

LORNE

Independent

\$2

No 210 May 2019

Produced as an independent newsletter by Lorne Independent Inc.

THE MAGIC OF MODEL YACHTS

Pages 2 & 3

Lorne Hosts Lunch for Surf Coast Sheddors Page 4

Urgent Health Warning - Flu vaccine now available Page 5

Lillian Page 12

THE BEAUTY OF YACHTING SAILS

Lorne's first official model boat regatta was without doubt an outstanding success in that it brought the community together on a warm and mostly sunny day on the banks of the Erskine River Estuary near the Swing Bridge – and we all had a ball: the yachting participants, the many residents and visitors having their coffee at the kiosk, children and yes, even the abundance of dogs showed that under the right circumstance, even they could harmoniously co-exist.

The Lorne Men's Shed offered eight model T37 yachts, imported from the United States in kit form and lovingly assembled by enthusiastic Shedders. It must be noted that industrial designer extraordinaire Tony Wolfenden was the main driver behind the project and his enthusiasm affected one and all.

Financial support was provided by the Men's Shed, the ever-generous Bendigo Community Bank and the Lorne Angling and Aquatic Club.

Interestingly the idea of the Regatta generated its own wave of enthusiastic participation and over the last months, the Shed was a hive of activity where former captains of industry worked side by side with previous-life architects, businessmen and other professionals.

Lorne identity Ian Stewart, if it wasn't for his realtor interest could surely have had a successful career in journalism, penned this report for the Committee for Lorne and his fine prose exactly captures the beauty of the day:

'Unfortunately, due to work commitments I was unable to get the Men's Shed Regatta on the Erskine River last Sunday and the closest I could manage was a "drive by" with clients at my side. Apart from the excellent crowd in attendance and the river "looking alive" with sleek looking beautifully crafted T37 boats, there was also something else that took my attention.

'I noticed the Lorne Surf Club "rubber ducky" sitting at the top of the course, on hand to address any situation around safety or assistance with boat retrieval. Volunteers from one local club lending a helping hand to another local Club – Gold! Then I looked closer and identified the two enormous frames and smiling faces of those volunteers in the Rubber Ducky.



'Nothing less than the current President of the Surf Club, Paul McMaster and past President, Kevin Van Dueren "on duty" for the Men's Shed. Only the day before, Paul and Kev were both "sleeves up" at the local football as Lorne hosted the clash for coastal cup against Apollo Bay. They are like so many other Lorne volunteers; "giving back" is such a strong part of the unique fabric that is Lorne.

'Although not in attendance it didn't take long for the Regatta results to infiltrate all corners of the town and I love the way the messages unfolded. By the time the news reached me it went like this.

(Continued page 3)

(From page 2)

“After an all but scratchy pathway through the heats, where it appeared Doug Williams (at the helm of the Lorne Independent) and his ocean-based sailing skills would see him “clean sweep” the regatta, a boilover (or something similar) was looming.

“The word, I received was that the T37, beautifully built (and sponsored by former Collingwood footballer Max Pitt and appropriately named, naturally, Magpie) by local Architect Bob Sinclair was skippered to victory by architectural colleague Graham Brawn who, at the last minute mid-race was called to the helm as Bob and a bad case of gastro had been forced him to retreat to another venue. In a drama filled day, the other news that filtered from the river was that the power boat section was to see only two boats on the starting line.

“Whispers had spread that the event was a lay down misère as the “best, biggest and fastest” strategy of our Men’s Shed President Allan Walls had all but guaranteed the Silverware gracing his trophy cabinet.

It was so nearly so, according to my source. That was until, at break neck speed, the President’s power boat went into an uncontrolled vertical ascent only to lay motionless staring at the bottom of the river as the gently, gently, slowly, slowly approach of Chris Tutungi saw him do what Stephen Bradbury had once done before!

“Congratulations to Tony Wolfenden and the Men’s Shed team for a wonderful event.”



Top picture, Hadyn Rickey, Doug Williams, Bob Sinclair, Tony Wolfenden, Max Pitt, Chris Tulley and Allan Walls. Above, Garry Fenton, Max Pitt, Bob Sinclair, Graham Brawn and Hadyn Rickey

MOVIDA
LORNE

03 5289 1042
MOVIDA.COM.AU/LORNE



ALL-INCLUSIVE
LUNCH |

FRIDAY, SATURDAY, SUNDAY

\$60PP | 3 COURSES
2 HOURS OF FREE FLOW
SPARKLING & WINES

VALID UNTIL JUNE 30. BOOKINGS ESSENTIAL

YOUR COMMUNITY, YOUR VOICE!

If you have the time and the interest to spend a little time each month helping the Editor to put together the stories and opinions that chronicle life in Lorne, your enthusiasm and assistance would be much appreciated. You can contact the editor for further information or to register your support.

Ring Jo Vondra on 0401 744 152

NEW LEASE FOR LORNE MEN'S SHED

The Surf Coast Shire and the Lorne Men's Shed have signed a new lease which will allow for a greater range of activities, including the opening hours of the workshop and weekend activities.

President Allan Walls said that negotiations had taken nine months. "Our thanks to the Surf Coast Shire team of Trina Hughes, Property and Legal Services Officer, and Shaan Briggs Manager Recreation and Open Space Manager for being willing to accept change," he said.

The new lease will allow the workshop to open from 9.00 am to 5.00 pm week days including public holidays, and weekends Saturday & Sunday from 9.00am to 2.00pm.

The Allan Walls Social Room can be open from 9.00am to 10.00pm weekdays including public holidays as well as the social room can also be open on weekends Saturday and Sunday from 9.00 am to 5.00pm.

"Naturally we do not intend to open on home footy days," Allan Walls added.

"If you have been at the Shed lately you would have seen a new door allowing access to the toilets without going through the work shop - this new addition has helped greatly in getting our changes through."

Bendigo Bank and its community support

The Lorne Men's Shed recently hosted executives from the Bendigo Bank and heard from former CEO, Rob Hunt on how the bank strongly supported community activities along the Surf Coast in a wide variety of ways.

Indicative of its support, Mr Hunt presented the Lorne Shedders with a cheque for \$2,000 towards the cost for its work rejuvenating the outside cladding on the Lorne Historical Society building on Mountjoy Parade, and another \$500 to help defray expenses in the inaugural Model Boat Regatta.

Members of the Apollo Bay, Anglesea and Winchelsea Shedders, bussed especially to Lorne, joined to hear Mr Hunt speak and then shared in a luncheon on the deck of the Shed. It was a good way for Shedders to meet and exchange information and of course, gossip.

Mr Hunt said that the bank prided and promoted itself as a true community bank - in fact its full name is the 'Bendigo Bank - Community Bank'.



Above: Former Bendigo Community Bank CEO John Knuckey, left, presents Shedder Bob Sinclair with a cheque to meet expenses for the Erskine River Regatta. Top: South Coast Sheddars enjoy lunch.

TrickeyBros.

PLUMBING | EXCAVATION | ROOFING

info@trickeybros.com.au

03 5289 5211

THE 2019 FLU VACCINE



With Winter on the way, it's time to start thinking about protecting yourself from influenza (commonly known as the flu). The flu virus is always changing, so the flu vaccine changes too. Here are some common questions answered about why, when and who is eligible for the flu injection.

Why should I get the flu shot?

Vaccination experts recommend that everyone over six months of age get vaccinated to reduce their chance of getting the flu.

Every year the flu vaccine changes to match the flu virus that is most likely to be around during the flu season. Getting vaccinated every year is the best way of preventing the flu and any associated illness.

There is emerging evidence that the flu vaccine gives the most protection within the first three to four months after it is given.

It's important to make sure you are protected in time for when the flu is most common, from around June to September.

Who is eligible for the free flu shot under the National Immunisation Program?

The vaccine is free under the National Immunisation Program for people who are more likely to be affected by complications from the flu. This includes:

- People 65 years and over
- Older people aged 65 years and over are more likely to be affected by complications associated with seasonal flu.
- Pregnant women
- Aboriginal and Torres Strait Islander people
- People with certain medical conditions such as heart disease, severe asthma, chronic lung conditions, impaired immunity, diabetes, kidney disease, blood disorders and children aged six months to 10 years on long-term aspirin therapy.

New flu vaccines for people aged 65 years and over

This year, there are two new vaccines available to provide better protection for people aged 65 years and over.

If you are aged 65 years or over, speak to your doctor or vaccination provider to find out more about receiving one of the new vaccines. These vaccines cannot be given to people aged under 65 years.

Flu vaccines for children

All flu vaccines are age-specific. Let your doctor know the age of your child before they get their flu vaccine. This will make sure they receive the correct dose and brand.

If your child is aged six months to less than nine years and has never had the flu vaccine before, experts recommend they have two doses in the first year they receive the vaccine.

They should have the doses at least four weeks apart. After that only one flu vaccine dose is needed each year.

When a child receives the flu vaccine and pneumococcal vaccine (Prevenar 13) together, they may be more likely to develop a fever.


Speak to your doctor or vaccination provider if you have any concerns.

This season's Flu Vaccination is now available at the Lorne Medical Centre.

For further information or to book an appointment, please contact the Lorne Medical Centre on 5289 4333.

Otway Heart

CARDIOLOGY SERVICES



- APOLLO BAY
- LORNE
- COLAC

ELECTROCARDIOGRAM
ECHOCARDIOGRAPHY
STRESS ECHOCARDIOGRAPHY
24 HOUR HOLTER ECG

WWW.OTWAYHEART.COM.AU
PHONE: 0474 771 927

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

Accounts and Treasurer:

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

Editor & Inquiries:

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

Circulation Manager:

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.



LETTER TO THE EDITOR

Marine Rescue boat for the Port of Lorne

There has been a lot of interest in possibly acquiring a dedicated rescue boat by the Lorne Angling and Aquatic Club to help in off-shore rescue, of which there has been a spate during the last summer. Commodore Keith Miller has been busy seeking possible financial support, and recently received a letter from the Minister for Police and Emergency Services, Lisa Neville MP, passed on by Richard Riordan, MP for Polwarth, which reads in part:

'I am pleased to advise that a new Marine Search and Rescue (MSAR) Ocean Rescue vessel, to be located at Apollo Bay, will be commissioned shortly. It will have the capability to respond to incidents within a 30 nautical mile radius, which includes Lorne.

