

LORNE

Independent

No 213 August 2019

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Mandy Calder, Damian Smith and Kate Gillan

A BIG
'THANK
YOU'
FROM
LORNE

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A BIG 'THANK YOU, KATE!' FROM ALL OF US AT LORNE

There weren't too many dry eyes at the recent party to farewell Kate Gillan – after nearly seven years as CEO at the Lorne Community Hospital, Kate has left to take up a new position of Chief Nursing and Midwifery Officer at Barwon Health.

In her years at Lorne, Kate proved to be a most popular CEO with a reputation for her considerable administrative skills as well as her 'hands-on' approach.

During her Lorne administration, she is credited with developing and introducing an integral model of care to improve patient experience, implementing aged care reforms in both residential and community care, and introducing a regional registered nurse graduate program in collaboration with Barwon health.

She also worked to acquire the Lorne Medical Centre in July 2015, and topped the State in the 'People Matter' project with a 97 per cent overall job satisfaction

In September last year, Kate was named as one of the year's Top 50 Public Sector Women in Victoria.

She worked closely with Lorne Community Hospital board chair, Damian Smith to bring both Otway Health and LCH through an amalgamation process to become Great Ocean Road Health in July 2019.

In addition to her nursing qualification, Kate did studies at Melbourne University and her CV includes experience with St John of God, as well as St Vincent's and the Mercy Hospitals in Melbourne.

Kate lives in Torquay with her husband Alex Gillan. Her two daughters, Emma and Ruby now reside in Geelong and both are studying at university.

Best wishes, Kate, lots of luck in your new job and there are many of us who will miss your unfailing professionalism.

EL, JV and others



Kate Gillan at the farewell party with Lorne community's Ed Babington - photos EL

CONSULTATION ON COASTAL WALKING/BIKE TRAILS GATHERS MOMENTUM

A team of consultants has hit the Surf Coast a second time to gauge community interest in a possible walking and/or bike trail from Fairhaven to Skenes Creek just outside Apollo Bay.

The team has held consultations in various Surf Coast towns in a 'stage two' of the project with the assembled data presumably taken to 'Stage Three' when results will be announced.

The Department of Environment, Land Water and Planning (DELWP) are listed as authors of the project, but behind the project is a company called 'World Trail' which has a considerable reputation for constructing mountain bike trails in more than 20 countries.

A principal director is Glen Jacobs, a well-known figure in the mountain bike community for his development of trails with over 300km of purpose built recreational trails built in Australia. Victoria has 101km of trails, primarily in the State's alpine regions.

Trail specialists, World Trail, are developing the route options. They have extensive experience in trail development including the Surf Coast Walk, Blue Derby in Tasmania and Wangetti Trail in Far North Queensland.

Consultants at the Lorne sessions recently said that the trail along the 60km of coastline would be mainly a walking track, though literature clearly states that there would be some 'shared use section near townships and provide for riders a 'single-track' experience where possible with tracks 0.6-1.5m wide'.

Mountain bike trails would link to already existing trails in Forrest, and the 'descending trail from Mt Cowley to Lorne would provide a world-class experience'. The mountain bike trail will be connected with townships and facilities in Forrest, Lorne, Separation Creek, Wye River and Fairhaven.

Several people at the Lorne briefing pointed out that a walking track along the coast would pose problems associated with wildlife and especially birds and other animals breeding at certain times of the year. It was brought up that dogs accompanying walkers along the trail posed the greatest risk to wildlife.

Why is DELWP undertaking the study? Its literature says 'to assess the value, benefits and options for a coastal walking and/or cycling trail ... The GOR is one of Australia's most popular tourist destinations. It attracts millions of visitors each, supporting local communities and the economy'.



One of the mountain bike trails constructed near Cairns

And that beauty of a chestnut: "A key objective for the trail is to ensure local communities benefit from tourism, by attracting longer visits across different times of the year." Regional Manager Forest and Fire Planning David Rourke said: "We are looking for a trail that attracts visitors to stay longer and also creates a new way for locals and visitors to be active and enjoy the natural beauty on their door step."

"Initial community discussions last month gave us lots of local knowledge to work with and a good understanding of community aspirations for a trail," Mr Rourke said. "Our specialist trail designers have reviewed community and stakeholder feedback, walked key sections of the study area, and considered environmental and technical data to determine possible route options.

"We're now inviting the community to share their views about these options. We'll use feedback to help inform which trail locations to investigate and develop further." Community consultation held during June to discuss the trail attracted 200 survey responses, Mr Rourke said.

Findings show that there is support for a trail that caters for different users and abilities, reflects the natural environment, provides scenic views, and connects coastal towns and with other trails in the area.

The assessment team is also trying to gauge just how much the walking and/or mountain bike trail is likely to cost.

Anyone with an interest in the Great Ocean Road can get involved online at <https://engage.vic.gov.au/trail-study>.

ONE HUNDRED YEARS YOUNG

There is a saying around town that if you don't know Bonnie Castle you don't know Lorne.

Bonnie was a much-loved identity around Lorne and together with husband Bill, was involved in much that was going on in town, especially as very active and enthusiastic members of the Lorne Football Club and the Lorne Angling and Aquatic Club.

She was especially close to Joan Wheal though as a dedicated Collingwood supporter, she is said to have 'tolerated' Joan's Richmond affiliations. It certainly didn't make any difference to their long term friendship.

When Bonnie's husband Bill died in September 12, 2000, Bonnie, to the great disappointment of her many friends in Lorne, decided to move to join her younger sister Nancy and brother-in-law Ron in San Remo, in Gippsland though she still kept in touch with what was what in her circle of old friends.

One of the families she stayed close to was Angelo and Stavroula Kambouris, their daughter Vayia, as well as brothers Peter and Jimmy. As she had no children of her own, Bonnie had many 'adopted' children - she stayed in contact with the families as she watched the young children grow into adults.

When Angelo and Stavroula first came to Lorne to take over the Grand Pacific Hotel, Bonnie would help out any way she could, often baby-sitting the children while the parents were busy at a hundred and one tasks associated with running the Heritage-listed Hotel. It was due to Vayia's close relationship with Bonnie that the Lorne Independent was alerted to Bonnie's tremendously important 100th birthday.

There are many around Lorne who considered Bonnie their 'godmother'. Bonnie was born in Melbourne to Horace and Florence Short on August 5, 1919. She had an older brother Peter who is deceased; Nancy is some 12 years younger than Bonnie.

Her first job was as a dressmaker in Flinders Lane, in the heart of Melbourne's garment industry. She married Bill Castle in St Kilda in 1950, because in her words 'he barracked for Collingwood'. They moved to Lorne soon after where they managed for two years the 'Riverview Guest House' - they built their own house in 1954 in Grand Parade but unfortunately it burned down in 1977.

It was subsequently rebuilt and Bonnie and Bill lived in the house until his death. Bonnie worked variously at the newsagency in Mountjoy Parade and with Bill, was involved in service with Meals-on-Wheels and other community activities. Vayia said Bonnie told her of a football match between the Single Girls and the Married Girls on the foreshore, though it was never clear who actually won.

Bonnie was so popular with children that when she walked past the Lorne P-12 school, the boys and girls would all crowd around the windows and wave, much to the disapproval of their teacher.

We feel sure the whole of Lorne would want to wish Bonnie a Very Happy Birthday and many more, and hopefully that fabled citation - it used to be a telegram - from Queen Elizabeth arrives so that Bonnie can get it framed for all to admire.



Bonnie Castle with hubby Bill

Oh yes, Vayia said that if you should pass through San Remo, make sure you call in at the 'Beachside Bake House' where Bonnie has her morning coffee. You can also leave a message.

Bonnie turned 100 on August 5, 2019.

JV

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From the Deck by John Agar

THE EXTRAORDINARY HUMAN LEGACY OF THE HUMBLE COWRIE...

‘Ahhh the thrill of the chase!’

It is what I say to myself as Susie and I pull into the lower carpark at Vera Lyn, or when we (sometimes) visit a ‘secret searching spot’ around the coast, wondering ... ‘how many will we find today?’

While some may pity me for openly confessing an adrenalin rush from seeking a mundane cowrie, the elusive little blighters provoke exactly that! As Rosie and Yogi cruise decaying piles of kelp, dosing up their seaweed breath with its fresh (and not so fresh) rubbery stalks ... I stalk cowries.

But ... cowries are more than they seem! They have played a pivotal role in human development, despite that they appear to be just a simple sea snail (or mollusk) from the family Cypraeidae. The Romans called them ‘Porcellana’ ... try thinking of an English word that might have derived from it ... beautiful, shiny little shells with an exquisitely finished surface and a name that would subsequently bond with a kiln-glazed ceramic whose surface ‘shone like the skin of a cowrie’.

Although the ceramic originated in China during the Han and Tang dynasties of the first millennium AD, it was subsequently much prized by Islam and, through Islam, was traded into Western Europe. Here, the Roman name ‘porcellana’ stuck, and the ‘fine china’ ceramic became known by the name we now use: porcelain.

Meanwhile, cowries were serving a most important purpose. They were the dollar, the pound, the euro, and the rupee of non-European international currency from the earliest of times. They were a globally recognized and prized commodity. ‘Shell money’ dominated almost all facets of global trade beyond the isolated ‘walls’ of Europe.

Though eventually minted coin of various denominations would supplant the cowrie shell, it served for centuries as the legal tender for barter and trade from Africa to the Indian Ocean rim, across eastern and south-east Asia to the Pacific and the Americas, and down through the Indonesian archipelago to northern Australia.

