may also be required to perform a physical examination, request further investigations or tests that require you to attend in person
- The video may fail, although this is rare and the consultation can usually be completed by phone

WHAT WILL IT COST ME?

- There is no additional cost to you for telehealth access.
- You may be asked to give consent to bill Medicare.
- If your local doctor takes part, you will need to ask them if there are any costs to you.
- You may use up to 600MB internet data for a 20 minute consultation.

SECURITY AND PRIVACY

Video consultations are secure and your privacy is protected. At the Lorne Medical Centre we provide a private video room that only authorised clinicians can enter.

BARWON SOUTH WEST TELEHEALTH

Lorne Community Hospital is a member of Barwon South West Telehealth, which is an active and expanding telehealth program, seeing increased capacity to deliver and support telehealth consultations from health services, medical practices and patient's homes.

TO FIND OUT MORE:

- Talk to your doctor, nurse or healthcare team at the Lorne Medical Centre on 5289 4333.
- See the website: www.barwonhealth.org.au/telehealth

AQUATIC CLUB

News from the Lorne Angling and Aquatic Club

Commodore's Notes

Well 2019 has arrived with a bang, 2018 came and went like the blink of an eye.

The weather so far has been sensational down with long sunny days and light sea breezes. When the last couple of times the temperature was above 40 in Melbourne and inland Victoria, the thermometer in Lorne only got into the high twenties.

Hutch and his hard-working staff are still serving up the world best and coldest beer and we've added a new range of Chilean wines that are proving very popular.

We are raffling huge seafood platters every Wednesday, Friday and Saturday nights for only \$1 per ticket. Most people don't realise that the profits from the raffles all go to local charities so bring along some cash or I'll have to start strapping an eftpos machine to my arm.

We are also doing sausage sizzles three nights a week which are free to members.

Make sure you pay your membership and pick up your members cards because they are numbered, and we are doing random draws. If your number comes up and you are in attendance you win the kitty.

Membership is only \$45 single, or \$60 for a family so join up and become part of the worlds friendliest club.

Visitors are always more than welcome but it's important that they sign our visitors' book and can only visit 5 times a year before joining.

Remember our facilities are available to members for weddings, parties, anything.

Upcoming events

Saturday 12th of January is Pier to Pub and we had a huge night with local Rock Legend Ron Holmer and his band performing live from 5pm. We also had sausage sizzles, raffles and membership number draws.

Our first Great Ocean Road Real Estate Major Fishing Competition for the year has started and this year each angler can only weigh in one fish and we have made a couple of changes to the eligible fish species and points awarded -

You can view the new points scoring sheet at our club rooms

We are really keen to get Junior Anglers involved

We give out great prizes each fishing comp day to the winners and runners up

Sunday 10th February - Trickey golf challenge

We have challenged the Nansie Pansies up at the Lorne Country Club for a winner-take-all golf tournament which they have accepted. We are looking for any members to join the Anglers team and give them a hiding!

Trickey Bros. have kindly sponsored the event and there will be prizes, a barbecue and refreshments.

There is a historic perpetual trophy going back to 1960 for this event which ran for many years. It dropped off over the last few years, but we are keen to get it up and running again annually.

Smoking on the new grass

Unfortunately, we have had to ban smoking on our new artificial grass - we spent \$5,000 getting it laid and bought a heap of new ash trays and placed them on the tables but after our first function I counted five cigarette burns in the grass. All of them within a metre of an ash tray.

Great Surf Coast Garlic Championship

I had decided to call it the Golden Garlic Comp but the legendary editor of our brilliant local newspaper the "Lorne Independent" Jo Vondra came up with the above which is a much better name, so we will adopt it.

We had a great turn out to watch the judging of some magnificent specimens of garlic. We had over 30 entries with bulbs ranging in size from the size of a pea up to the size of a small pumpkin.

If it was all about size Chris Tutungi would have won easily but our master judges Ric Barham and his apprentice Leon Armistead have a very scientific system and take into account - appearance, shape, odour and a couple of other features that they wouldn't disclose to us uneducated garlic fans.

For the first time ever, they couldn't separate the two best entries, so it was called a draw.

The joint winners were Lorne's famous Golden Greeks, Angelo Kambouris and Harry Mammos.

The winner of the lady's section was Maree Lamana and the Junior winner was Oskar Smith.

Continued page 27

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Recent celebrations

We had Cal Curnow our local electronic wiz and his live band performing on Christmas Eve with a sausage sizzle, nibbles, refreshments and our huge Christmas Hamper raffle draw. A great night was had by all!



Brett Stewart (Coil) being presented with his Christmas Hamper.

Fisheries and the FAD's (fish attracting devices)

I've sent several emails to Fisheries Victoria asking them why Torquay got 5 FAD's and we got zero after being told last year that we would be considered. I've had no reply. I've now sent a letter off to our premier Daniel Andrews asking him to step in and help. I'll let you know how we get on.

Courtesy bus

Yes, the bus is still running seven days a week picking up and delivering home safely our happy members and guests. We had a great response to our request for volunteer drivers, so we are now pretty well covered in that department. Ph 0498 03 1234.