'I am further advised that there are a number of ways that on-water emergencies in the Lorne vicinity will be responded to:

- The Lorne Surf Life Saving Club has capability to respond to incidents within a two nautical mile radius of its club;
- Victorian Police's Water Police Squad also patrols Bass Strait and has the capacity to respond to incidents.

'It is important that all calls for marine emergency incidents are directed to Triple Zero, so that personnel trained to national rescue standards can respond. Please note that Victoria Police is the control agency for search and rescue in Victoria inshore coastal waters.

'Calling Triple Zero provides for the safety of those on the water, and it also provides an official record for Victoria Police and the MSAR office to monitor. This information is used to identify trends which, in turn, inform future resourcing requirements.'

And that seems to be that. Ms Neville advised that if there are any further questions, to contact the MSAR office.

Table For Sale

The Men's Shed has done up this magnificent vintage rustic reclaimed wood table (Tasmanian Oak or Ash), 76cm by 1.4cm long, stands 46cm. It's a beauty! A steal at \$80



EDITORIAL

Jo Vondra

It's hard to ignore that fact that Australia is heading towards an election and that in the recently redistributed seat of Corangamite, the incumbent, Liberal Sarah Henderson will be battling hard to stop Labor's Libby Coker from taking her place.

What is interesting about the contest is that both have opted, in the eastern region of the Surf Coast Shire, to base their campaign on creating a swimming pool for Torquay. It's obvious that quite a powerful lobby group is determined to get the pool, even though the difficulty of achieving this, and whether it's at all sustainable is way beyond the brain power of this bunch of aquatic fanatics. The group is going to get its pool, even if it means a pact with Lucifer.

The push for a Torquay pool is not new, and our memories here in Lorne are fresh from that emotionally charged night when the Shire's CEO, Keith Baillie showed considerable bravery in personally spruiking the Torquay pool idea to a hall of red faced and angry Lorne residents.

It was pointed out that one of Victoria's best in-door pool complexes was situated at Waurin Ponds, less than twenty minutes drive from Torquay and, horror of horrors, the Shire actually wanted Lorne to proportionally contribute to the pool complex.

Most relevant to Lorne was, it was pointed out to Mr Baillie, that our township already had a public pool except that it was blatantly stolen through the shenanigans of the Great Ocean Road Coast Committee (GORCC) and served on a platter to a private developer, an action many of us still neither forgive nor forget.

What grated especially was that the then-appointed board of GORCC saw fit to waste a real opportunity and ignore a chance to have the pool heated (the public money was available), and go against the documented aim of the project scenario.

But what is blatantly clear from the direction of both Corangamite contestants, is that there is one political policy thrust for the Torquay region and quite another for those towns to the west – Anglesea, Aireys Inlet and of course Lorne.

Once you drive out of greater Torquay, there is no mention of any pool on the election posters ..It's clear that the pool issue is Torquay-centric, perhaps a reminder in the general play of things that what's important in the east of the Shire is not really that relevant to townships further west.

Torquay is top of the pops; further west is where different tribes dwell. It sort of reminds a bit of those residents in the western most regions of the United States who, in historic times, had to travel by cart, horse, and railway to confer with the Great White Father in Washington.

Even though politicians are trying to con people in our Shire's east into believing the Corangamite election is about a pool, all of us know that it's about much, much more ...so let's forget about the artificial smoke haze and vote for who we truly think is the best person to represent us at the Corrobboree our own 'Great Father' presides over in Canberra.

Let us hope we get the Member of Parliament we truly deserve!

LORNE SCULPTURE BIENNALE OFFICIALLY LAUNCHED

It was heartening to see so many friends and supporters of Lorne Sculpture Biennale at the 2020 launch on Easter Sunday.

More than sixty people arrived to enjoy the late-afternoon ambience of Qdos and the excellent wine and food on offer by Gillian Oliver, her staff and helpers. The chatter in the gallery reached lofty levels as old friends reacquainted and new connections were made.

Graeme Wilkie, ably supported by Leon Walker, presented his views on what will make the next biennale so exciting. This time round Graeme is personally commissioning artists to reflect and interpret Lorne's rich and diverse identity. Artists will be asked to highlight the diverse influences that make Lorne unique – namely its natural environment, and its history as a vibrant social and economic place to live, to work and to holiday. They will be engaged to fill the foreshore with original sculptures that delight those who visit the displays. Up to 16 precincts will be established with 16 varying artists, all of whom are professional and will be paid a fee for their creations.

Graeme mentioned how grateful he is to those who support him – wonderful donors, the Committee that surrounds him, and so many other volunteers. The Biennale is a business which requires close to ½ million dollars in cash and kind to be successful. So considerable help is requested.

With that in mind the fantastic Marion Church sprang to her feet and explained one way of making that happen. Gather your local community – your neighbours and friends – and hold street parties or gatherings. Fifty dollars to attend soon converts to \$1000, just what we need to start contracting each artist. You might over time jointly own a precinct, becoming involved with the artist along the way to October 2020.

It was a great evening and I should let you know that LSB 2020 now has office space in the Community Connect building which will be manned by Leon, Karen Pitt or myself on some week days if you wish to get in touch.

Thank you for your participation.

Sandra McComb

Grand Pacific Hotel & Apartments Lorne

**BUFFET
BREAKFAST
8.30 - 10.30**

**Lunch
12.00 - 15.00**

**Dinner
From 5.30 to 8.30 pm**

Events & Functions
Talk to our friendly staff about
booking your next conference,
special occasion & event

03 5289 1609 www.grandpacific.com.au



GRAND PACIFIC HOTEL & APARTMENTS

LORNE AUSTRALIA

Southern Edge Property Maintenance

Cleaning and Gardening Services

Luke: 0431987107

Kristy: 0423979779

southernedgepropertycare@gmail.com

Quality Work Reliable and Friendly Service

Fully Insured
ABN:94804828688

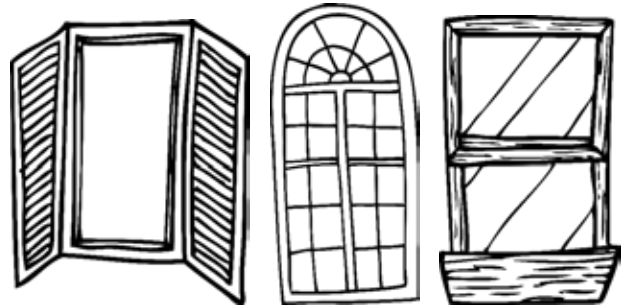
FIRE WOOD Sugar Gum

0418 522 011

Sourced exclusively from 100% plantation grown trees

Density: Sugar Gum 1070 Red Gum 915

Heat Content: Sugar Gum 95% Red Gum 81%



SHUTTERS

Blinds

Sheers

ROMANS

Awnings

DRAPES

Upholstery

MOTORISATION

BBC Design

Beautiful blinds and curtains

Designed for your Lifestyle

Call Pauline - 0400 663 363

- Personal Service
- Affordable Quality
- All Types of Window Coverings
- Based in Fairhaven



From the Deck by John Agar

THE MAJESTIC SOUTHERN SKY: SEEING STARS

Looking up into the Lorne sky, the endless beauty of the universe above is dominated – especially in the late autumn and through the winter months – by the spread of a giant, uncoiled beast. Scorpio (the ‘Scorpion’) is an unmistakable constellation ... with the red supergiant, Antares, as its’ beating heart.



He is my unchallenged favorite in the summer night sky.

65 years ago, Dad and I would lie flat (and freezing) under a rug among the tussocks at the Erskine’s mouth. I would gaze up in awe as he taught me to recognize the star patterns of the infinite night sky. His technique was simple – he would shine a strong narrow torch beam up into the sky, picking out each star, each pattern, each mythical design. As a rat of Tobruk in WWII, he had found the stars

Some say Orion – the ‘Saucepan’ – the constellation that dominates our sky in summer, is the most identifiable of all, though those of us who live under the jeweled skies of the southern hemisphere would likely name Crux – the ‘Southern Cross’ – as the most recognizable.

But, as glorious as those and other star formations are, it is Scorpio that rules in my sky. This is especially so in the winter when the sky is clear, the heat haze is off the water, and the pin-pricks of starlight twinkle at their very brightest. In June through to August, Scorpio soars high overhead at that ‘witching hour’ – before the game on a Friday or Saturday night – rugged up and clutching a full-bodied red, my attention is diverted from the sizzle on the barbeque, and I look up in wonder. Most images on the web show it as it is seen from the northern hemisphere ... but this image shows its’ orientation from Lorne.

Antares, is one of the three great red jewels of the southern sky. Named by the ancient Greeks, Antares was regarded as the ‘opponent’ ... or, in Greek, the anti- (or antithesis) ... of Mars. These are two of the three red behemoths that duel in the southern sky.

Mars, the red planet – long the stuff of human legend, the favored home of extra-terrestrial beings and dried up watercourses – also rises high in our winter sky as the second flash of red.

And then there is Betelgeuse – part of the Orion complex – as the third ‘big red’, and the most massive of them all. ‘Beetlejuice’ – as my father taught me to call him – is a pulsing explosion of light, a fingers breadth or two below and to the right of the flat base of the Orion saucepan.

comforting during that long desert siege – a comfort he passed on to me.

Antares and Betelgeuse are both red ‘supergiants’ ... stars at the very end of their lives. Betelgeuse is the largest of all known stars. Although one million earths could fit inside our sun, 1,400 suns could fit inside Betelgeuse! Red supergiants are imminently destined to ‘go bang’ as a supernova – a massive explosion as the star disintegrates in a vast cloud of gas, debris, and dust.

Every time I see either of the two supergiants, Antares or Betelgeuse, I wonder – will it be now? Will I witness the biggest big bang outside the original big bang that started it all? I live in unfulfilled hope!

Antares, is the beating heart of ‘The Scorpion’. From my deck, the beast lies on its’ side, the head three stars in a line over North Lorne, the curled tail cradling the pier to the south, and the heart spotlighting the darkened shape of the Swing Bridge café.

Add binoculars, and the constellation glistens with globular clusters and galaxies, while the ‘stinger’ is a series of sparkling jewels.