Even the North American Ojibway tribe traded in cowrie shells though it is still unknown how cowries made their way to a tribe that occupied lands from the Canadian Midwest to Quebec in the east in an extensive inland and sea-distant arc above the Great Lakes.

Beyond currency, the cowrie – prized for its beauty – was the centerpiece of tribal jewelry. Carved or whole, they were commonly made into necklaces, pendants, and beads.



Using the larger species found in the tropics, they were even known to be used by equatorial islanders as cod-pieces to encase the male genitalia – particularly as ceremonial stand-outs – albeit this can be hard to imagine, given the smaller versions we find locally on our Southern Ocean shores.

In contrast in Africa, they served as symbols of womanhood, fertility and birth, a role perhaps suggested by their undersurface.

They have been used as dice, for children’s games (think ‘knuckles’), as badges of rank, and as seamstress ‘mushrooms’ for the darning of socks. The list goes on ...

Our cowries are commonly 2-3 cm shells – shaped like a tiny smoothed, rounded, and polished egg with a high porcelain shine on the upper surface. Underneath, a characteristic ridged or serrated slit (the aperture) extends the length of the undersurface of the shell. Most cowries I find are pale pink in color, with faint dots along the lower edge.

A smaller species – once plentiful when our whole family would search about at Shelley Beach in the 50’s, but now seemingly rare – is white with one of two distinguishing pale pink spots high on the dome. Most prized – to me – are the exquisite brown cowries that, half-buried in sand, seem to almost glow from within! But, in other parts of the world, iridescent green and golden brown cowries grow to the size of a human fist.

The living cowrie extrudes a mantle – a fleshy shawl that curls up and around both sides of the shell and, completely covering it, secretes a constant ooze of enamel onto the shell dome. When the mantle retracts, the shiny enamel surface is exposed, revealing the glorious colors and super-glossy shine that so appeal to us.

‘Lady’ cowries lay eggs, then sit on them protectively until they hatch. The ‘family’ then tends to be territorial, occupying only favoured crevasses and reefs. This is likely why they seem to be found – at least in our neck of the woods – in only selected places and not widely prevalent along the coast line as most shells are.

Cowrie-hunters will all have their special coves, secret beaches, and favoured spots to seek their prey. Self-protective of my own hoard, I will confess to Shelley Beach, but the shutters go up as I protect my special spot, ‘somewhere’ beyond Cape Patton.

Meanwhile, as I park at the Vera Lyn carpark, and as Rosie and Yogi romp around the point towards the break at Barrels and the shells of Shelly Beach, I again find myself whispering:

‘Ahhh ... the thrill of the chase!’



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:

John Bliss - 0419 156 166

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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

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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.



GRAN FONDO

It's on again in September

Lorne is likely to host up to 10,000 people – 5,000 bike riders plus their camp followers – with the holding of the annual Wiggle Amy's Gran Fondo, with enthusiasts arriving on Friday, September 13; it'll be Monday, September 16 before traffic is back to normal.

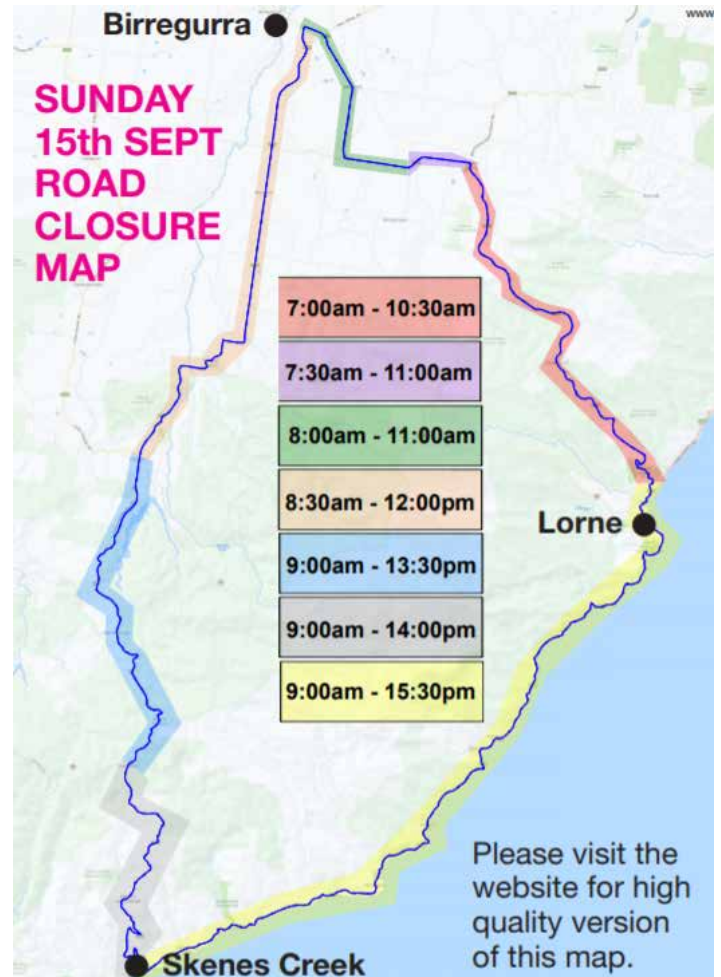
The course runs between Lorne and Skenes Creek, just outside Apollo Bay.

As in previous years, there will be considerable disruption to traffic and local businesses, with a number of road closures. Parking in Lorne during the event will be difficult.

However, the organisers said there are several new changes to the event this year, with Mountjoy parade to be open all of Saturday with the inclusion of the foreshore carpark. Surrounding streets off Mountjoy Parade will also be open with the exception of Bay St, which will be closed on 14 Saturday for "The Wall" event to take place.

Appropriate traffic control measures as approved by Victoria Police, Vic Roads and both Surf Coast Shire and Colac Otway Shire. Road Closures will be temporarily installed on all intersections and access points to private property that provide vehicle access onto the course. Minor roads, residential and business driveways adjoining the course will be closed progressively from dawn on the morning of the event.

For further information
granfondo@amygillett.org.au



HOW'S YOUR BONE DENSITY?

The Measure Up DEXA scan bus will return to Lorne on Monday 26th and Tuesday 27th August.

What is a DEXA Scan? DEXA is the most accurate commercial body composition measurement system available to the public. A DEXA scan provides you with individualised body composition information together with a measure of bone density that no other device can achieve.

Patients will need a referral from their GP before booking their appointment with Measure Up.

The scan bus will be located at Lorne Community House.

For further information and to make an appointment with your GP, please contact the Lorne Medical Centre on 5289 4333.

Corrina Dichiera
 Consumer & Community Engagement Co-ordinator
 Lorne Community Hospital

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

TUNE YOUR WOOD HEATER FOR MORE HEAT AND LESS SMOKE

Environment Protection Authority Victoria (EPA) is encouraging everyone who owns a wood heater to tune it to produce less smoke and more heat this winter. Wood smoke and calm weather conditions contribute to reduced air quality.

EPA Chief Environmental Scientist Dr Andrea Hinwood says there are simple ways to make your wood heater safer, cleaner and cheaper to run.

“However, wood heaters that are not maintained or operated correctly can produce a lot of smoke, and one of the best things you can do is have your flue or chimney professionally checked and cleaned,” she said. “That can help to prevent flue fires and ensure the heater produces more heat and less smoke.

Dr Hinwood added that reducing wood fire smoke also helped to minimise any health impacts. “Wood smoke contains very small particles and gases that contribute to air pollution.

This can cause problems for anyone with cardiovascular, breathing difficulties and respiratory conditions, resulting in symptoms for some people.”

EPA also advises that you should never burn household rubbish, driftwood, treated wood such as pine, or old painted wood in your wood heater.

Dr Hinwood encouraged people considering a new heater to think about all the choices available to them, including other heating options that may produce less smoke than wood heaters.

For more information <http://www.epa.vic.gov.au/your-environment/air/wood-burning-and-air-quality>





THE LOUTTIT LOOP

It's fantastic to hear of new family deciding to make Lorne home. Ross and Kiki Dimsey's daughter Celia and hubby Piero, together with their two school age kids Alessandro (11) and Bliss (8), two dogs (Lupo and Bowie) and a cat (Perry) have arrived, bought a house, and are already getting involved in the school, the footy club, etc. and we extend a huge welcome to them. Off course Nonno and Nonna are ecstatic.

DELWP held an information session to get some feedback on a draft concept for a potential new coastal walking trail between Fairhaven and Skenes Creek. This would hopefully cover both hinterland and coastal areas, and if funding permits some exciting suspension bridges on the Cumberland River to Jamieson Creek section and also on the Lorne to Wye River leg. Please have your say as soon as possible on www.engage.vic.gov.au/trail-study. Certainly sounds really exciting and a win-win project.

There's a beautiful deep rock pool at the end of Stirling Street. Locals knew its position in the rocks by lining it up with the prominent palm tree at the corner of Stirling St. Sadly this tree has been looking poorly for a few years, and now has carked it and been removed. Hopefully another tall tree will take its place so we all know where to enjoy this divine swim.

Heard of two new shops signing leases in Mountjoy parade!
Hoobloodyray!

Evelyn Powell has passed away, and Ian Stewart has recorded his memories of the swimming lessons Evelyn and the late June Hunt held in the Erskine River prior to our pool being built. RIP dear lady.

