

LORNE

Independent

\$2

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FISH ATTRACTING DEVICES

Lorne's Angling and Aquatic Club takes on the first of the Fish Attracting Devices (FADs). Page 2

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John Agar writes on peculiar 'winter shawl-like' growth of the Dodder Laurel. Page 4

Next year's Lorne Sculpture Biennale deferred. Page 5

DEVICES TO HELP LORNE FISHERFOLK

At least two, possibly three Fish Attracting Devices (FADs) should now be in place off Lorne to help our fishing fraternity to attract surface or pelagic fish in the town's nearby waters, hopefully yellowtail, kingfish, salmon and tuna.

The Commodore of the Lorne Angling and Aquatic Club, Keith Miller said that "these things really work. I've fished on them in a few spots interstate and the fish hang really close to them."

However, he issued a warning: "Don't bottom fish near a FAD – you will get snagged. They are designed to toll lures pass or drift past and cast lures close to them".

Keith said that final approval was received only recently from the DELWP authority and the plan was, weather permitting, to bring the Authority's big fishing boat from Queenscliff to Lorne, pick up several Club members, then deploy the FADs.

At present, deploying the FADs is the responsibility of DELWP, but authority will be passed to the newly formed

authority, GORPA when it takes over sometime in the coming months. Whatever authority is in charge, its responsibilities extend three nautical miles out to sea from our shoreline.

Keith Miller said the area of preferred placement had already been given to DELWP – one is in about 45metres of water out from the Aireys Inlet Lighthouse and the other is in about 27m of water close to Lorne.

Their location will be displayed at the Aquatic Clubhouse and also listed in the Commodore's notes each month.

**Keith Miller,
Commodore**

Front Cover:

Members of Lorne's Aquatic Club take delivery of their first FAD. From the left, Tony Peddie, Commodore Keith Miller, Ric Addison, Allan Walls, Chris Nisbet and Vice Commodore Doug Williams.



Did you know bushfires kill from **300m** away?

Bushfires can reach temperatures of up to 1100°C. Long before the flames reach you, the wave of radiant heat can kill you from up to 300 metres away - the distance of two football ovals. Planning and preparing for bushfire is the only way to survive it.

How well do you know fire?

Plan. Act. Survive. Go to vic.gov.au/knowfire

CLIMATE CHANGE

The dialogue continues **Dr Mary Lush**

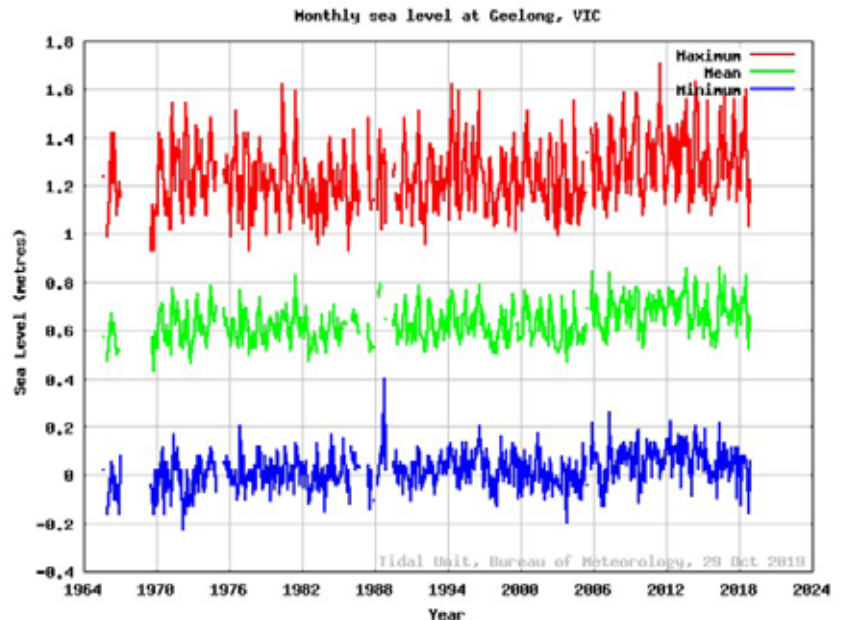
I'm not quite sure what Keith's Miller's guess is as to how we would respond to seeing waves demolishing part of Lorne's sea wall (Lorne Independent, November 2019).

I think he is suggesting that someone would ask 'Is this storm caused by climate change?' The answer from climatologists (of whom I am not one) would probably be 'We can't say for sure, but we should expect such events to occur more frequently in the future because global warming is causing sea levels to rise.'

Not many people were thinking about climate change when the picture Keith sent in was taken in 1958/9, but if they had been the dialogue would have been the same. The changes we see accelerating today were set in train by the industrial revolution.

A single picture of a high sea doesn't speak volumes because sea level is so variable. To identify trends we need systematic measurements taken regularly against a fixed benchmark. Fixed benchmarks are hard to find when it comes to sea level because in some places the Earth's crust is rising, in others falling. If you happen to be on a piece of land that is rising, sea level may well appear to be falling. Fortunately someone invented the tide gauge which at its best deals with all these problems. Recently someone equally cunning worked out how to use satellite data to measure sea level.

Lorne has a tide gauge – but it has a relatively short history and there is a gap in its measurements (possibly when the pier was being rebuilt). However, tide measurements for Melbourne dating from 1966 and for Geelong from 1965 are available from the Bureau of Meteorology. Here are the data for Geelong.