The night sky is a constant friend, changing yet ever unchanged as we slowly spin and twirl beneath it. On the next clear winter night, rug up, go outside, and look up. Seek that giant, uncoiled beast and wonder, as I do, if you may be the lucky one to see Antares, the great red pulsing heart of Scorpio, flame into a supernova.

But then – as is more likely – you will just be teased by the possibility.

Lorne Maintenance Service

0478 000 730

All home maintenance
Licence VBA 19409
Friendly advice given

Plumbing, carpentry, painting and general repairs

Lorne Community House

communityhouse.lorne@swarh.vic.gov.au
5289 2972

Games Group Thursdays 1.00 to 3.30pm
All welcome

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

ERSKINE FALLS FARM
GRASS FED FREE RANGE EGGS
OTWAY RANGES VICTORIA

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



ERSKINE FALLS FARM
OTWAY RANGES VICTORIA
GRASS FED FROM THE LAND

Erskine Falls Farm
Erskine Falls Road Lorne
vincent.a@sky.com
Phone 0425 902 223



Jumbo
spout cleaning

Specialising in roof, gutter and downpipe cleaning.

PETER LYNCH

38 Waverley Ave.
Lorne, 3232
Mobile 0409 426 523
jumbospoutcleaning@yahoo.com.au
ABN 88 951 197 697
Fully Insured and trained with Hi-Safe Industries

WALSH & HAY

ACCOUNTANTS & ADVISORS



Where everybody counts

- Income Tax Return Preparation
- Preparation of Financial Statements
- GST Compliance ▪ Business Advisory Services
- Cashflow & Budgeting ▪ SMSF Administration
- Year End Tax Planning ▪ Cloud Accounting Solutions

T: (03) 5232 1365 15 Connor Street Colac Vic 3250
E: reception@walshhay.com.au W: www.walshhay.com.au
Apollo Bay Office: 93 Great Ocean Road, Apollo Bay

CPA   Like us on Facebook

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 19 May

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

**Sponsored by
Great Ocean Road Cottages**

Lorne – a place of natural beauty and special significance

IN PRAISE OF TURNIPS

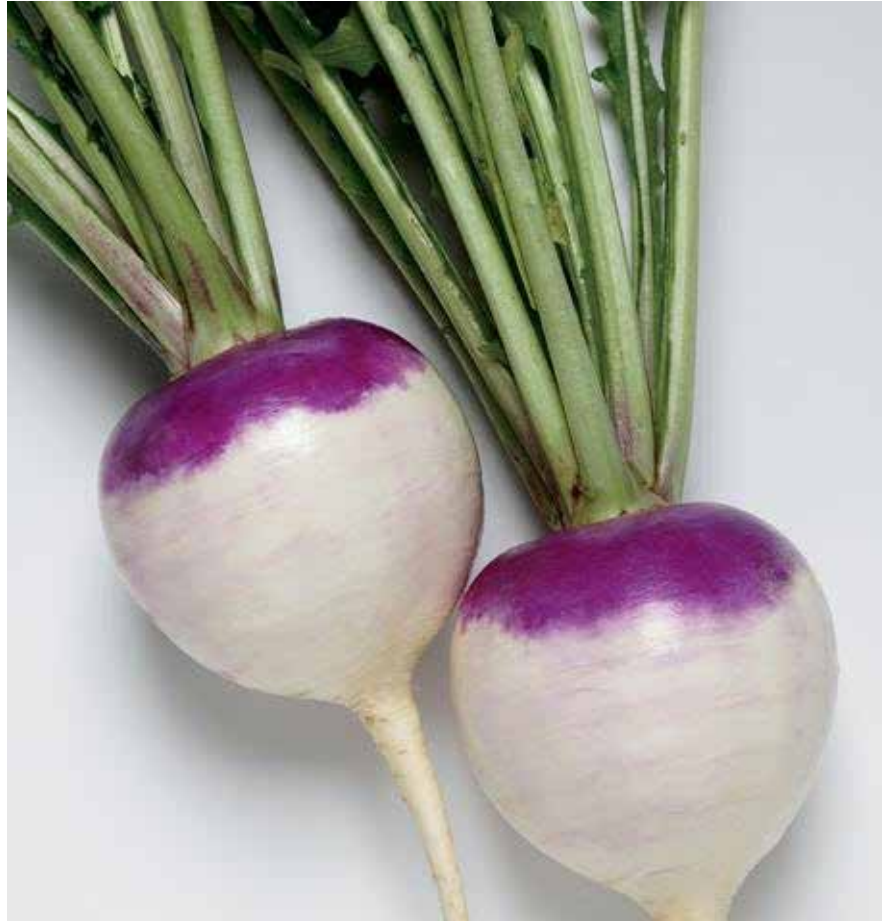
Doug Williams

When I reprise the Peasants Scene from *Monty Python and the Holy Grail* I like to imagine that the peasants, while involved in a serious political science discussion, are also busy digging up turnips. And in doing so I hope to elevate them from a muddy field to a prized if unfairly neglected ingredient for the modern day menu.

Far from being the drab, watery and anodyne vegetable of my childhood the turnip has much to offer as a foodstuff particularly for the Paleo regime because they are so much lower in starch than potatoes. This new dietary popularity would be a form of payback for the humble turnip which had been a once proud staple on the mediaeval food pyramid before the arrival into Europe around 1570 of potatoes, a more glamorous foodstuff from the New World which tumbled them from their place of prominence to become considered a second class vegetable for hundreds and hundreds of years.

Those Python peasants fail to treat King Arthur - ordained by The Lady of The Lake - with any respect since he behaves like a twat. "I didn't vote for you," says one. They tell him that "supreme executive power derives from a mandate with the masses, not from some farcical aquatic ceremony." (It's well worth a YouTube look.) Their diet was much less varied than today - nobody knew about kale or about quinoa and Margarita pizza didn't become available until 1889 - but the then humble turnip was a reliable part of it. It was seen as a peasant food and as such has been, and still is, held in low esteem as part of a sort of food snobbery. In those times to be called a 'turnip eater' in the fifteenth century was to be labelled a country bumpkin. While the peasant table didn't provided much variety or flair in the preparation of meals, the meals of the other classes could be elaborate, varied and ingenious. And bound to include turnips which could be roasted, stewed or boiled. Pottage was a staple made with garlic, salt, butter, beef broth and salt with bread crumbs used as a thickener. Since the fork didn't make an appearance at the European table until the sixteenth century, meals that could be eaten with a spoon were common fare. There is even a recipe for turnip tart in the mediaeval recipe section of the internet.

Today, the most common variety of turnip is the European one. It is round or globular in shape with a tinge of purple on top. The flesh of contemporary turnips is white to cream but there are golden yellow and some red-skinned varieties also available. They are undoubtedly the quickest maturing of all food crops - apart from radishes - and grow to perfection in almost any soil and climate, including northern Australia.



To grow a crop this year - and it's still not too late - you'll have to get cracking because May is probably the latest opportunity to get your turnips in the ground in Lorne. Turnips are brassicas, so should never be grown in soil in which any of the cabbage family has recently been harvested; this includes cauliflowers, broccoli and bok choy for example. They are related to rutabagas, a hybrid of turnip and cabbage and are an excellent follow-on crop after sweet corn, yam, peas, beans and pumpkins. Peter Cundall suggests the following soil preparation: *Sprinkle a good fistful of blood and bone fertiliser over each square metre of surface. Add a 20mm layer of matured cow or sheep manure and use a garden fork to turn the lot deeply into the soil. Rake level, water deeply then leave to settle overnight. (Avoid high-nitrogen fertilisers such as chook manure unless turnips are mainly grown for the tops.)*

Sow them in rows and cover with a very light sprinkling of soil before watering them in.

Internationally there is a Gilfeather Turnip Festival held in Vermont every year where cakes, soups, DVDs and a Turnip Cookbook can be found and the folk of a place called Richterswil in Switzerland have held an annual event to honour turnips since 1905. I bet none of these turnip heads know about the renowned Lorne LAAC annual garlic competition. Incidentally, garlic originated in Central Asia just as did turnips.



THE LOUTTIT LOOP

Apologies for once more starting off by paying tribute to the passing of one of our special darlings. Helen Stewart died very peacefully and surprisingly in April. Such a shock! She was so vital, so busy, so involved, so fit, so friendly – so much a part of the community. Commiserations to Norm, and to Tracey, Dee, Rod, and families. A memorial to dear Helen was held at the Lorne Surf Club which was packed to the rafters and a suitable farewell to one very very loved lady.

GORCC conservation team were elated to have a busload of Conservation Volunteers Australia join them for a huge attack on non-natives and invasive mongrel plants along the foreshore at North Lorne.

The two GORCC ladies were fantastic workers and with the extra help from the volunteers got an enormous amount of work done in the area. Looks wonderful and after several hot days of hard yakka by this big team, the difference is amazing. Thanks to you all.

Mega thanks to Carly Enticott and Kristin McMaster for introducing the concept of parkrun to Lorne. Organised by volunteers and community members, the run/walk/amble is a free 5km weekly outing on a Saturday morning starting at the Surf Club at 8.00 a.m, along to the end of the pier and back, and round again if you wish! Check out the website www.parkrun.com.au/lornebeach.

These things don't just happen and we must acknowledge the financial assistance supplied by the Lorne Op Shop, Lorne Community Hospital, Great Ocean Road Real Estate, Lorne Hotel, and Lorne Life Saving Club. They've even got their own portable defibrillator! Dogs, prams wheelchairs, and little kids on leads – no – just jokin' – in close care of parents are all very welcome to take part!

Young Oscar Balderas has made his debut with the Geelong Falcons! Well done to him, and to his wonderful parents who drive him to and from Geelong in order to further his talents in the football arena.

Our "Shedders" are still having fun – as we noticed at the wonderful little remote control sailing boat events on the Erskine River. So serious and so sweet. They've also had a lesson in how to roast coffee beans from Barry Howard, who uses a domestic pop-corn toaster. "Simply slide raw beans down the funnel, stir and soon a divine aroma hits the olfactory senses." It is suggested that the smell of coffee can actually be more pleasing and just as effective as actually imbibing it.