"If you need a job done, ask a busy person" One Lorne lady certainly fits this bill. But she never needs asking. Just does it. In her own busy life with a darling husband, two sporty kids (Mum's taxi?), a big home c/w two accommodation sections, two dogs, shifts at local Op Shop – this angel recently stepped in to assist an ailing senior – driving her bags to Geelong Hospital after a rush trip in an ambulance, cooking meals for her - who reckons she'd have slipped away without them, and even dropping the "Age" to said lady now back in Lorne hossie! Sue Balderas – you are such a precious part of Lorne and we can all learn from your generosity of spirit and unlimited energy and maybe lift our own games! Personally, I 'dips me lid to you' and thank you for being you. Why not blow her a kiss if you see Sue flying round our streets!

Remember the surfing memorabilia shop down by the river next to Cam's tearooms? Murray Walding ran that shop and has now written his 4th book – "The Last Dance". Murray is a self confessed life long surfer, a lapsed muso, and a Tigers tragic and this book records the 60's era of dances in halls, and the fun we all had at that magic time.

The two Margs and the two Cathys are back from their trip on the 1km long Ghan to Darwin and subsequent flight home. All are still great buddies and loved recreating the journey of Ada Beal and her mates in a taxi in the 30's – albeit in great style.

At a recent Lornecare working bee a largish blackberry clump was spotted on the foreshore. "What do you guys use now instead of Roundup?" asked a volunteer worker. The GORCC helper replied without hesitation "Contractors!"

Latebreaking news from the World's Best Sausage Roll competition at the Aquatic Club is that Dick Davies entry scored him 3rd Prize!! Apparently he used a family recipe which is top secret, so don't bother to ask for it! Some suspect that the secret ingredient of a splash of beer may have got his rolls over the line to a third!

Members of the Aquatic Club have been catching some absolutely enormous fish this winter. Young Tilo de Bon was photographed with his mega 78 cm snapper – the biggest caught so far this year.

At the 2019 Annual General Meeting of the Lorne Community Connect (formerly the Lorne Senior Citizens) members accepted the proposal that the centre become a hub for the Arts in Lorne and surrounding communities. Or so President Gary Allen informed us in the Committee of Lorne page in the Surf Coast Times. All good.

We've certainly copped some weather this winter! And the wind!! The SES and CFA had many large fallen eucalypts to deal with. Lots of fire wood for those on the scene with a boot or a ute! A huge mess on the Deans Marsh Road looked like three trees had fallen at the same time like synchronized swimmers! Later word spread that it was in fact a gigantic triple trunked forest giant! Once more the Community thanks those who turned out to clear the road and man the wonderful huge chainsaws the Op Shop funded!

Excellent article on MoVida's chef Frank Camorra (by Paul Chai) in the Good Weekend last month. To quote Frank: "Lorne in winter is how I remember it growing up 20-something years ago. When you pop into Lorne in Winter mode, it feels cosy, it feels local, and you feel like one of the special people here. You are not part of the summer horde. You are part of the community." Frank was born in Barcelona, and raised in Geelong. His cooking career started in the former Arab. He reckons we are so lucky with restaurants on the coast and inland. And he's right! As he says – "When you come in from the cold and get something that is hearty, nutritious and delicious, that's when you really learn what food can do for your soul."

The Op Shop team have a new challenge! A noisy angry plover has hatched three little chicks under the back stairs and boy does she shriek if anyone even opens the door to have a peek? Definitely 'out of bounds' for a while.

How great is it when a group of lazy whales choose our bay to play in. Even better when the sea is dead calm and it's the weekend! Traffic came from everywhere and no-one was disappointed. Lots of photos taken – despite it being an almost impossible task. One lass preferred to take selfies the whole time she was on the beach – pouting and smiling while the nearby whales whacked their 'fins' on the sea! Worse still, one guy launched his drone, flew it out and round and round the flip flopping whales and back again, obviously oblivious of the local law that proclaims drones must be 500 metres from mammals. He has been reported to officials and cheekily posted his whale photos on Facebook which was like a coming out. Whale watchers on the beach at North Lorne just had the feeling it was not the right thing to do.

Lillian

FROM OUR COUNCILLOR

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



Moggs Creek New Bridge

It never ceases to amaze me how the tales in Lorne get bigger and bigger as time goes on! The latest one I heard was that the Moggs Creek bridge replacement would occur over the peak summer period, December – January, resulting in a single lane bridge controlled by traffic lights, you have

got to be joking!

VicRoads have confirmed the new bridge will be installed between 1st September and completed by mid November so let's all relax and look forward to another fantastic summer in Lorne.

Surf Coast Shire launches e-Planning

The Surf Coast Shire has launched a new portal “e-Planning” on its website.

The e-Planning portal allows you to communicate with Council electronically without the need for paper or making telephone enquires. The portal will allow the submission on planning permit applications, make enquires, lodge submissions or objections, search the planning register, view applications on public exhibition and more.

In June, the Planning Department reached an important milestone where 95% of all planning applications were issued within 60 statutory days. The comparative average score for the Peri Urban Group of Councils was 74%.

Surf Coast Shire 2019-20 Budget

Council adopted its 2019-20 Annual Budget after having considered over 130 community submissions during the exhibition period for the draft budget – which was held between 24 April and 27 May 2019. A number of adjustments were made in the budget to accommodate community aspirations and needs.

The Deans Marsh pathway Birregurra-Deans Marsh Road will finally become a reality after 6 years of community lobbying. Estimated cost \$333,000. The Deans Marsh Memorial Playground receives a \$214,500 asset renewal and upgrade.

Council funding of \$3.3 million for the Stribling Reserve Pavilions redevelopment along side the Federal Government's contribution of \$3.3 million was also adopted. Council also aims to deliver a record \$26.9 million capital works program in the 2019-20 financial year.

Rating Strategy 2019-20

The Council also adopted its rating strategy and will increase rate revenue in line with the Fair Go Rates System cap, which this year is 2.5%. The cap is set by the State Government and applies to the total revenue generated through general rates and municipal charges.

A major change included in the rating strategy is a reduction in the amount paid by owners of vacant land. Previously vacant land attracted a rate differential two times as high as a residential property; the rating strategy sets the vacant land rate at the same amount as the residential rate. The former historic rate was aimed at preventing land banking but there is no evidence to suggest this is currently an issue in the shire and recent changes to how bushfire overlays are applied means some vacant land cannot readily be developed.

Under new legislation by the State Government each property across the state is now subject to an independent annual valuation, and these values will be used to calculate individual property rates. This annual revaluation does not result in a net gain or loss of revenue to Council, but rather redistributes the rates burden according to updated property values.

Further Budget & Rates information can be found on www.surfcoast.vic.gov.au

Positive Ageing – Reform Readiness Plan

Faced with the challenges of an ageing population, the Australia Government is changing the way that aged and disability care services will be delivered in the future. The aim is a consumer driven, market based, sustainable aged care system, where local government will no longer be an automatically designated service provider or receive block funding.

The Council has been working for more than two years and more recently with the Positive Ageing Advisory Committee to ensure they have direct access to the views of people who use the services. One of the strongest messages heard from the community was that people are seeking a seamless transition.

Council adopted the Positive Ageing Reform Readiness Plan at the June Council meeting and will now begin a comprehensive transition program.

The Council is working with Lorne Community Hospital and Hesse Rural Health on a model for the future of aged care services in the Shire. The model could see these two providers taking over provision of aged care services for clients in zones incorporating Winchelsea and Lorne areas.

Continued page 11

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In the short term Council would continue to provide aged care services in a zone comprising Torquay, Jan Juc, Anglesea and Bellbrae with a view to identify an alternative provider for the zone in the future.

Council will continue to communicate directly with members of the community as it continues with its transition program ahead of the 2020 federal government reforms.

The number one guiding principle of Council is that the community will not be left without access to critical positive ageing services.

Further information can be found at www.surfcoastshire.vic.gov.au and then click on the "Community" tab.

Wanted - New Family Day Care Educators

If you're passionate about educating young children and interested in running your own home-based business, you might have a future as an early childhood educator.

New Family Day Care educators for Lorne, Aireys and Anglesea families are being sought. If you have passion, a love of children, a certificate III in children's services then you are almost there.

Family Day Care educators can work three to five days a week, managing their own time and business, including superannuation and tax. If you are interested and want to know more please call 5261 0600 or email familydaycare@surfcoast.vic.gov.au.

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AQUATIC CLUB

Keith Miller - Commodore

News from the Lorne Angling and Aquatic Club

The shortest day of the year has been and gone so the days will soon become noticeably longer but still a fair bit of winter to get through first.

We are open every day of the week except Tuesday (Hutch reckons he needs a day off for some reason). It's beautiful and cosy with our inside and outside heaters keeping everyone warm and our brand new outside clear blinds are working a treat.

Our Wednesday and Friday evening happy hours have been well supported particularly over the school holidays. Hutch has been serving up some beautiful free nibbles, party pies, sausage rolls, mini dim sims, cheese, salami, corn chips etc and we've even been throwing in the occasional sausage sizzle.

We get some very surprised and appreciative looks and comments from visitors when they ask us how much for one of our sausages on buttered bread are and we tell them they're free!

And of course it all gets washed down with the world's coldest and best beer.

Recently our well-known local Dick Davies who came 3rd in the recent World Sausage Roll Championships (he reckons he was robbed) arrived with about 40 of his magnificent sausage rolls. They disappeared in the blink of an eye. Dick's recipe is top secret and goes back through his family for several generations.