Fishing report

We are having the best January for fishing conditions in living memory. Often January is a windy month, but this year has been exceptionally good. We got out six days in a row recently which is normally only possible in the autumn months. The beautiful blue water is still here but the plankton has suddenly disappeared so hopefully it doesn't come back. The flathead are still going crazy with most Anglers coming in with their bag limit and some good size ones as well.

The snapper are hot and cold, some days they are really on the go and the next day nothing at all. The bigger ones seem to be out in the deeper water around the 50-metre mark.

Gummies are still plentiful, but the whiting are still quite scarce.

Slimy or Blue Mackerel are everywhere at the moment. I've never seen so many. If you want some great free bait just put out some surface burley and you will catch hundreds of them. They are great fun on light gear with some big ones amongst them. If you bleed them, they can be eaten fresh and taste a bit like Australian Salmon. I fillet and salt them for bait and they are sensational. Every fish in the sea loves them.

The pier is fishing really well with plenty of salmon, snapper, and calamari being caught.

UNUSUAL FISH CAUGHT LOCALLY

This is a Swallowtail which only grow to about 35cm which is much smaller than their cousins the Nannygai.

They are found around the southern Australian coastline and spend most of their life in very deep water. In all my years of fishing I had never caught one but recently we've caught a few in about 40 metres while fishing for snapper. We used to get a few spearfishing over the summer months in South Australia and Cape Otway where they would appear in the shallow water in huge schools.

They are excellent eating with firm white flesh, but you have to catch quite a few to get a decent feed because they have a big head which leaves a pretty small fillet.

They are not targeted commercially.

Keith Miller
Commodore



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CONCERNING INCONTINENCE

Incontinence describes any accidental or involuntary loss of urine from the bladder (urinary incontinence) or bowel motion, faeces or wind from the bowel, and It may cause distress as well as being a hygiene problem. However, incontinence can be managed and treated.

In fact, over 4.8 million Australians have bladder or bowel control problems for a variety of reasons and it's likely that the true number might even be higher.

Some people mistakenly think that incontinence is a normal part of ageing or that it cannot be treated. If you experience bladder or bowel control problems seek help, as the symptoms will not go away on their own and may worsen over time.

Treatment depends on the type of incontinence. However, there are lots of things you can do. Lifestyle changes may significantly help some types of incontinence and these include:

- Drink about 6–8 cups of fluid each day (1.5–2 litres) spread evenly throughout the day.

- Reduce the number of drinks containing caffeine (e.g. tea, coffee, hot chocolate and cola) as they can worsen urge incontinence.
- Avoid constipation by maintaining a healthy balanced diet that contains plenty of fruit, vegetables and fibre.
- Lose some weight as a modest amount of weight loss can improve urinary incontinence.
- Aim for 30 minutes of exercise most days.
- Do pelvic floor exercises to improve stress incontinence to strengthen the pelvic floor muscle.
- Go to the toilet only when you need to, rather than 'just in case'.
- Go to the doctor if you think you have a urinary tract infection.

Your local pharmacy can help. Pharmacists can give you practical advice on how to manage incontinence as well as supply incontinence pants, pads and other aids.

You can also get more information about incontinence on such specific topics - Bladder and urine control, Pelvic floor exercises, Fibre and bowel health, and Urinary tract infections.



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

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

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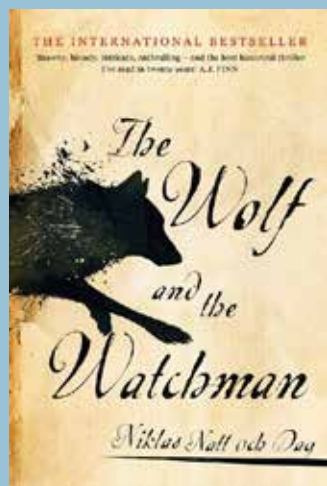
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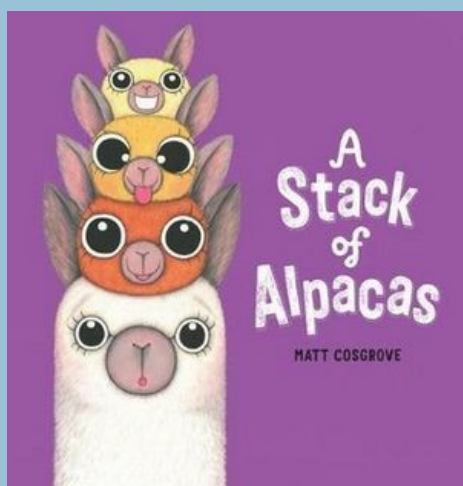
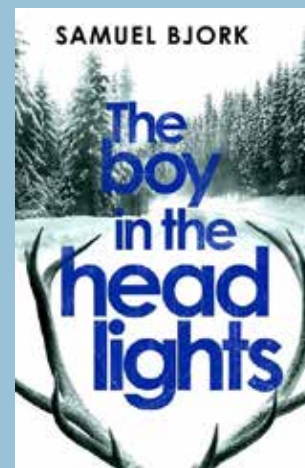


A body is found in the city's swamp by a watchman, Mickel Cardell, and the case is handed over to investigator Cecil Winge, who is dying of consumption. Together, Winge and Cardell become embroiled in a brutal world of gutter-snipes and thieves, mercenaries and madams, and one death will expose a city rotten with corruption beneath its powdered and painted veneer.

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