How confusing are the road signs at the GOR Arch? The fixed signs say 60. One cannot argue with that considering the crowds of people usually there, and often standing in the middle of the road for photos under the arch. But quite often the flashing light signage announces a speed of 80! Well, this little old lady is not to be tricked into getting fined and obeys the 60 to be safe.

If you see our esteemed Councillor Clive thumbing a ride it is because he has done his licence for 3 months! A one off incident getting a bit carried away showing some overseas friends the area around Rochester and not noticing the speedo creeping up! Lillian can assure Clive that this will be the longest three months of his entire life.

When the Shire officially advised us of the troubles with their Recycling Company, they suggested that we only put our yellow-topped recycling bins out when they are full or fullish. Well, as a single female living the good life in Lorne, this is saving me quite a bit of effort, and in fact the truck only needs to stop to collect my yellow bin once a month! Cannot imagine why I didn't think of that before!

Now that summer actually looks like ending, we are asking our leaders to once again campaign to get that ugly obstruction masquerading as a shade shelter for skateboarders REMOVED. The view of the ocean is preferable, and I have yet to see anyone sheltering in it! On close examination, with chainsaw in mind (not yet in hand), we discovered that this hideous view-blocking erection is very strongly made and a chainsaw will NOT do the trick. Please Ian, Clive, Peter, could you speak to whoever had the bright idea to plonk it there? (Not GORCC we hasten to add!)

Oh how we miss Jenny and Dahle at the Post Office, and especially the Lorne Community dog – Maggie the border collie! But have you spotted Karen Ford's dogs at WayToGo? Two of the prettiest little doggies in town. Papillions they are and damn cute – especially their ears.

A reminder to consider a Saturday visit to our footy ground to sit on a bench on the hill and be entertained royally! If the enthusiastic young lads doing their utmost for the Dolphins don't give you joy, swivel round and watch our marvelous netball gals running their legs off, to say nothing of hordes of kids doing what kids have done for years – sliding down the steep grassy hill on flattened empty beer boxes! Mothers with littlies on their knees, brothers with littler brothers on their laps, a family of four fitting onto a largish piece of cardboard, some kids somersaulting down by mistake, etc. A very Australian activity which is so simple and brings such joy to all whilst footballers do what they do so well on the superb grassy surface, and the ocean view just caps it all off. Easter Saturday doesn't get better than this. The catering is amazing – healthy – and special thanks to the creator of the large iced home made Easter choc chip bikkies with a tiny Easter Egg pressed on top. Go Dolphins!

Big congratulations to our ever growing group of women golfers who took out the South Western Golf Women's Otway Pennant – breaking a drought of 26 years. Captain Caz Bartholomew has been a superb Pennant Captain, and a very loyal Club Member! Great effort everyone.

So well done to our accommodation providers, our retail outlets, our volunteers popping up everywhere, and our patient home owners for a fantastic and long season. You've all done very well as they say in the movies – and you've all earned a break – so if your favourite shop is closed occasionally over the next few months, please be patient! And to all those heading north a little or a lottle – travel safe and please come back soon to our little bit of paradise and support your local traders through the long winter! Especially our fantastic Supermarket... Lillian

ROAD SAFETY ISSUES IN AND AROUND DEANS MARSH

Deans Marsh used to be a small hamlet up the road from Lorne and perched on the edge of the Otway National Park, but over the years it has increased in population with more and more people taking advantage of its affordable land prices.

As any small town with an expanding population, it's having teething problems.

It recently held two workshops to address a number of issues, including pedestrian safety, the increase of road traffic on the Lorne-Birregurra intersection and the many cycling events that pass through the town.

Organised by Rural Roads Victoria, a full report on the two workshops, including a timetable for their recommendations to government for funding, is to be published soon.

It is interesting to note that the Surf Coast Shire did not send an observer but a representative from Colac Otway Shire attended.

It was pointed out that Deans Marsh had no adequate infrastructure to cope with about 50 new subdivisions and there was a danger to pedestrians, especially school children, pram walkers, also junior bike riders, dog walkers and the disabled.

The workshops recommended the town's 60kph speed limit to be extended and the construction of all-weather pedestrian pathways.

In view of increased road traffic, the workshops asked for more specific road signage and clear parking allocations.

With a dramatic increase in bicycle events outward from Lorne, the workshops identified the need for clear signage to the satisfaction of both motorists and cyclists as motorists often found it hard to pass cyclists.

The workshops called for bicycle active warning lights with multiple static warning signs in both directions, the construction of signposted dedicated to cyclist turnouts and a reduction of speed limits from Benwerrin to Lorne.

One of the organisers of the workshops, Juliet Beatty, of Deans Marsh said that it was pleasing the RRV was now seriously engaging the community. "It's time to keep them actively working on our common issues that have been identified and get solutions sorted promptly," she added.

(Late news – Surf Coast Shire has not allocated any new grants to be used toward improving Deans Marsh infrastructure, especially footpaths).

ANZAC DAY ATTRACTS SIZEABLE CROWD

Both the Dawn Service and the ANZAC Memorial Service at the Lorne Cenotaph later in the morning of the 25th last month drew good attendance of about 200 people each, both permanent town residents as well as visitors and holiday makers.

Following the traditional march from the Lorne Community Connect Centre, with senior students from the Lorne P-12 College, as well as elements of the SES, Lorne Fire Brigade and Police, wreaths were laid at the Cenotaph in memory of those fallen in war.

President of the Lorne RSL Sub-Branch Craig Hunt welcomed all, and local SES and town elder Eddie Babington lead in the congregation in prayer.

Right: At the Cenotaph, Left, Major Murray Pearson Australian Army Reserve, Lorne RSL Sub-Branch President Craig Hunt, Eddie Babington, and RSL Sub-Branch Secretary, June Adams.



FROM OUR COUNCILLOR

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



Surf Coast Shire releases 2019-20 Draft Budget.

On Tuesday 23rd April Council adopted its draft 2019-20 Annual budget and will invite public submissions until Monday 27th May.

The draft budget has been developed to continue to fund Council's existing services and provide important

capital works and initiatives while anticipating the long term financial challenges inherent in managing growth within a rate capped environment.

The budget has allocated \$20.3 million of new funding for 51 capital works projects and with works already underway, Council aims to deliver projects totalling \$25.9 million during 2019-20. Asset renewal has been allocated \$7.168 million to ensure the condition of existing assets remain functional.

Key projects in the Lorne Ward include Stribling Reserve redevelopment \$6.549 million and an Deans Marsh Memorial Playground \$214,500. A full list of all projects and the Draft Budget are available at www.surfcoast.vic.gov.au/yoursay

Draft Rating Strategy

The draft Rating Strategy has also been released for comment. The rating strategy details how rates are applied on different property types and is a very readable document.

The average rate notice will increase by 2.5%, which is in keeping with the Victorian Government's Fair Go rates system.

A key change is the reduction of rates paid by owners of vacant land, currently two times higher than residential property rates. It is proposed to reduce vacant land rates to the same amount as the residential rate.

The higher rate was aimed at preventing land banking however there is no evidence to suggest this is currently an issue in the shire. Recent changes to bush fire management overlays means some vacant land cannot be readily developed in the short term.

Removing the 200% rate on vacant land means there will be an increase to other property categories.

All members of our community have an opportunity to comment on the draft rating strategy and draft budget by visiting www.surfcoast.viv.gov.au/yoursay.

Cape Otway Road Australia Project.

More detail has been shared on the proposed Cape Otway Road Australia (CORA) sports training precinct, with the state government publicly releasing documents about the project.

The Cape Otway Road Development Advisory Committee (CORADAC) was due to complete its first stage – an initial assessment of material provided by the proponent to consider whether it has strategic justification - by Wednesday, April 17.

The documents, uploaded to the CORADAC website last week, include a supporting letter from G21, a strategic justification for the project prepared by IO Consulting Group, and a business case prepared by Ernst and Young on behalf of Regional Development Victoria.

If the Victorian Planning Minister is satisfied that the proposal has sufficient strategic justification, it will proceed to stage 2 – a public exhibition of the proposal and any associated planning scheme amendments.

To read the documents, head to www.planning.vic.gov.au/panels-and-committees/browsepanels-and-committees and click on "Cape Otway Road Australia Development Advisory Committee".

Lorne Historical Society Façade Project

In 2016 the Lorne Historical Society proposed a project to update the façade of its building. The Shire will contribute \$50,000 with the Community contributing \$50,000 including in-kind support. The Men's Shed has been very active with the fabrication of the exterior panels. Local architects Bob Sinclair and Chris Wood have been providing pro-bono architectural services and assisting in the management of the project.

The project involves the installation of architecturally designed timber panels fixed to the existing building façade. There will also be a new entry and feature a bay window, to be delivered through several stages. This is yet another example of our community working together to deliver.

Trouble with your
TV or Antenna?

Knox Antennas
Robert 0408 559 631

ADVERTISEMENT

Labor



LIBBY COKER

LABOR FOR CORANGAMITE



Invest in cheaper, cleaner energy and take action on climate change. Deliver 50 per cent renewable energy by 2030, driving household power bills down.



Fix our schools and hospitals. Restore funding cut by the Liberals and Nationals, to ensure every community has quality public schools and hospitals.



Subsidise three and four-year-old kindergarten so every child has access to 15 hours of quality early childhood education every week.



Expand Medicare to help cancer sufferers – free scans, millions of free consultations and cheaper medicines for cancer patients.



Stand up for workers and ease pressure on household budgets. Reverse cuts to penalty rates, fight for better wages, end the Medicare freeze and cap rises in private health insurance premiums.

 Libby.Coker@vic.alp.org.au  0422 786 425

 [fb.com/libbyforcorangamite](https://www.facebook.com/libbyforcorangamite)  libbycoker.com.au





GreatOceanRoad

REALESTATE LORNE

FOR SALE

30A-32 WILLIAM STREET LORNE



PRESTIGE SITE WITH PANORAMIC VIEWS & PLANNING PERMIT

Huge 1,604 sqm elevated parcel of vacant land less than 500m to the main street shops and beach reserve.

Stunning views to the east of Louttit Bay, to the north east around the coast to the Aireys Inlet Lighthouse and to the north of the attractive hinterland. No light poles or roads to overlook and with a height covenant on No. 28 William Street, the views from the rear block can't be built out.