Upcoming Events

Our next fishing competition is Winter Cup Comp number 3 sponsored by Steve Hill of Hillec Electrical Services and will be held on Sunday the 4th of August.

All fish must be weighed in before 12.30pm and a free mixed grill for all Anglers and members will be served straight after the presentations.

AFL Grand Final Day is always a great day at the club and this year will be bigger and better than ever. We will have our two inside TV's fired up and weather permitting an outside one as well. We will have our two marquees set up, nibbles, a sausage sizzle and happy hour bar prices during the breaks.

Recent Events

On Sunday the 7th of July we held our second Winter Cup Fishing comp which was sponsored by one of our regular and very popular members, Gary Keane of Keane Bricklaying and Scaffolding.

The conditions weren't the best with a stiff easterly but our ever reliable regulars all braved the elements and there were some great fish weighed in.



Tilo DeBon with his record breaking 78cm snapper he caught recently using the Aquatic Club's salted pilchards and berley logs. It's the biggest snapper so far this year.

Lodge finishing in that order all catching mullet and there was only millimeters separating them.

Footy Tipping

Sponsored By Smyth Real Estate

It's very close at the top end at the moment with the leaders changing weekly. Machine's wheels fell off since my last report, he was 3 clear at the top but he's now equal second only 1 behind the leaders.

The scores are: Anna Armistead and Grangey share the lead on 91. Equal second are Donna Issell, Machine and Pete Wheal all on 90



Congratulations

Congratulations to two of our very popular summer regulars and members from Warrnambool Graham and Wendy Currington who both turned 60 recently. Apparently they still dress like this in Warrnambool.

Continued page 13

From page 12

Bait

We have the biggest range and best value for money bait anywhere along the Great Ocean Road. Check out our Pippies, Baby Cuttlefish, Salted and Unsalted Pilchards, Squid, Prawns and Berley Logs.

Tilo DeBon with his record breaking 78cm snapper he caught recently using some of our salted pilchards and berley logs. It's the biggest snapper so far this year.

Fishing Report

The run of big snapper has finished but there's still plenty of great pan size pinkies about around the 40cm mark.

Flathead are still biting well in between the big swell events. They go off the bite when there's a big swell running for some reason. They are mainly sand flathead but there's a lot of big Blue Spot or Yanks being caught at the moment.

Plenty of good size Gummy Sharks about and there's been a few School Sharks or Snapper Shark also being landed which is encouraging because they have been very scarce over the last few years. Plenty of big winter Salmon about and the Blue Mackerel, Yakkas and Couta are still abundant. The King George Whiting are biting well considering it's winter which is unusual. Speaking of unusual, there's been some John Dory caught here recently which is a fish I've never heard of being caught in our neck of the woods. I hope they stay because they are a great eating fish.

The Lorne Pier has been busy over the school holidays with reports of some good fish coming in - King George Whiting, Sand Whiting, Salmon, Snapper, Trevally, Calamari and the odd Flathead.

GARFISH. We haven't had one garfish weighed in yet this year. We have a trophy and a \$50 prize going begging. I realise they are getting more difficult to find each year but I'm sure we have some talented garfish anglers out there, so please have a crack.

Unusual Fish Caught off Lorne

We have a photo board in our clubhouse with photos and names of all the unusual fish that have been caught here over the last few years. It never ceases to amaze me how much interest it gets from visitors and members.

Occasionally we get a fish that I can't find in any of my fish identification books so I've contacted the museum of Victoria quite a few times asking them to identify fish for me. They have a team of marine biologists who are more than happy to help me out and on two occasions they have asked permission to use my photos on their 'Fishes of Australia' website because they didn't have a clear photo of these particular species of fish.



This is a John Dory which is the fish I mentioned earlier in my fishing report.

Various and doubtful explanations are given to the origin of its name but it's not really known where it came from. They are found all over the world in depths ranging from 5 metres

to 360 metres. They are normally solitary and in some areas grow up to 65cm and weigh up to 3kg. They primarily eat small fish, squid and cuttlefish by stalking them until they get close enough and their mouth quickly extends and opens up sucking in their prey. They are extremely thin and their shape is not unlike a dinner plate. They are not good swimmers but they are nearly invisible to their prey from the front. They are not specifically targeted by fishers but are often caught by trawlers which catch multiple different species of fish at any one time. They are of excellent eating quality.

Contract Cleaning Opportunity

A large apartment development in Lorne is seeking expressions of interest from a suitably experienced, qualified and insured commercial cleaner to maintain our building at a high standard.

The key elements of the cleaning contract will include:

- Maintenance of all glass entrances and staircase windows
- Maintenance of all common tiled and carpeted walkways/staircases
- Maintenance of all external pathways, including garage entrance
- Maintenance of rubbish compound and bin placement for collection
- Cleanliness and maintenance of lifts

The development operates on the basis of high peak occupancy for approximately two months of the year – Christmas/ school holiday periods and Easter and low to medium occupancy during the remainder of the calendar year.

Only tenders from experienced and skilled cleaning providers can be considered for this contract opportunity. The contract is being offered for an initial term of 6 months with scope for a further 12 month extension.

The total scope of works schedule can be obtained by contacting Eamonn Beamish, Alliance via email at eamonn@allianceocm.com.au

Expressions of interest can be forwarded to Eamonn Beamish at eamonn@allianceocm.com.au by the close of business on 9 August 2019. All expressions of interest will be treated with total confidentiality.

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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 with Friends of Queens Park starting at:

10.00am on Sunday 18 August

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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Tony Hobba architect designed and locally built, the construction is a class act. Marble bench tops in all wet area, Miele appliances in the chef's standard kitchen and luxurious bathrooms.

Features include American Oak timber flooring throughout the kitchen/living area and thoroughfares, ducted heating/cooling, electric blinds, a striking bluestone crafted open fire place plus expansive bi-fold doors leading to the balcony, complete with stainless steel built in BBQ.

The master bedroom has incredible ocean views, huge BIR clothing storage and a spacious light filled ensuite.

The floor plan over two levels also allows for excellent separation should you desire. A double carport to the rear allows you same level access into the house and has fantastic lock up storage cupboards.

An iconic Great Ocean Road beach home!

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PLASTIC FLOATING AT THE PIER



Most people are conscious of the harm that plastics do to the environment and there are any number of campaigns to clear up the material, whether it's in the shape of an ugly soft drink bottle on the roadside or the thousand and one products that seem to end up in rubbish dumps or landfill.

We seem to have a love-hate relationship with plastic – we understand all too well the many benefits the material can bring but we are not too sure at all what to do with the stuff once its usefulness has passed.

The amount of plastic floating around our in oceans and presenting a dire problem to anything alive (and sometimes to dead carcasses too!) is known to us all, and the problem is visible even in our own expanse of water.

Tess Flynn sent us the accompanying photo, taken from the Lorne Pier during the recent school holidays. “Delighted to see a Northern Giant Petrel at the end of the Pier but so disappointed to see the plastic bag,” she wrote.

Ironic that the floating plastic bag had stamped on it the words: “Strong Helpful Reusable”. Thankfully, the Petrel kept right away from it ...

Incidentally, look up the Petrel on your favourite ‘search engine’ – an absolutely fascinating bird. It even has an ‘on-board’ salt water filter to counter the large amount of salt it ingests.



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Anglesea Performing Arts Presents

TWO ONE ACT PLAYS

Directed by Iris Walshe-Howling

Multi Ward Winning theatre company A.P.A (Anglesea Performing Arts) has developed a reputation for its bold approach in exposing the uncomfortable truths, so often, hidden in society; and this time round, it's presentation of two one act plays, is no exception.

The two productions are connected by themes that explore trauma in its many presentations and the impact this can have upon children; so often overlooked.

Jules Allen, an Award winning advocate for young people in crisis, brings her first play in to production for its premiere season on the Surf Coast with Lorne's own Iris Walshe-Howling as director.

Slipped Through The Cracks

Jules' debut play exposes the myriad of complexities in our Foster care system. This play, first of its kind in this regard, delves headfirst in to the deep, and at times, harrowing journey undertaken by all involved. The second play,

The Blood Cries Out Of The Soil

A compilation of Caryl Churchill's 'Seven Jewish Children plus 'etudes' on the theme, compiled and directed by Iris Walshe-Howling questions the responsibility we as a race have to our children.

Jules has fostered over 30 children in the past 20 years. As a prominent Social Scientist and advocate she was Awarded the Southern Cross Alumni of the year Award in 2017 for her diligent commitment in the field. She has also featured on the ABC's Australian Story.

Iris Walshe-Howling needs little introduction in these parts. An early founding member of La Mama theatre in the 60's, she has been heralded as the creative instigator of change since joining APA, (Anglesea Performing Arts). Recently as co-director of 'The Hope Song' which played to great acclaim she was awarded best director.



Iris Walshe-Howling and Jules Allen

Venue

Anglesea Memorial Hall
McMillan St, Anglesea
August 23rd, 24th, 30th, 31st @ 7.30 pm
Plus Saturday matinees @ 2.30 pm.

See Link For Ticket Bookings
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LET'S TALK DIRT

Doug Williams

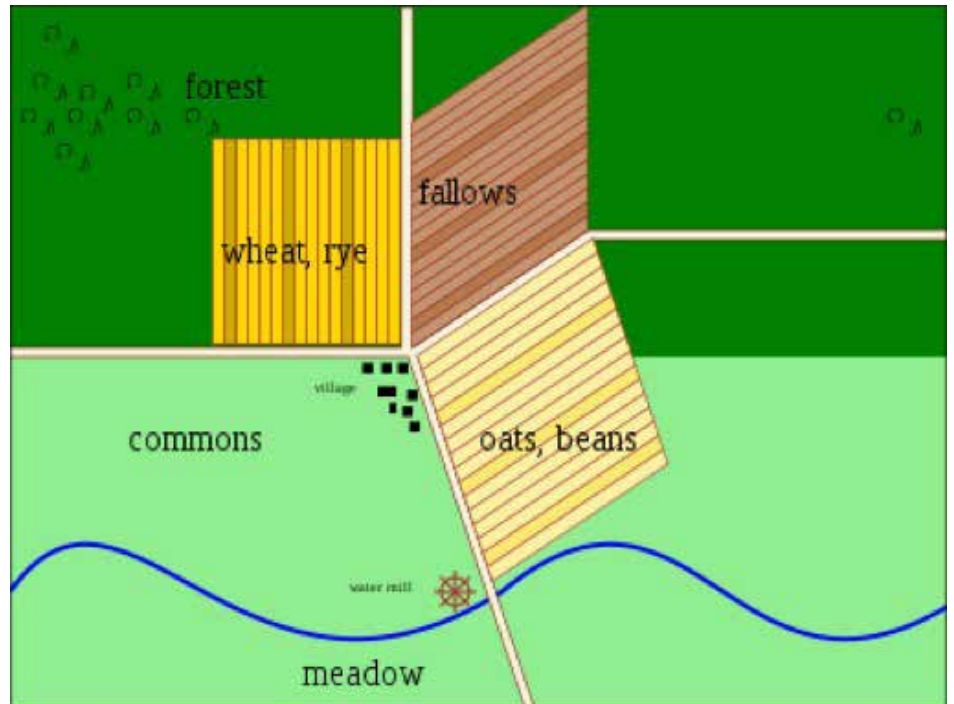
I was chewing the fat with my mate Max and talk got around to how deposits, like dust particles, collect over millenia and form soils and then we got around to remembering snippets from our school days like the classifications of sedimentary and igneous rocks and the Three Field System. For those who were paying attention in history class over fifty years ago you'd recall that this was a system used in mediaeval England and Europe and involved crop rotation.

Basically – since I can't remember the exact details – this means that a farmer's fields were allocated to allow a crop for a year and a follow-up crop the next year and then in the third year the field was rested and nothing grown in it at all. That was all we really needed to know to pass the exam and since none of us at my suburban high school was ever likely to become farmers it wasn't necessary to go into greater detail about soil science. I later learnt that's what we have agronomists for.

Throughout the Western District the soils contain volcanic material as well as the accretion of organic matter which form fertile growing conditions well suited to cropping and grazing. The soils around Lorne are basically clay under a very thin layer of topsoil and often no topsoil at all. Clay is formed from the chemical breakdown of rocks and consists of very fine particles. Silts have larger particle sizes and sands, generally, larger ones again. Soil, where the goodness is concentrated in the form of organic matter and is the favoured growing medium for growing crops and for the home gardener, is comprised of clay, silt and sand.

It is commonly referred to as loam or dirt. Such soils are rich in nutriment and minerals, drain well and retain a decent amount of moisture. On Melbourne's outskirts there are zones of fertile soil and this is why there are so many market gardens in the Werribee River Delta. In exactly the same way sedimentary soils have formed along the Nile River Delta from millions of years of silt deposits washed downstream from places like Ethiopia where many consider that the Blue Nile originates from.

For the best results when growing your vegetables you really need to have soil that is well-drained (obviously, otherwise the roots of your plants will drown because there is insufficient air available to them) and has organic matter added to it (and this can be done in a number of ways such as composting or providing manures). Do not forget to add some lime (according to the directions). Lime is under-utilised in many vegetable gardens but balances out the acidity from added fertilisers which will eventually make your soil too acidic.



Farming system - Matthias Scharwies is a teacher in History and English at a Bavarian Hochschule (High School) in southern Germany.

One wouldn't attempt to grow, for example, tomatoes in sandy soil since it is deficient in adequate organic matter which provide nutriment and retains moisture, nor in clay soils because they do not drain well. Successful cultivation requires a bit of garden bed preparation but this is the only way to succeed if growing your veggies in the ground. Loam can be brought in from a garden supplies yard.

Incidentally, if you are wondering why the level of soil in the truck or trailer that delivers your loam is below what it was when it left the yard you must know that loam consists of quite a high percentage of air, often as much as ten percent. Motion and vibration during cartage allows the air to escape and lowers the soil level. Don't worry because it will be fluffed up again when you add it to your garden bed and mix goodies in with it. And look into crop rotation because it is important not to grow the same crop in the same ground year after year.

On the other hand do not bother going to the expense of adding layers of topsoil to a garden if you only wish to have it planted out for landscaping. Unless you want to install a lawn there is absolutely no need to do so. Choosing the right plants for the right location means selecting those that will grow in clay soils - and there are oodles of these from which to choose. Clay is mineral rich and contains more nutriment than sandy and many sandy loam soils. When you break it up in order to set plants these nutriment are unlocked and the plants thrive. If this wasn't the case there would be no plants growing across the Otways. Oh, and the reason that field in the first paragraph was left fallow in the third year was to give it time to recover. That was a form of crop rotation.

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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

COMMUNITY CONSULTATION ON YET ANOTHER FORESHORE MASTER PLAN

The Great Ocean Road Coast Committee (GORCC) has released the Lorne Foreshore Draft Master Plan for community input and the public is invited to comment.

The draft master plan identifies works to improve the foreshore, considering accessibility, use, and enjoyment, and will guide management of the precinct over the next 10-15 years.

The plan has been informed by feedback from community and stakeholder consultation conducted over summer 2018/19 and in response to increased visitation pressure to the Great Ocean Road.

The key themes highlighted during the initial round of consultation included upgrading the Doug Stirling Walk, retaining public open space, new and upgraded facilities and improving path connectivity and accessibility.

GORCC is seeking community and stakeholder feedback on the Lorne Foreshore Draft Master Plan up until Sunday 25 August 2019.

To have your say on the plan, you can attend one of the following consultation sessions:

- Saturday 3 August, 2-4pm: Lorne foreshore - adjacent to SLSC carpark
- Wednesday 14 August, 5-7pm: Melbourne - 8 Nicholson St, East Melbourne (DELWP office).

You can also view the draft master plan and provide feedback via an online survey at www.gorcc.com.au

Get Your Lorne Independent the easy way.
See page 11 for a mailed or electronic copy

EDITORIAL

Back in the good ol' days, books represented a whole range of positives – knowledge most of all. We went through the educational process with books; a dictionary was a book that laid out in precise and succinct language grammar and what a word actually meant and how we should use it.

Books were also a source of entertainment and amusement and tomes where you learnt about history, the world around us, where you learnt about the religion and hopefully, the words inspired a good, honourable and successful way of life.

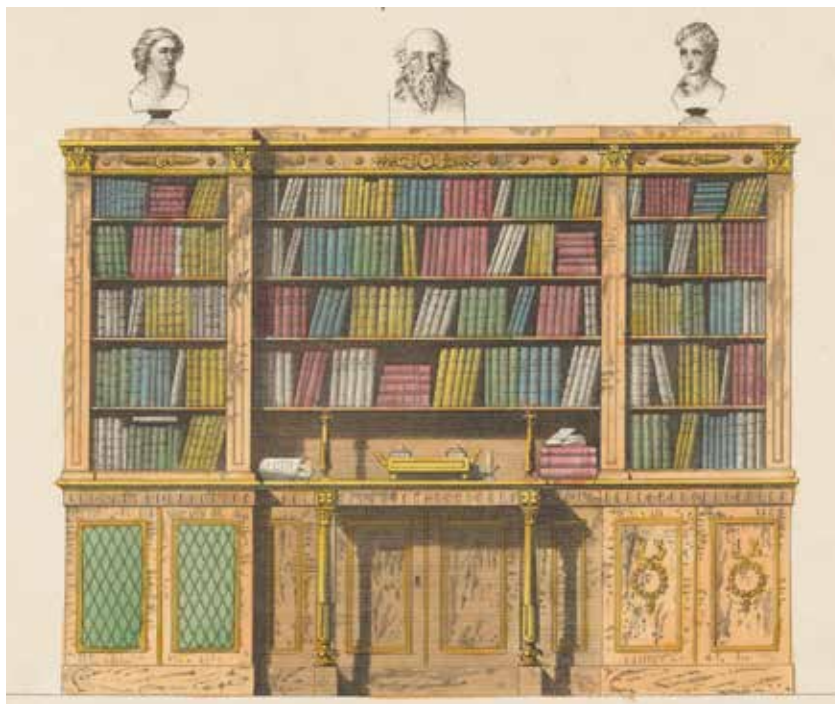
One of the first things an ambitious migrant procured for the family was a set of encyclopaedias. “You must learn about things,” the head of the household would growl at his off-springs. “We are in a new country, we have a new way of life, and for us education is the only way!”

Well, some households said that, but others would clip children on the ears and intone in a threatening way: “You must go and work. Contribute to the household!”

The all-out favourite of this writer's collection of books was Webster's New 20th Century Dictionary of the English Language, brought out by the World Publishing Company, Cleveland and New York, in 1958. It was a massive work 28.5 by 21cm wide, it was 12.5cm thick and weighted 750grams which is 1.6 lbs.