All the hard work has been done, with a planning permit issued in late October 2018 to re-subdivide the existing 2 titles into 2 new blocks that take full advantage of the spectacular views. The permit allows for the building of two sun-drenched 4 bedroom 2 storey dwellings, each with a double garage.

Alternatively, build your own dream home (STCA) on one or across both of the existing blocks or build on just one and retain or on-sell the other. The options are many, but the views undeniable.

Please contact agent to access erected viewing platform on site (second level balcony height).

\$1,575,000

Michael Coutts 0438 356 624

PERMANENT RENTALS AVAILABLE

LORNE

1/4 Smithers Street, Lorne

- 1 bedroom, 1 bathroom - Partially furnished - \$977.67 p/c/m - available now

1/64-66 Mountjoy Parade, Lorne

- 2 bedroom, 2 bathroom - \$1,825 p/c/m - available now

Lot C, 1480 Deans Marsh Road, Lorne

- 2 bedroom, 1 bathroom - Furnished - \$1,347 p/c/m - available now

HOLIDAY RENTALS

47-51 GEORGE STREET LORNE



THE WHITE HOUSE

Keeping alive the traditional Australian outdoor lifestyle of sun, surf and sand, The White House is much more than a renovated beach home, it is a commitment to space and recreation. The house sits on one of the most expansive parcels of ocean view property in South Lorne. Undulating from tall gums through luscious grassed zones and landscaped gardens to land finally on the most impressive tennis court. Its elevation and Northern alignment affords spectacular vistas from every corner of the property.

Not only does The White House nurture its original charm, it also showcases coastal interior styling at its best. From the pale watery palettes of sea green and shades of sand, to the earthy timbers, every last detail has been carefully considered. In every aspect of living the sort of quality you would expect in your own home is provided. Three bedrooms upstairs flank the main lounge and kitchen dining area, all casting eyes over the impressive 4 x 12 metre silver ash deck. Separately accessed downstairs is a 4th bedroom, main bathroom and laundry. Key features include suspended fireplace, top of the range beds and high comfort mattresses with luxurious bedlinen. Outdoors for your enjoyment are queen sized hammocks, recreational equipment, and an outdoor shower with a view.

www.greatoceanroadholidays.com.au

From the team at
Great Ocean Road Real Estate

Great Ocean Road Real Estate Pty Ltd Licensed Estate Agent 136 Mountjoy Parade Lorne Vic 3232
Phone (03) 5289 4222 Email lorne@greatoceanroadrealestate.com.au Website www.greatoceanroadrealestate.com.au

SARAH HENDERSON MP

Delivering for Lorne

- ✓ Delivering \$2 billion for Geelong **fast rail**
- ✓ \$8m for **Point Grey** redevelopment including \$900,000 for Lorne **Aquatic & Angling Club**
- ✓ \$3.27m for **Stribling Reserve** upgrade
- ✓ New green for Lorne **Bowls Club**
- ✓ \$50m for **Great Ocean Road**
- ✓ Fixing **local roads**
- ✓ Supporting the Lorne **CFA**
- ✓ Lorne **surf club** equipment upgrade



Sarah with Lorne Bowls Club members celebrating \$85,000 for a new synthetic green and shade cloths.



Lorne FNC President Ken Hosking, Cr Clive Goldsworthy, Sarah and Peter Spring celebrating more than \$3 million for Stribling Reserve upgrades.



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

SARAH HENDERSON MP
Delivering for **Corangamite**

3A/195 Colac Road, Wearn Ponds VIC 3216
03 5243 1444 sarah.henderson.mp@aph.gov.au
sarahhenderson.com.au

Authorised by S. Henderson, Liberal Party of Australia, 3A/195 Colac Rd, Wearn Ponds VIC 3216.



Lorne **Community Bank**® Branch

Your best interests at heart.

3.89% pa
Connect Package Home Loan[^]

4.15% pa
Standard Comparison Rate*

If your bank isn't doing the right thing by you, change to one you can feel better about.

Drop into your nearest branch at 1/32 Mountjoy Parade, Lorne or phone 5289 1787 to find out more.

bendigobank.com.au



Jeremy Morris
Senior Branch Manager
0428 392 421



 **Bendigo Bank** The better big bank.

Terms, conditions, fees and charges apply. All information is correct as at 23 July 2018 and is subject to change. Full details available on application. Lending criteria apply. *The comparison rate displayed is calculated for a Residential Variable Rate, Owner Occupied, Principal and Interest loan based on an amount of \$150,000. WARNING: This comparison rate is true only for the example given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. ^Interest rate is current as at 23 July 2018. Rates and fees are subject to change. Offer is available to customers with new Owner Occupied, Principal and Interest home loans above \$150,000 with a loan to valuation ratio of up to 90%, and three additional or complementary products taken as part of the Connect Package. Complementary products cannot be from the same product type. Offer ends on 31 December 2018. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit Licence 237879. A1242230-6 (424444_v3) (3/12/2018)



Join haven to receive
**Relax Express
massage & Organic
Express facial
for \$99***

Available Monday to Friday.

endota spa Lorne Mantra Resort, 35 Mountjoy Parade Lorne, VIC 3232
t. (03) 5289 5103 e. lorne@endotspa.com.au w. endotspa.com.au/lorne

*Conditions: Valid 13 May to 16 June 2019. Offer valid at endota spa Lorne. See endotspa.com.au for full terms.

VALE HELEN STEWART

Helen Stewart passed away suddenly from a heart attack on the 3rd April 2019.

Helen was born in Colac on the 17th September 1940. Father Len and Mother Thelma Sturzaker, she was the youngest of 7 children – two sisters Sylvia and June – four brothers Murray, Graeme, Colin and Joe.

They lived at Barwon Downs off Mahers Road, which is the start of Haydens track - her father worked in the bush, felling tree's for Frizon's Timber Mill. They lived on approximately four acres and their house had hessian internal walls, no power and their water came from a well which Helen's Father dug. All the children walked three miles each day to school at Barwon Downs.

Later they moved to Peterborough and ran a Café. Helen then travelled to school in Timboon. She went to work as a waitress at Geelong College at 15, where her elder sister June was cooking. Norm was a boarder at the time and this is where Helen first caught his attention. After about 12 months Helen went back to Peterborough to help in the Café. At 17 when the Café burnt down, so she got herself a job as a shop assistant at Edmond's in Colac. Later moving to Lorne where she worked at the Cumberland as a waitress before becoming the sweets and desserts cook. Lillian Beaupaire was the owner of the Cumberland, she thought the world of Helen - Helen continued to visit Lillian with the kids for many years.

After work Helen spent a lot of time at the beach, where Norm spotted her again and thought that's the good looking girl from the College. Norm got to know and admire her and finally got up enough courage to ask her to go to the pictures – to his surprise she said yes and their relationship developed from there. They were married on the 28th of September 1963 at Saint David's Church in Newtown Geelong – they borrowed sister June's Austin A40 and drove up to the NSW central coast for their honeymoon. On returning they had seven shillings and six pence to their name. Norm's father let them stay in motel room at Kalimna for nine months while they built their family home on a block of land which was subdivided off the motel land, where they lived together to this day. Helen helped around the motel and when they re-built the motel in 1980 she became the chef in the restaurant, where she fed 10,000 people in the first 16 months pumping out her signature dishes – Louttit Lobster – Garlic Mushrooms – Vermouth scallops – Rum Plums – Brandy snaps to name a few. Many a night she would run in the back door of the kitchen as guests were being seated after picking up the kids from school sport in Geelong.

Helen became involved in the Lorne Community soon after marrying Norm.



She was Treasurer of the Ladies Hospital Auxiliary for 19 years. A member of the Lorne Community Hospital Board and became a Life Governor of the Lorne Hospital. President of the Lorne Kindergarten and awarded Life membership for her long term involvement.

Helen and Norm have three children – Tracey, Rod and Dee whom she loved dearly. Tracey and husband David have two boys Will & Charlie. Rod had three children Ollie, Tom & Lucy – Ollie sadly passed away from cancer at the young age of 12. Helen loved the whole family BUT in particular her five beautiful grand children whom she would do anything for.

Helen was introduced to Golf by a very dear old friend Ted Burgess and she quickly joined the Lorne Golf Club when they played at the Old Allenvale Nine hole course. She became Lady President in 1985, 86, 87 then again in 2000 and 2001. She won the Ladies Championship in 1990 and 1991. After the Ash Wednesday Fires when the Lorne course was burnt out – Helen joined Anglesea Golf Club around 1984/5 after playing there during the re building of Lorne. She was Lady Captain in 1993 and 94 and won the Ladies Championship in 2002. She spent many years playing Pennant and won the Betty Kernot (straight foursomes match play) with Barb Hinton the first time Anglesea won the District event. Helen also played for many years in the Australian Women's Senior Championship travelling to every state in Australia except the NT. After Grandson Ollie's passing Helen became a great supporter of the organisation "Challenge" and through Challenge she became friends with Jarrod and Briony Lyle whom attended several of Helen's Challenge Days at the Anglesea Golf Club. Challenge donation tins still sit on the bar at the Anglesea Golf Club and hopefully will for years to come. Helen raised in excess of \$22,000 for Challenge from 2012 to 2016 from the golf day – that didn't include the donation tins.

Helen was loved dearly by her family and all who knew her and will be sadly missed by all.

Supplied by the Stewart family.

Thank you from Norm Stewart and Family

We would like to thank the Lorne Ambulance Officers Rick and Michael and Lorne Police Officers Michael and Rob for the kindness and support on the day of Helen's passing.

It was a very difficult day for all of us and the way you all assisted and supported the family is greatly appreciated.

Thank you again Norm Stewart and Family

LORNE COUNTRY CLUB

Welcome to the Lorne Country Club

Open every day of the year.

Visitors are most welcome

Golf - Green Fees \$35/18 holes, \$25/9 holes
Clubs available for hire

Tennis - \$20.00 per court per hour
Racquets and balls available for hire

Contact 5289 1267



THE PEAK

Bistro

Open Monday to Sunday
11am to Close.

Bookings 0473 381 410

pollobay **COMPUTERS** sales and service

A mobile service for business and home
PC users

Installations / Maintenance

Virus Removal

Modems and Networking

Sales—NEW PCs & Laptops

Craig Buckingham

p: 5237 7195

m: 0431 749 131

e: craig@abaycomputers.com.au

VISITING LORNE WEEKLY



TRIPP BUILDING PTY LTD.