It was a sort of mini-encyclopaedia in that it not only served as a dictionary but also gave thumb nail sketches of the meaning of important words, where they came from, and other information. The book also contained the language tree of the Indo-European and other civilizations, the most common phrases in Latin, even pages and pages of mathematical explanations.

It was a monster of a book and needless to say, cost a fortune back in the late 1950s. Because of its weight and bulk it is now used as a reliable door-stop!



Bookcase with a secretary, by anonymous, after Michael Angelo Nicholson, 1827. Rijksmuseum.

The problem with Webster's is that it's American-centric and much of the information is dated. And though new books, despite the prediction of those who think everything is related to digital technology, still form very much a sustainable industry, it's what to do with those old and outdated books, and especially how to dispose of them that's the problem.

The manager of a favourite Salvation Army opportunity shop in an outer Melbourne suburb smiled her most

welcoming smile. “Oh I'm sooo sorry, but we just can't accept it,” she said and sort of jiggered about in her own embarrassment. “It's the same with ...oh you know, what's those big British volumes called?”

“Encyclopaedia Britannica?”

“That's the one. We had a set for ages. Couldn't even give it away. It was in really good condition too ...! You know, you can actually get it on-line,” she said, helpfully.

Even if you are still inclined to check facts in those old encyclopaedias, there is every chance that the many entries are wrong and/or facts have been superseded. The ubiquitous Mr Google might just have the right answer ...and facts and figures are easier to find. Just a click, a couple of questions, another click and there you have it...

So what to do you do with old and unwanted books? The opportunity outlets can't resell them, they don't even burn because of the chemical in the paper ...land fill?

It would be a most painful and heart-breaking experience to see that glorious and much-loved Webster nestling with household and other rubbish in some forgotten, obnoxious-smelling landfill, awaiting a bull-dozen to tip earth over the unwanted trash!

As a door-stop, at least I get to touch it almost daily when I kick it into place going out the door!

JV



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WELCOME TO GREAT OCEAN ROAD HEALTH

Lorne Community Hospital and Otway Health have joined forces, ensuring residents and holiday makers on the Surf Coast can access the very best and safest health care, long into the future.



GREAT OCEAN ROAD HEALTH

Over the past three years, the Lorne Community Hospital and Otway Health Boards have been exploring better ways to share resources to strengthen primary care and improve clinical services at both health care services.

The formation of Great Ocean Road Health builds on this work even further. General Practices are now integrated and better placed to attract and keep more doctors working on the coast.

This will ensure the sustainability of local primary care health services, improve service delivery and deliver greater access to care for local communities, when they need it.

Patients will enjoy better health outcomes thanks to better coordinated, more efficient and patient-centred care, closer to home.

Great Ocean Road Health will be better placed to meet increasing demand from locals and tourists in Lorne and Apollo Bay, while also ensuring the health service remains financially strong.

And over time, Great Ocean Road Health, operating as a single entity, will be able to expand the range of health services delivered locally.

For staff in both hospitals, it will be 'business as usual.' Great Ocean Road Health will keep all local hospital names, the same services and staffing levels and there will be no reduction in Government funding.

The Victorian Government is committed to the future of health services in Lorne and Apollo Bay, ensuring they can meet community needs with increased funding.

Launching the Great Ocean Road Health logo and website

A new logo was launched to symbolise the coming together of Otway Health and Lorne Community Hospital, under our new umbrella entity, Great Ocean Road Health.

When designing the branding of our entity, we were looking for a simple and classic design with a strong health focus.

With many 'GREAT OCEAN ROAD' brands in existence along the Surf Coast, it was important to get visual separation with the main point of difference being HEALTH.

'GREAT HEALTH' is outcome focused and a call to action. Drawing from our existing medical centre logos, the coloured dots have been strategically placed at the centre of a 'cluster' element. This positioning places Great Ocean Road Health at the centre of its community's health services and outcomes.

The radiating dots reflect a growing network as Great Ocean Road Health will work throughout a large region that encompasses communities on the coast and throughout the Otways. The dots are connected to each other visually by their uniform structure to reflect connection. This symbolises the connection between Great Ocean Road Health and the community it serves.

Our new website was also launched under www.greatoceanroadhealth.com.au The website provides a clear message of who we are, what we stand for and where our value lies when delivering great care to our community.

The website also boasts a clean design with improved menu functionality that directs you to the information most relevant to you.

It is also fully responsive with mobile devices, making it easy to navigate on a wide range of web browsers and portable devices.

Going forward, we will continue to communicate regularly through our news and events page.

If you would like join our mailing list to receive information about our services, visiting specialists and general health news, send us an email enquiries.lorne@swarh.vic.gov.au

Also don't forget to like our new facebook page www.facebook.com/GreatOceanRoadHealth

SPORTSBRIEFS

with John Ford

Lorne Bowls Club

Merna and Ken Smith

New Bowls Club President

At the Annual General Meeting held on June 19th 2019, President Gary Allen resigned after five years of sterling service. During this time he has worked outstanding hours to achieve success and it was fitting that the members of the club provided him with three Premierships on his retirement.

What a result he achieved! Yes, three teams, three premierships - unbelievable success for such a small club. Thank you Gary for your leadership over this period of time. Now enjoy your bowling!

The Secretary Don Baldwin also resigned after four years of remarkable service, working hand in hand with the President. The club members thank you for your excellent work during your four years of tenure as Secretary. Three other members are retiring from the Committee: Vice Presidents Peter Spring and Peter Jacobs as well as Committee member Ingrid Caulson. Thank you all for your contribution to our success.

Peter Barraclough was elected as the new President with acclaim and mention was made what an enormous job he had in replacing such a competent previous president. Marilyn MacKenzie was elected as the new Secretary and together with the President will form a great team to lead the club during season 2019/2020.

Marilyn has already arranged the new practice group on Tuesday mornings 10.20am in order to keep players in form for next season when each team is required to advance to a higher level. All new members are welcome.

Members of the Board for season 2019/2020 are President, P. Barraclough, Secretary, M. MacKenzie, Treasurer, D. Stribling, Committee Members, H. Olney, J. McLeod, H. Lewis, J. Russell, H. Davies, S. Donne, A. Walls and immediate post-president, G. Allen. Selectors, P. Stevens, H. Davies, B. Weetman.

It was also announced that new outdoor bowling carpet will be installed during the month of August 2019. The old carpet has served a useful life for more than ten years. This installation is possible after the Government granted funds for a new carpet on a dollar for dollar basis

Alan Walls, Peter Jacobs and Brad Weetman, the green replacement sub-committee, were given or volunteered for the task of selecting the best carpet for the club. They have visited various bowling clubs and manufacturers to view, discuss and select what they believe to be the ideal carpet for Lorne. The one selected is manufactured in England. Later new shades will be installed around the ground in time for the summer heat.

Dolphins Win From Behind

On Saturday 20th July second placed Lorne hosted third placed Alvie at Stribling Reserve in match that promised to be a tight contest. The day was sunny but with a gusty northerly wind generally favouring the William St end. Lorne had first use of the wind but at quarter time only led 2.3:15 to 1.2:8.

Lorne then defended well in the second quarter so that at half time the scores were Lorne 3.7:25 to Alvie 3.6:24. The Dolphins did not appear to be in difficulty at this stage because the wind was still fresh and would favour the home side in the third quarter. However Alvie outscored Lorne in a quarter where every contest was very hard-fought, so that Lorne trailed 4.9:33 to Alvie 5.7:37 at three quarter time.

In the final quarter Alvie kept kicking the ball long with the wind, with Lorne trying to mount attacks to the pavilion end. Alvie kicked their third goal of the quarter at the 18 minute mark to lead Lorne 8.10:58 to Lorne 6.10:46 with the wind still a factor. The Dolphins were superb and lifted all across the ground. The final 8 minutes of the match saw Lorne attacking relentlessly and adding three goals one to Alvie's no score. Lorne had played well all day, but 'pulled the win out of the fire' the win 9.11:65 to Alvie 8.10:58.

The win showed that Lorne can play with great calm and confidence even when placed under great scoreboard pressure. Lewis Hollmer and Mark McKee were the main goal contributors with 3 and 2 respectively, but Lorne's midfield and defence stood tall and provided a springboard into attack for the whole match. Lorne is currently playing youngsters Oscar Coutts, Oscar Balderas and Lochie Donne who are playing important supporting roles in the team.

Lorne holds second place on the CDFL ladder behind South Colac, with Alvie, Apollo Bay and Birregurra close behind and all vying for places in the finals series. The following matches are as follows: 27th July home to Irrewarra-Beeac, 3rd August home against Simpson and 10th August away at Colac Imperials. The finals series begins on 17th August and Lorne should feature strongly with the seniors and reserves both holding second place on their respective ladders. In the reserves match against Alvie, Lorne's Sam Kelly kicked 12 of Lorne's 21 goals - an amazing effort! The under-age teams should also appear in the finals as their form has been consistently good. The Dolphins represent our town admirably and deserve our support each week. GO DOLPHINS!

Lorne's Senior Football team is now on top of the CDFL Ladder after its resounding victory on 27th July - and South Colac losing to Birregurra

Continued page 25

From page 24

Lorne Country Club Golf

Wendy Hutchison - Lady President

Winter has dampened play in many ways but the golfers have been getting out to have a hit when the rain has stopped for a few hours. However, many competitions have been cancelled due to the weather. The incessant rain is good for our farmers and our gardens so no complaints, just less news.