New Homes

Extension, Renovations,

Decks, Pergolas, Retainer Walls

Registered Builder No. DBU-12327

MBA member No. 099036

Lorne ~ Apollo Bay Ask for Peter

Mobile:0429799829

Tel: 5237 7348

trippbuilding@skymesh.com.au

POPULAR LIONS ART SHOW HAS NOT LOST ITS GLOSS

The well-attended opening of the Lions Club's Easter Art Show one again proved that after 48 years, the exhibition of paintings from near and far was an event which had not lost popularity – in addition there was also a steady stream of visitors to the Community Connect Centre over Saturday and Sunday.

The standard of paintings was high and as in previous years, many young and up-and-coming used the venue to show their talent and technique. Many artists who are now well-known on the Surf Coast and beyond first showed their offerings at the Lorne Easter Show.

Lorne Art identity Cynthia Wynhoven judged the event. A noted artist in her own right, Cynthia has been associated with the exhibition over the last decades as an artist in her own right, as curator and as judge. Cynthia, with husband Jack Wynhoven, were a main force behind establishing the Lorne Sculpture Exhibition in 2005 with the first event held in 2007.

In addition to quite a number of artists selling their paintings on the first and subsequent days, prize money offered was most generous. A total of 77 artists took part, and exhibited 251 paintings. At least 56 paintings were sold.

1st Best Oil	Pat McKenzie - Swing Bridge
1st Watercolour	Louise Price - Anglesea Brilliance
1st Best Acrylic	Kim Kennedy - The Prize Catch
1st Other Medium	Jillian Shalless - Inspiration N.G.V. Triennial
1st People's Choice	Amanda Blake-Sutterby - Cumberland River Walk
2nd Oil	Michael Markham - Fish and Chips
2nd Watercolour	Kanag Janakan - Morning Stroll at Lorne
2nd Acrylic	Gayle Seach - Plant (old cement works)
2nd Other Medium	Carolyn Marrone - Waiting Their Turn



Above: At the Opening Night, Jack and Cynthia Wynhoven, Graeme Wilkie of QDOS, and artist Susan Sutton

When the Lions Club of Lorne first conceived the idea of the Easter Art Show, its aim was both to raise fund for its many charitable causes but also to make the event a forum of artistic talent. It quickly became a showcase for the Surf Coast artistic community and proved beyond a doubt that Lorne and its surrounds had much artistic talent.

It was certainly not only a sun, surf and good times centre.

Thanks Bernadette Bliss for the great effort and the many hours you and your team put into making the event yet another success. It was an inspiring experience. Financial support came from the Bendigo Community Bank, Evans & Partners, Great Ocean Real Estate and Mantra.

Read your full coloured
Lorne Independent
Anywhere on this planet

Take out an electronic subscription for \$20
You can also subscribe to the mailed copy for \$35

Send your details and payment to:

Jo Vondra


PO Box 213, Vic 3232

Email: jvondra@bigpond.net.au

Tel: 5289 1344 Mob: 0401 744 152

You can pay electronically

BSB 063 708 ACC. 1003 5991



Lorne
Certified Horticulturist & Landscaper
Landscape design and
Garden Construction

0422 179 161



SURF COAST
CARPET CLEANING

STEAM CLEANING:
 • CARPETS AND UPHOLSTERY
 • TILES AND GROUT
 • FLOOD RESTORATION AND MORE...

WWW.SURFCOASTCARPETCLEANING.COM.AU
0417 581 149

Dries in hours, Not days!



BARKLEY
 & ASSOCIATES PTY LTD
 Chartered Accountants

Lorne: 1st Floor,
 136 Mountjoy Pde, Lorne VIC 3232
 Mail to: PO Box 58, Lorne VIC 3232
 P: 03 5289 4277 F: 03 5289 4285

Highton: 1st Floor,
 2A Bellevue Arcade,
 Highton, VIC 3216
 P: 03 5245 8949 F: 03 5241 6963

E: lester@barkleyassociates.com.au



Front Cafe
8.30 - 12.00

Bistro
12.00 - 15.00

Dinner
17.30 - 20.30

Winking Seal Sports Bar
15.00 - Close

Also offering weddings, events & conferences. Speak to one of our friendly team for more information.

www.grandpacific.com.au
 03 5289 1609

[f](#) [@](#)
 268 Mountjoy Parade, Lorne.




Breakfast
9.00 - 11.30

All day dining
11.30 - 18.00

Happy Hour
15.00 - 18.00

We offer everything from a romantic beachfront dinner to birthday parties & weddings! Ask our friendly staff for more information.

www.lornebeachpavilion.com.au
 03 5289 2882

[f](#) [@](#)
 81 Mountjoy Parade, Lorne



OP SHOP BUZZ

Mandy Calder

Our Treasurer, Bill Rees, has been working on some figures to present to the members of the Lorne Op Shop at a recent meeting, and we thought that the general community of Lorne might be interested too. Quite often, customers and donors in our shop ask where the money raised goes. So here it is ... a summary of the projects financed in the five years from 2014 to 2018.

In total, from 2014 to 2018 the Lorne Op Shop funded 86 projects. The funding of these projects totalled \$1,104,493 which is an average of \$220,900 per year.

The Lorne Community Hospital received 84% of this money or \$929,411. These funds went towards a wide range of different projects within the hospital, including refurbishment, equipment, training, special treats for our aged care residents, post-bushfire support and support for the hospital's annual appeal.

The other main beneficiaries of Op Shop funding were:

Lorne CFA Brigade:

\$28,747 incl. \$18,000 for a new truck

Wye River Surf Club:

\$26,500 incl. \$25,000 for their first aid room refit

Lorne and District Men's Shed fit out:

\$25,000

Spirit Foundation:

\$20,000 support for Michael Callanan (Camel)

Red Frogs:

\$20,000 for Schoolies Week support

Lorne P-12 College:

\$17,200, incl. \$13,500 for their Well Being programme

The Lorne Op Shop is run totally by volunteers, and all our stock is donated. There are a few costs associated with running the business, including utilities, insurance, cleaning and rubbish removal, but the vast majority of takings go straight back into the community to support health and safety.

The Lorne Op Shop would like to say a huge thank you to the Lorne Men's Shedders who are so generous with their time and expertise in assisting us with the maintenance of our little shop. We only have to ask, and the help is forthcoming! They are great friends to the Op Shop and their help is always appreciated.

On a different note, did anyone see the item recently on social media and in the news about the dead whale that was found to have 40kg of plastic in its stomach?

Plastic that finds its way into the oceans is causing a huge problem worldwide - in the Caribbean there is an enormous floating island of plastic waste, and beautiful Bali beaches are strewn with mountains of washed up plastic.

So, the Op Shop has decided to support the other traders in town who are trying to minimise the use of plastic bags. To this end, we will no longer be needing donations of plastic supermarket bags to hand out. We hope that our customers will bring their own bags if needed, or will be prepared to buy a paper bag for their purchases.

We can all do our bit to prevent plastic ending up in the ocean and killing and injuring precious wildlife.



Massage & Bowen Therapy

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

How can we help you today?

Over the years, we've come to understand the needs of locals and we'd love the opportunity to meet you and understand your goals. Every path is different, but they all have the one thing in common, we're here to help.

Drop by and meet branch manager **Andrew Shaw** and the team at the CommBank Lorne branch today, or call us on **(03) 5289 1415**.

CommBank Lorne branch
68 Mountjoy Parade, Lorne.



Things you should know: Applications for finance are subject to approval. Commonwealth Bank of Australia ABN 48 123 123 124. Australian credit licence 234945.

AQUATIC CLUB

Keith Miller - Commodore

News from the Lorne Angling and Aquatic Club

My favourite time of the year is Autumn, the crowds have thinned, the weather is milder and less wind means more fishing. This year is no exception with beautiful still mild days and cool nights.

Things have slowed down at the Club but we are still keeping busy on our Wednesday and Friday Happy Hour nights and our Saturday evening raffle night. We are still open seven days a week so drop in and say G'Day to our friendly members and staff and enjoy the world's coldest and best beer while taking in the best views anywhere in the world.

Every Saturday night we run a raffle with first, second, and third prizes. All our raffle money goes back into the community, so join in the fun. Remember our facilities are available to any member for weddings, parties anything.

If you're not a member then why not become one, it's not expensive. Pensioner \$25; Single \$45; Family \$60; Boat Owner \$75 (this allows you to use our boat wash and fish cleaning facilities)

SAUSAGE ROLLS: LORNE TAKES ON THE WORLD



The Lorne Aquatic Club is determined to find the world's best sausage roll and has now inaugurated a championship to take place on the Queen's Birthday holiday in June ...and entries are now open to all.

Commodore Keith Miller has investigated and subsequently registered the trademark "World Sausage Roll Championships" and the LAAC now owns the name.

"Entries are now open and judged have been appointed," Commodore Keith said. "We are also running a condiments competition and on the look-out for judges. The tasting for the sausage rolls will start at 5pm on Sunday evening, June 8th.

"All I can say to the people of Lorne and elsewhere is: go forth and bake," he added.

MENS SHED BOAT REGATTA SUNDAY APRIL 14

What can I say about the Regatta (the LAAC was one of the sponsors) except that it was an outstanding success. See the main story elsewhere in this edition.

MAJOR FISHING COMPETITION Number 2

We held our second Major fishing competition for the year on March 10th which was the Sunday of the Labour Day long weekend. The weather was perfect so we had a lot of competitors. I counted 22 boat trailers which is easily the most I've ever seen here.

There were plenty of fish caught and the big news was that for the first time ever we had two kingfish weighed in which is very exciting. As usual after the prizes were awarded and everyone enjoyed a beautiful roast lunch which is now free to all competing Anglers.

The senior winner was Joel Norton with a Kingfish 4150 points. Second was Harley Davies also with a kingy a tad smaller than Joel's 3940 points. Third was our reigning club champion Andrew Clarke with a snapper 2680 points.

In the Junior section the winner was Daisy Lodge with a Mackerel 2880 points. Second was Zane Lodge with a snapper 2390 points and third was Jack Addison with a flathead 2330 points.