In case it wasn't noticed in a previous report, the slope rating for women golfers at Lorne is now 124. This indicates a more challenging course as previously it has been 118. This will no doubt please our visiting golfers who find our course difficult because of the many slopes.



'One of our intrepid lady golfers took the photo of the regular visitors to the Lorne golf course. No, the Kangaroos do not play golf...just don't bother them!

The bathrooms in our clubhouse are now being renovated. Thanks for support from the Lorne Op Shop, amongst other donors, the club will also have an accessible toilet for people using wheelchairs. This will make the clubrooms and the Peak restaurant more accessible to the public when summer arrives.

If you would like to join this friendly group of ladies, for the day, or for the year we meet every Tuesday at 8.30 am, play commencing at 9 am. There is also the "chicken run" on Friday afternoons, a mixed 9 hole social competition, starting 2 to 3 pm.

For further information regarding the Ladies Golf, please contact Wendy Hutchison on 0419878089 or Sue Neill on 0418 674 062.

Lorne Tennis

Lorne Country Club tennis members are playing social tennis every Wednesday afternoon from 3.30pm, and every Saturday morning from 9.30am. Visitors are welcome to join in for a visitor fee of \$10, and spare racquets are available. The play is mostly mixed doubles with the opportunity to also play men's and women's sets depending on the number of players present. The winter rain has meant that the porous courts are generally quite firm, and we have been fortunate that most Saturday mornings have been fine and sunny. This is a great activity for the whole family.

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

MISSION AUSTRALIA URGES YOUNG PEOPLE IN LORNE TO SPEAK UP IN YOUTH SURVEY 2019

Mission Australia is urging 15 to 19-year-old young people in Lorne to speak up on personal concerns and broader issues that are important to them by participating in Youth Survey 2019 before it closes on 9th August 2019.

Celebrating the annual survey's 18th birthday this year, the charity is seeking a record number of young people have a say in Youth Survey 2019. With more than 28,000 young people participating in 2018, including 5,132 young people in Victoria, Mission Australia has a goal to reach well over 30,000 participants in celebration of the milestone.

Mission Australia hopes that with more participation this year, the charity will be able to provide a broader overview of the issues that are important to the health, mental health and wellbeing of young people across the country. The survey results will be released in November and will be used to advocate on behalf of young people.

This year's Youth Survey also includes some new focus questions to better understand young people's thoughts around bullying, disability and whether young people feel they have enough of a say about the issues that affect them.

Mission Australia Victorian State Leader Michele Leonard said that the views of Victorian young people are invaluable. The Youth Survey is an annual temperature check to find out what young people across the country are thinking, feeling and experiencing. It gives organisations like Mission Australia current evidence so that we can advocate on behalf of young people for the policy changes and programs that they need, and that are proven to work."

In 2018, four in 10 (43.1%) Victorian young people identified mental health as the top issue facing Australia today – moving from third to first place in the list of issues of national significance since 2017. The top three issues identified by young people from Victoria in 2018 were mental health, alcohol and drugs and equity and discrimination (43.1%, 30.5% and 27.1% respectively).

Mission Australia's Youth Survey 2019 is open to all young people aged 15-19 years-old who are living in Australia.

www.missionaustralia.com.au/youthsurvey.

Share the word using #YouthSurvey2019
#YouthSurvey18thBirthday

The survey closes on 9th August 2019, with results to be released in late November.

OP SHOP BUZZ

Hi! I'm a newly permanent resident in Lorne but I have had a long and fruitful connection to this Op shop for many holidaying years. It has always been an exciting adventure to pop in the door and check out the surprises and bargains. And I see it continues to draw locals and tourists in large numbers.

It raises a great amount of money for the Hospital and Community. For example over \$200,000 was raised this last financial year. This healthy contribution to the new Hospital structure and the local community was praised by Corrina Dichiera, a representative of the hospital at the well attended Annual General Meeting on Thursday the 27th of June. While listing the variety of ways the money is used by the hospital she also commented on her husband's amazement and disbelief that the "sale of second hand clothes in an Op Shop" could raise such large amounts.

After the Annual General Meeting, the Op Shop workers attended a luncheon provided at the Bowls' Club. The plentiful (second helpings) and tasty food was well appreciated with choice and variety provided to cater for all tastes and dietary requirements. As a new comer I was warmly welcomed and I was very interested to hear the acknowledgement of the many years of service given by so many capable women to the Op Shop.

The careful selection by the President Stella O'Donnell and Secretary Wendy Jarratt, in identifying and celebrating these hard working women was both impressive. Too often volunteers, especially females of older generations, of whom such service was often expected, have worked tirelessly for little acknowledgement. So bravo all involved in this small but important ceremony.

WITH THANKS!

The Lorne branch of the Commonwealth Bank has made a \$500 to the Lorne Historical Society towards mounting two exhibitions - the commencement of the start of construction of the Great Ocean Road and the history of the Lorne timber industry in our district.

Gary Allen - President

Of course the shop sells many things kindly donated by local residents and supporters. We thank you all for continuing to provide such a diverse range of goods for us to sell. The content varies from occasional golf clubs to the staples of clothes, books, homewares to art and designer pieces (some still with labels intact). I have observed in just the short time I have been there, how many other Op Shop workers from around the country admire the Lorne Op Shop. Some even take photos in order to improve their own shops. The way the bed linen, fabrics and towels are organised has been praised several times - clear labelling and stacking is not an easy task.

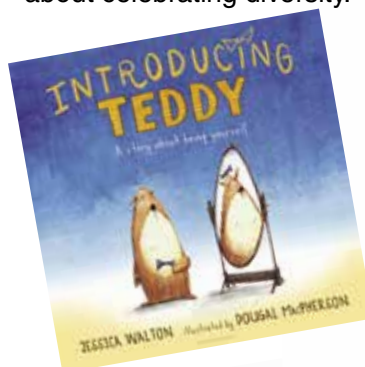
School holidays are always busy times with lots of visitors including many small people, hunting for books and toy treasures. This year we sold a huge amount of children's books and almost ran out of toys. Please keep us in mind as your children move onto the next stage and donate! We look forward to the change of seasons after a cold wet winter!

Janet Goud

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Great Ocean Road Health acknowledges the support of the Victorian Government.



CLOUDS

John Agar explains how clouds can be useful in gauging the weather

Decks - once built, of course - are free. Free to do fun stuff, like whale watching - my occupation on a recent Saturday morning as two or three leviathans undulate towards the Lorne Pier.

But, the week has been excellent for another deck-related pastime ... cloud watching. Cloud watching can be a little like watching grass grow, but, there are ways to make a cloud experience exciting!

Essential #1: a sky view

There are few, if any, Lorne homes without a view of the open sky. And, the sky is free!

Essential #2: a smart phone

There are few, if any, lovers of Lorne without a smart phone - spot me someone - anyone - who doesn't take a peek at a small bright screen within any given 10-minute period!

Essential #3: a tripod

The only additional outlay is for a small, stable smartphone tripod - mine set me back a princely \$28 at Harvey Norman.

Attach #2 to #3, then point the combination at #1 on any day except when the sky is azure summer blue and cloudless, or steely winter grey and overcast - and you are on your way to photographic magic. Who knows, maybe next year the Lorne Aquatic and Angling Club may run the Worlds' Best Southeasterly Storm Smartphone SlowMo Sequence in tandem with the search for the Worlds' Best Sausage Roll!

The time lapse majesty of a boiling, roiling thunderhead as it builds behind the pier and Point Grey is truly magnificent. And, time lapse cloud movement can be successfully shot by any artistic luddite (like me) with any smartphone.

Try this! Open the camera function on your iPhone or smartphone equivalent. Scroll the camera options at the bottom of the screen all the way to the left to 'Time Lapse'. After rain-sheltering your phone, aim it at an approaching storm, or some huge white 'fluffies' on a summer's day, and push 'record'.

The longer you leave the shutter open, the more that seemingly immobile or slowly-moving cloud masses will unexpectedly spring to life in replay. Clouds become interesting and an irresistible need to know more about clouds takes over.

So ... what are the common cloud formations we might see from our decks? Being very simplistic, there are three cloud names - cumulus, cirrus, and stratus; while two additional terms describe cloud function and position - nimbus and alto.

Finally, the names may be (1) used alone: cumulus, cirrus, or stratus; (2) in combination, one with another: cirrocumulus, cirrostratus, or stratocumulus, or (3) linked with one of the two descriptors: cumulonimbus, nimbostratus, altostratus, or altocumulus.

Cumulus clouds are 'detached', fluffy, and white (if the sun shines on them), or grey (if the sun is behind them). These are normally happy clouds that, on summer days, encourage daydreamers to imagine fantastical creatures, shapes, and animals. Children draw cumulus clouds in the skies of their school art work. These are 'low' clouds, with an altitude range between 750-1500m, that rarely signal more than the briefest shower of rain. Cumulus are commonly friendly clouds that chase their neighbors, and that will play hoppo-bumpo in your time lapse sequences. But, add a 'descriptor', and a cumulus cloud can have a darker side!

Stratus clouds form grey, featureless layers at any point from ground level (when they create mist or fog) to altitudes of 2500m. They are common along coastlines - our local sea mists - or on ranges where they hide the taller peaks. Stratus clouds may bring drizzle, or feel 'damp' when you within them, but they do not produce heavy rain.

Cirrus clouds are thin, wispy clouds that form at high altitudes between 5,000 - 15,000m. They do not - of themselves - bring rain.

Descriptors can then be added to these three basic cloud types.

Nimbus is Latin for rain ... so, if nimbus is added to cumulus (cumulonimbus), these tall, building thunderclouds signal that a thunderstorm - often with lightning - is approaching. Add nimbus to stratus (nimbostratus) and this thick, grey, leaden and heavy cloud-mass will indicate prolonged and continuous rain.

Alto is Latin for high ... so, if alto is added to any of the three cloud types, significant height (altitude) is implied - and the higher the cloud, the less likely that any precipitation from them will reach the ground.

Time lapse photography is most dramatic when cumulonimbus thunderheads are forming, or a southerly change is sweeping up from Cape Otway. So, look for cloud types. When a likely suspect appears, point your tripod-steadied camera at it, and push 'go'. Leave it 'ticking' for as long as you can ... at least 10-20 minutes ... then play it back. The effects can be fantastic. Above all, have fun - and along the way, become familiar with cloud identification. As you do, who then needs Google, or a weather app?



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TREATMENT OF ASTHMA

Cost is a major factor associated with non-adherence to asthma treatment in Australia, recent research revealed. Healthcare providers can assist patients with adherence by discussing more cost-effective treatment options.

In an recent cross-sectional survey over half of the adults surveyed (52.9%) along with 34.3% of the parents reported underuse of asthma medicines due to cost, primarily decreasing or skipping doses to prolong the use of asthma medicines.

Risks of non-adherence

Lead researcher and registered pharmacist Dr Tracey-Lea Laba, from The George Institute for Global Health,

said 'the risks of stopping or not using an asthma medicine in the way that it's meant to be used could mean an exacerbation in asthma and all the consequences associated with that, such as hospitalisations due to acute asthma attacks and death.'

'As with any medicine, if you're not using it in the way it's meant to be used, your condition will only get worse and you will potentially incur more costs due to worsening health,' she said.

'It becomes a vicious cycle where you need more healthcare because your asthma is not being controlled.'

'If a pharmacist suspects that a patient is not taking their medicine due to cost-related non-adherence, they should continue to emphasise the health consequences of under-use and provide suggestions for more cost-friendly treatments', Dr Laba said.



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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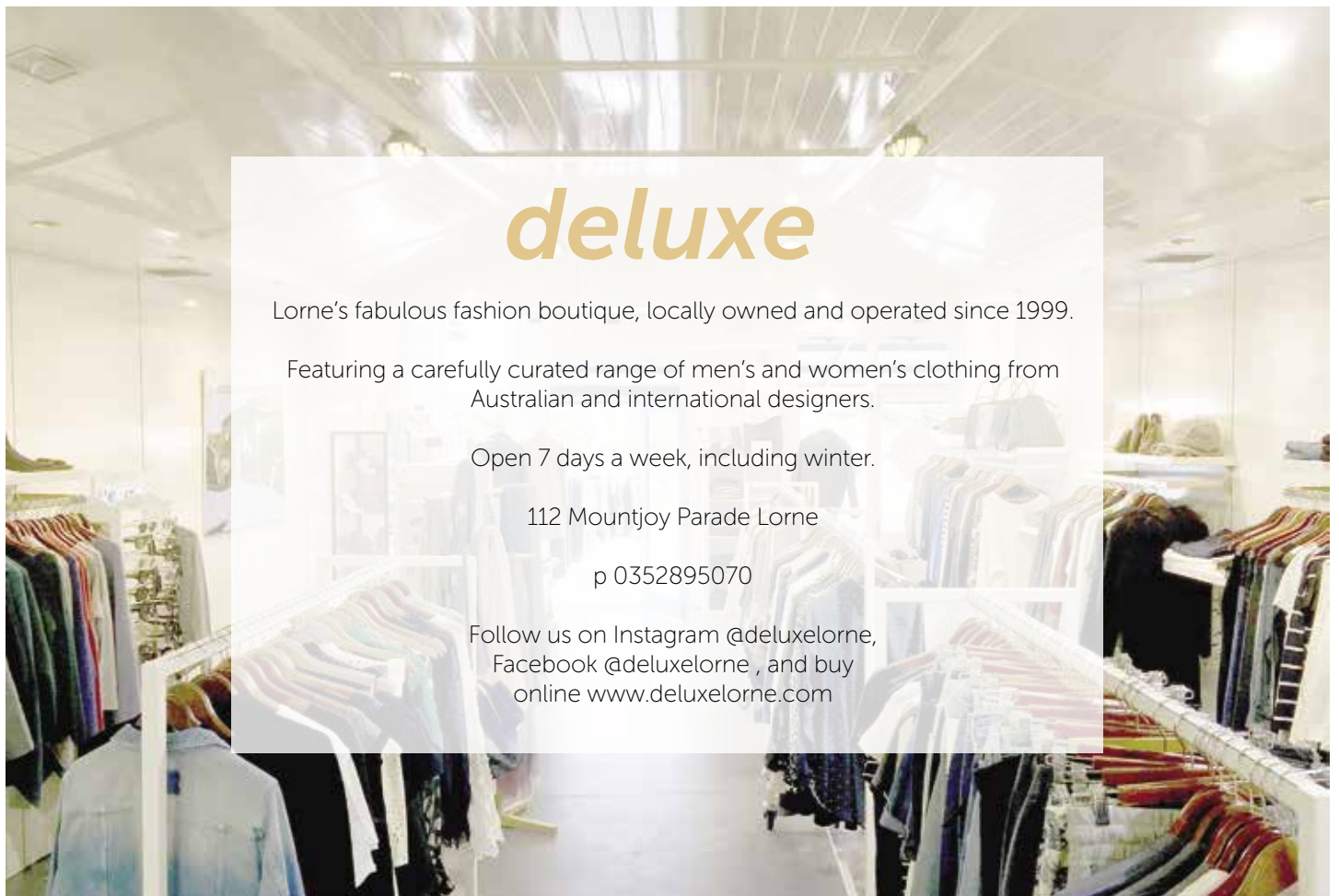
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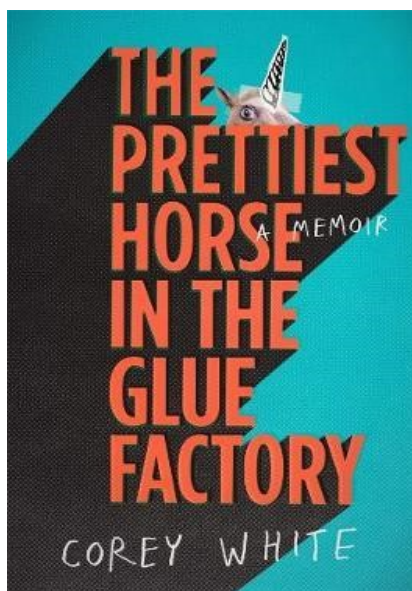
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Lorne Beach Books

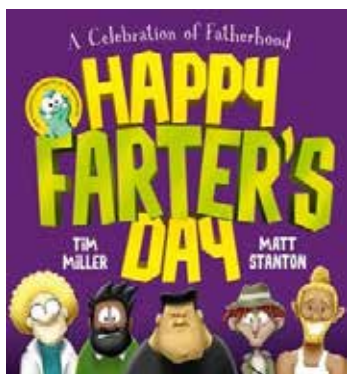
Australian Regional Bookseller of the Year
Australian Book Industry Awards



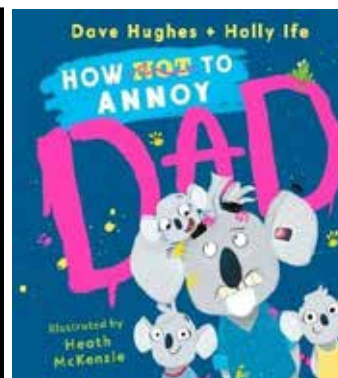
After losing his father to jail and his mother to heroin, Corey White became a target for cruelty and dysfunction in foster homes. A scholarship to a prestigious boarding school lifted him out of foster care and awakened a love of learning and reading for him, but this was soon overwhelmed by a crushing depression and drug addiction.

The Prettiest Horse in the Glue Factory is a memoir of trauma and survival that will break your heart and then show you how to rebuild it.

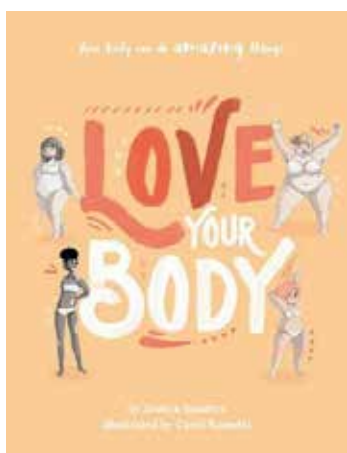
The Prettiest Horse in the Glue Factory, Corey White, \$32.99



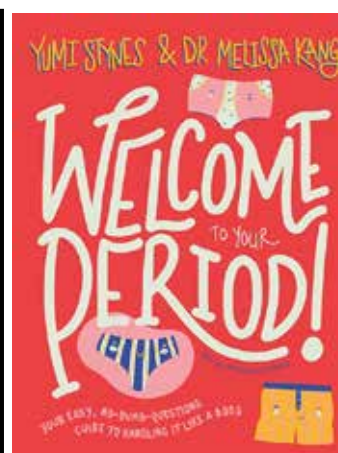
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