Tom Dawson with 5 kingfish and a Tuna caught by himself and Kaide Love off Lorne recently.



LORNE LAWN BOWLS CHALLENGE WEDNESDAY MAY 8th at 5pm

Congratulations to the Lorne Bowls Club which had three teams competing in the district competition and amazingly all three teams won their respective grand finals. We are on fire here in Lorne at the moment with the bowlers now joining our local footy team as the reigning premiers. And, by the way, we are also the premier Angling Club in Country Victoria with more members and fishing competitions than any of the others.

I have issued a challenge to the bowls club for a one-night competition which they have accepted. The date is yet to be set and I've recruited a crack team to represent the Anglers with over 30 players signed on. I reckon the "Cup Cakes" at the bowls club don't stand a chance. There will be a barbecue and refreshments available on the night.

FAD'S and RESCUE BOAT NEWS

I contacted the Premier's office requesting a Fish Attracting Device (FAD) to be deployed off Lorne and they referred me to the minister for Fishing and Boating, Jaala Pulford MP. I have just been contacted by Dallas D'Silva Director of Fisheries Policy, Management, Science and Licencing Victorian Fisheries Authority who has agreed to meet with me to discuss it. Our local state MP Richard Riordan has been in contact with the minister for Police Lisa Neville who has just replied by letter. (See story in Letter section). They are not making it very easy but I'll keep trying.

In my opinion this is totally unacceptable! First, it states that a new rescue boat in Apollo Bay can cover Lorne. It's an hour on a good sea to get from Apollo Bay to here and twice that in a rough sea. Second, it states that the Lorne Surf Life Saving Club have the capacity to help. They only have small inflatables which are totally unsuitable for tow ins or offshore rescues. Third, it states that Victoria Water Police patrol Bass Strait. In the last 30 years I've seen the water police here once. We are still carrying out rescues using our own boats which are not designed for open ocean rescues.

Recently, I was rescued when my boat broke down. Luckily our local professional fisherman Warren Norton was able to tow me back to safety.

UNUSUAL FISH

This is a Southern Blue Devil Fish which is endemic to southern Australia. They grow to about 350cm and are found on reefs with ledges, crevices and deep caves at depths ranging from three to 40 metres. They live in small groups containing individuals of varying sizes from small juveniles to mature adults. They feed on fish and crustaceans. We've been catching quite a few lately when fishing for snapper. We return them quickly to the water as they are protected. They are one of the most beautiful fish that live in our part of the world, when you hold them in the sunlight their blue colour is amazing.



FISHING REPORT

After years of sightings and chasing we've finally had a few Anglers catch some Kingfish. They aren't huge but legal size and great fun. There's also been some tuna landed and they have had kingies swimming with them. The snapper are on the go with plenty being caught with a few good size ones. Gummy Sharks are plentiful but still no school sharks.

We fished out deep in about 60 metres recently and caught a few baby school sharks so they are about but hard to catch. King George Whiting are still about but not real plentiful. Flathead are still on the chew. The water is still above 18 degrees and the Yakkas and Mackerel are still around.

It's been an interesting season with unusual fish being caught that I've never seen in Victoria before. The pier is fishing well with lots of calamari, salmon, trevally, whiting snapper and mullet being caught.



WE NEED YOU!

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

Men and women are most welcome:

For further information call:

Nelson Knight - 0418 107 262

"We serve"

gannon

BUILT

CUSTOM BUILDER



JAMES GANNON

0419 155 370

james@gannonbuilt.com.au

gannonbuilt.com.au



Volunteer Positions Vacant

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.

Can you commit to two volunteer hours per week?

Can you see **yourself** in orange?

For more information phone Adrian on 0419 114 003 or email lorne@ses.vic.gov.au

Otway Heart Cardiology Service



APOLLO BAY & LORNE

- Echocardiography
- Stress Echocardiography
- 24 Hour Holter ECG

www.otwayheart.com.au

SPORTSBRIEFS

with John Ford

Dolphins' Great Start to Season

We are now three weeks into the Colac and District Football and Netball League season, and Lorne's senior football team has made a very impressive start. On 6th April the Dolphins defeated Western Eagles by 91 points with Lewis Hollmer kicking 8 goals and brother Jack and Tom King both contributing 3 goals.

On 13th April Lorne defeated Apollo Bay 21.17: 143 to 11.8: 74 in a match that was reasonably close until half time. Lorne really asserted themselves after half time with the midfield dominating and Lewis Hollmer kicking six goals.

The Dolphins came up against Birregurra on 20th April in a 'rematch' of last year's Grand Final. The match was played in still, sunny conditions in front of a big crowd at Stribling Reserve. Lorne started the match well kicking the first three goals and earned their lead of 19 points at half time. Birregurra challenged Lorne in both the third quarter and early in the final quarter, but five goals to three in the last quarter saw the dolphins run out winners 15.6:96 to 10.7:67. Mobile big man Mark McCormack gave the Dolphins first use of the ball, and George Steven led an impressive midfield. Their work was capped off well with Lewis Hollmer kicking six goals, Jack Hollmer 4 goals and Tom King another 3 goal effort.

Lorne's netball teams have also started the season well. In the win over Birregurra the senior team played with great assurance and their ball handling and decision making were so efficient. Lorne's next matches are: 4th May at home vs Otway Districts, 11th May away vs Alvie, 18th May is a bye, 25th May at home vs Irrewarra-Beac. Be sure to support OUR DOLPHINS, especially by getting to Stribling Reserve in time for lunch and to watch the junior grades of football and netball.

Lawn Bowls

Merna and Ken Smith

The midweek Pennant team had their end of season dinner at the Grand Pacific and had a lot to celebrate. As usual our evening was made most enjoyable by the attentive staff and the wonderful food.

The three Skips were full of praise for their teams and thanked all those who had participated in getting through to the Grand Final.

We had two new entrants in the entertainment of the evening. As Lorraine Goette has done in the past Karen Turner and Sheryl Donne gave an overview of their observations of the idiosyncrasies of all members of the teams and their version of the use of everyday words used in the bowling fraternity such as "more grass, more line and good shots". Helga Lewis and Heather Olney joined them later in the evening with their version of "Mama Mia", which brought the house down.

The Ladies doubles was won by Heather Olney and Jennifer Dulloo. The Men's triples was won by Alan Walls,

Peter Jacobs and Gary Allen. The Ladies 21 Up was won by Merna Smith. The Men's 100 Up was won by Alan Walls. Heather and Jennifer won their way through to the Champion of Champions Grand Final but were unable to compete because of Jen's illness.

The Ladies 100 Up was won by Sheryl Donne, a first year player. A Grand Final medal and 100 Up, well done Sheryl! The Presidents Cup was held on Easter Monday and was won by Marilyn MacKenzie and Janet McLeod.

Australia Day Tennis Tournament

Lorne Country Club held its annual Easter Tennis Tournament on 20th April. The day was perfect for tennis and all players enjoyed the spirited mixed doubles competition. There were 18 entrants and all played well, with little separating them. The Batty family continued their great form from last year with Amelia, Ashley and Austin winning prizes, along with Tina Shoher who played very well. Prizes were generously donated by Lorne Central, Lorne Cinema and Great Ocean Road Real Estate. A big thank you to players and supporters who assisted with court maintenance leading up to the day, and those who helped with the smooth running of the tournament.

Lorne Womens Golf

April started very well for the Lorne Girls, when the Otway Shield was played at Ocean Grove. The Lorne team of Sue Neill, Caz Bartholomew, Lesley Goldsworthy and Chris Angus won the day, making Lorne back-to-back winners, with a combined score of 131. Apollo Bay was runners-up with 119 pts.

Two teams entered Barwon Valley Challenge Bowl at the end of March, one Lorne team came 3rd, just one point behind winners, with Sue Neill winning B Grade with 43 pts and Caz Bartholomew runner-up with 40 pts.

Mandy Buckley from the South Western Golf, returned to Lorne to give the women another free clinic in chipping, pitching and putting. One of her memorable tips, particularly for short puts, was to line up the putt then close your eyes....we were astounded at the strike rate!

The Lorne Golfers have now started playing Division 7 Pennant, the first round played at Barwon Valley. While we didn't come home with a win, all players took it to their opponents up to the final holes, Chris Angus even going to a 22nd hole! Word is that they played very well, considering most of their opposition were on much lower handicaps.

Lorne women golfers had a special day out at Amenities Day at Colac Golf Club. Instead of playing at home for the usual Tuesday golf, 15 Lorne women travelled to Colac. Two teams who usually play 9 holes at our own club took the opportunity to play 18 holes, using golf carts, including our star handicapper, Sue Sloan.

(Continued page 27)

(From page 26)

We all had a great time, enjoying the country atmosphere, particularly the delicious dessert table with such delights as jelly slice and pavlova. We continued our winning streak with Helen Lawrie, Lynda Stewart and Rose Wyles being the winning team, and Chris Angus taking out one of the Nearest to the Pin Prizes.

Lynda Stewart had also had a fantastic win when she ventured overseas to Sorrento Golf Club, taking out the winners prize with 40 points.

This year we had a great field of golfers for the annual Easter tournament, played on Good Friday. The day was picture perfect and the course was spectacular. Thank you once again to all our wonderful volunteers and Peter Wheal who keep the course in pristine condition. A percentage of the entry money went to the Royal Children's Hospital Good Friday Appeal.

We played a friendly mixed Ambrose competition of 18 and 9 holes, with a total trophy pool of \$2,000. Thank you to our major sponsors, Great Ocean Road Real Estate and the Surf Coast Times. The Peak restaurant served delicious finger food prior to and after the game. We finished the day with announcing the winners of the 18 hole competition, Geoff Balderas, Earl Darcy, Paul Muxworthy and Peter Ironmonger. The 9 hole winners were Clive and Lesley Goldsworthy, Mark and Jackie Mitchell. Congratulations to all. The special guest this year was a comedian who kept us entertained post match. Make sure you mark the date in your diaries for next year. A fun day not to be missed.

Happy hitting and give us a call for further enquiries. New players always welcomed! Phone Wendy Hutchison, President Womens Golf, 0419 878 089 or Sue Neill, Vice President 0418 674 062



Above: Women's and Men's golfers showing off their especially designed shirts for the Easter Tournament

Lorne's Park Run Success

Lorne's Park Run is proving to be really successful. For those who have not yet heard, or participated, this is an ideal way to start each weekend. Runners meet at the Surf Lifesaving Club at 8.00am on Saturday mornings and run along an 'out and back' course totalling 5km generally following the foreshore. All abilities may enter, and you can run, walk or even stroll the course. The first Lorne Park Run attracted 99 runners, with nearly 90 runners the following weekend. This is a great reason to set the alarm on Saturday mornings – see you there!

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

**DAWSONS
CONCRETING
LORNE**
DRIVEWAYS SLABS PATHS
ALL TYPE OF CONCRETE
RETAINING WALLS
No job too big or too small
Free quotes
Phone 0404 892 204



POINT BREAK
P L U M B I N G

AL FORSYTH - PH: 0418 523 850
Locally known and trusted
www.pointbreakplumbing@outlook.com

Acupuncture Therapy

at

Lorne Community Hospital

Andrew Broomfield is available at
the Lorne Medical Centre on Tuesdays.
For appointments phone 0438 816 170
www.colacotwaychinesemedicine.com

**Wayne Adams
Painting & Decorating
Rendering & Texture Coating
Master Painters Australia Reg. No 2295
Phone Wayne
0417 337 756**



13 11 11

MECHANICAL REPAIRS TOWING

“Lorne Auto Care”
 “Lorne Breakdown and Towing Service”
 Phone 52892 910 Mobile 0408 579 868
 Paul and Maxine Spizzica
 Beaurepaire Drive Lorne
 lornebreakdown@bigpond.com
 Open Monday to Friday 8.30am to 5.00pm



SIMPLE STORAGE SOLUTIONS

- Personal & Business Storage
- Boat, Caravan & Vehicle Storage
- High Security Premises
- Individually Alarmed Units
- Electronic Gate Access
- 7 Day Access & CCTV

YOUR STORAGE PROBLEMS SOLVED

5267 3116

6 Alsop Drive, Winchelsea 3241



Water Supply Specialists

t: (03) 5231 1861
 74 Dennis Street, Colac VIC 3250
 www.watersupplycolac.com.au



- All things water:
- Pumps
 - Pipes & Hoses
 - Fittings
 - Irrigation
 - Tanks
 - Solar
 - Pool
 - Purification
 - Fire Fighting
 - Installation
 - Repair



DOMESTIC • COMMERCIAL • EVENTS

Give Alistair a call on 0400 096 084

TERMITE WATCH

PEST CONTROL

DOMESTIC • INDUSTRIAL • COMMERCIAL

The **Total Pest Control** choice for Lorne & the Surf Coast

‘Termite Watch’ practices Integrated Pest Management techniques. This means; we will always seek to use low-environmental-impact products and non-toxic solutions as our first choice.

For more information please contact us on 1800 355 686

www.termitewatch.com.au

Termite Watch is locally owned and operated in Lorne – providing a complete Pest Control service Victoria wide.



MINA architects
 m 0417 504 568
 www.mina.com.au

Have You Got Your Bags?



Single use plastic bags no longer available...

LORNE BOWLS CLUB

BOWLING ~ BAR ~ RESTAURANT ~ LIVE MUSIC ~ FUNCTIONS



Photo: Grim Fawker © Monday Night Music - April 1st 2019

WHAT'S ON IN MAY

Bar & Barefoot Bowls Fri-Sun

Or by arrangement with Jeff 0429188884
 Adult \$15 U/16 \$10 per relaxed hour
 Local beer and wine at friendly prices

Café & Restaurant Fri-Sun

Wholesome meals & specialty desserts
 Affordable ~ homely atmosphere ~ records
 Wedding cakes and catering available

Monday Night Music

Monday May 6th, 13th and 27th
 Dinner from 6PM ~ Live music from 7PM
 @mondaynightmusic for updates on bands



Bookings & Function Enquiries
 Contact 52891462 or 0429188884
 Updates @lornebowlsclub on facebook & instagram



LORNE HOME TIMBER HARDWARE & LEISURE

For All Your Hardware & Leisure Needs

LOCAL DELIVERY AVAILABLE

• **FIREWOOD**

Bulk redgum, sugar gum, bagged redgum, kindling & charcoal

• **RETAINING WALL SUPPLIES**

TP Sleepers, H&C sections, all lengths, bagged concrete & cement

• **HOMEWARES**

Kitchen & electrical appliances

• **GAS**

Refills, agent for Riordan LPG

• **TIMBER**

Small & bulk lots. Call Peter for a quote

• **HARDWARE**

Tools, power tools & key cutting

• **FISHING**

Fishing gear & bait

• **GARDEN**

Potting mixes, sprays & tools

• **OUTDOOR**

BBQs, tables, chairs & camping gear

• **LEISURE**

Umbrellas & beach gear

Lorne Home Timber Hardware & Leisure

OPEN 7 DAYS A WEEK

MON-FRI: 7:30am-5pm SAT: 9am-5pm SUN: 9am-4pm

58 Mountjoy Parade, Lorne 3232 Ph: (03) 5289 1329

HOME
TIMBER & HARDWARE

GO WHERE THE TRADIES GO



120 Birregurra Yeodene Road

Yeodene

Lets cut right to it, this property will produce a very tidy income whilst you enjoy living in the beautifully appointed home. How you ask well this executive home consists of two storeys. Upstairs is the separate self-contained three bedroom residence that makes it perfect for holiday accommodation or bed and breakfast. The ground floor is the family home that comprises a large kitchen, five bedrooms and two bathrooms and lovely living areas This property will provide a great lifestyle change an a unique opportunity to produce a great return on investment whilst enjoying privacy and peace. Saradon is 10 minutes from Colac and Birregurra and Forrest. Google Saradon Country Home then contact us for a private viewing.

8 3 2

For Sale
CONTACT AGENT

View
By Appointment

Agent
Wayne Mackrell 0417556151

LJ Hooker Colac
03 5234 2500



ljhooker.com/D2QH3A

COMPLEMENTARY AND PROSCRIBED MEDICINES

A recent survey by National Pharmaceutical Society MedicineWise has found that more than 7 million Australians take some form of complementary medicines every day. Fifty-nine per cent of these people were also found to be taking prescription medicines.

In response, NPS MedicineWise is calling for increased consumer education about the possible interactions between complementary and prescription medicines. Pharmacists have a role in reminding consumers that complementary medicines should be taken with care, just like all medicines.

In July 2018, NPS MedicineWise surveyed 1,015 adults across Australia about their use of complementary medicines. It revealed that only 20% of Australians never take complementary medicines. In addition, the survey found that about 8 million Australians usually took more than two forms of complementary medicines per week.¹

NPS MedicineWise Medical Adviser and general practitioner Dr Jill Thistlethwaite said, 'Complementary medicines may not work well with prescription medicines.'

NPS MedicineWise Medical Adviser Dr Jeannie Yoo stressed the need for open communication between pharmacists and their consumers. 'Complementary medicines are certainly a part of daily life or a weekly routine for many people, so all of us as healthcare professionals need to create an environment where our patients can feel comfortable to talk about the full range of medicines that they're taking, and not to feel like their health professional will judge them', she said.

Dr Yoo also urged pharmacists to assist consumers who are interested in taking complementary medicines and help them reflect on what kind of benefits they are seeking.



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

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

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

deluxe

Lorne's fabulous fashion boutique, locally owned and operated since 1999.

Featuring a carefully curated range of men's and women's clothing from Australian and international designers.

Open 7 days a week, including winter.

112 Mountjoy Parade Lorne

p 0352895070

Follow us on Instagram @deluxelorne,
Facebook @deluxelorne, and buy
online www.deluxelorne.com



Lorne Beach Books

Australian Regional Bookseller of the Year
Australian Book Industry Awards



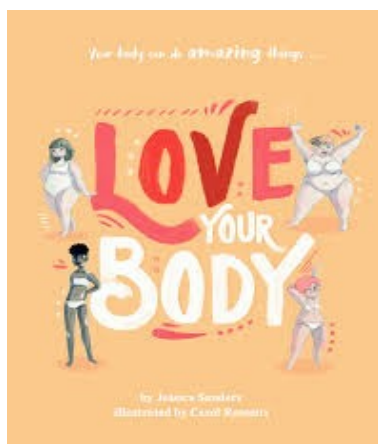
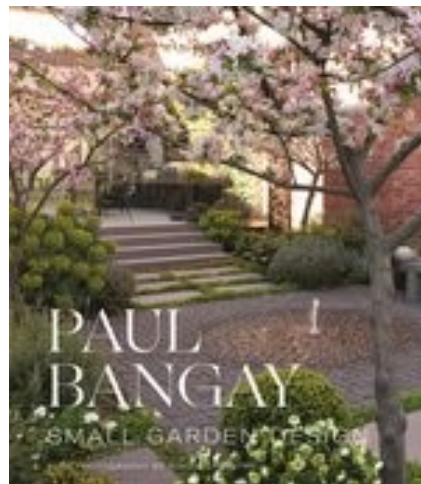
The Great Gatsby meets On Chesil Beach in this dark and sexy debut novel about marriage, love and betrayal.

Henry and Effie, young newlyweds from Georgia, arrive in Cape May, New Jersey, for their honeymoon. It's the end of the season and the town is deserted. As they tentatively discover each other, they begin to realize that everyday married life might be disappointingly different from their happily-ever-after fantasy.

***Cape May*, Chip Cheek, \$32.99**

In *Small Garden Design*, Paul applies his 25 years of experience with gardens of all sizes to reveal how best to structure, design and choose plants for small spaces. Chapters on Balconies & Terraces, Rooftops, Inner City, Lightwells and Courtyards are lavishly illustrated with photos by Simon Griffiths and enhanced with lots of practical tips on plant types, paving, irrigation, soil, outdoor dining, lighting and making the space appear larger.

***Small Garden Design*,
Paul Bangay, \$59.99**



What if every young girl loved her body? Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! This book encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and to help girls see that they are so much more than their bodies.

***Love Your Body*,
Jessica Sanders, \$24.99**



108a Mountjoy Parade, Lorne, 3232
Phone: 5289 2489 Fax: 5289 2689
Email: lornebooks@bigpond.com
www.lornebeachbooks.com.au