Can we make any sense of this? Well, take the high tide information at the top of the graph. High tides have topped 1.6 metres (monthly means) five times in the 54 years of records, once in the first 27 years and four times in the last 27. If we count tides over 1.5m, then there were six in the first 27 years and 22 in the last 27.

If you run a ruler over the other data (or better still download the actual numbers from the BOM), you will get a similar story.

Looks like a trend to me. One that meets our expectations of a climate change world.

BAG BAN – in case you didn't know

The Victorian Government has delivered on its promise to ban lightweight plastic shopping bags in Victoria to reduce plastic pollution and help protect the environment.

The ban applied from 1 November bags being provided at point of sale by all retailers, including supermarkets, fashion boutiques, fast food outlets, convenience stores, and service stations and more.

The ban includes all lightweight plastic shopping bags with a thickness of 35 microns or less and includes bags made from degradable, biodegradable and compostable plastic.

Information about the bag ban has been made available for retailers, suppliers, local councils and community through

media, websites, hotline services and visits to retail precincts across Victoria. The Victorian Government is taking action to reduce the impact of plastic pollution on our environment and is including a plan to tackle plastic pollution within Victoria's circular economy policy and action plan.

Plastics in the environment break up into smaller and smaller pieces over time, becoming increasingly difficult to manage.

They can end up in our waterways, lakes and oceans — contributing to litter and posing a significant hazard to our marine life and contaminating our recycling systems.

For more information on the banning of lightweight plastic shopping bags visit:

www.environment.vic.gov.au/sustainability/plastic-pollution



From the Deck by John Agar

OH, WHAT A TANGLED WEB [THEY] WEAVE ...

From the deck, I gaze down to the swing bridge across a tangle of vines in the small stand of gums lining Deans Marsh Road just before the up-take of Minapre Street. My immediate thought is that this 'infestation' must be bad, must be resisted, must be cut out – like a surgeon might cut free a canker.

This web of green vine that blankets the canopy of the trees like a winter shawl is coarse Dodder-laurel (*Cassytha melantha*) – a common infestation that has a preference for messmate eucalypts or swamp gums, although it can blanket almost any shrub.

Other examples can be found lining the Great Ocean Road near the Cathedral carpark.

It is a parasite vine, a relation to mistletoe, that will, and does eventually strangle and kill the host tree.

But, is dodder laurel all doom and gloom? ... especially considering that it is a close family relative of 'the love vine' of the Americas - *Cassytha filiformis* – a parasitic vine that, in the Caribbean islands, has earned a reputation as an aphrodisiac! But, dear readers, and despite that its' fruits are edible, I would strongly caution against trying it out on a steamy summers' evening!

In a natural environment the loss of a tree to dodder creates a clearing where other small plants can flourish until another tree regrows, but in a home garden, consideration should be given to removal as the small plants could be weeds and there will be limited opportunity for the tree species to return. However, to remove it, all infected branches must be removed, and in heavy infestations this may lead to the death of the tree.

There are several examples of dodder growing vigorously on eucalypts in Anglesea streets. Because dodder can kill host plants it is being investigated as a potential suppressor of weeds such as gorse and blackberry. While it may kill the odd tree, the tangled mass of vegetation certainly provides different ecological niches to most other vegetation types. Dodder species are more common than mistletoe in this district.

From a vic.gov.au information site on the Yarra Ranges : See ... http://fe.yarraranges.vic.gov.au/Residents/Trees_Vegetation/Yarra_Ranges_Plant_Directory/Yarra_Ranges_Local_Plant_Directory/Middle_Storey/Climbers_and_creepers/Cassytha_melantha ... The following information is given:
Common Name: Coarse Dodder-Laurel.



Description: Large climber, partly parasitic robust climber with green to reddish-brown. Attaches to stems of host and becomes rootless at maturity.

Leaves: Tiny scale-like hairy red leaves.

Flowers: Spikes of tiny white flowers covered in black hairs, from June-October. Round creamish fruit, often with black streaks, edible.

Habitat: Creates a dense tangled mass in open forests and woodlands. Can completely cover small trees and shrubs, strangling them. Full sun partial shade.

Aboriginal uses: edible fruit.

Value to other species: The caterpillars that feed on it attract butterflies.

While my immediate response is the oft-used Coodabeen Champion call – 'get rid of it' – it may be that my knee-jerk reaction ought to be more tempered. Some botanical notes about dodder-laurel from Margaret MacDonald in our 'next-door neighbour' town of Anglesea' [Flowers of Anglesea and Aireys Inlet, 2009] include the following edited passage:

'These 'parasitic' types of plants are natural features of our local vegetation communities and contribute to biodiversity values providing safe harbour, food and nesting sites for fauna. Many bird nests and ringtail possum dreys [a drey is the name given to a ringtail nest] can be found within dodder, while gang-gang cockatoos and currawongs feed on dodder fruit, and honeyeaters feed from its' flowers.'

So, while to us a dodder is a tangled and ugly mess that seems hell-bent on destroying the host tree, it does serve useful purposes for other of our wildlife. As such, maybe we should cut the dodder a little slack!

In addition, as I dodder toward my dotage, I find I have a certain affinity with a vine that dodders as I dawdle now.

CR ROSE HODGE RE-ELECTED

Popular Surf Coast councillor, Cr Rose Hodge has been re-elected as Mayor while our own councillor Clive Goldsworthy will continue as Deputy Mayor.

They were elected by their fellow councillors to serve for the remainder of the term of this Council.

Cr Hodge has served as a councillor since 2004 and this is her fifth term as Mayor. Cr Goldsworthy has served as a councillor since 2012 and this is his third term as Deputy Mayor.

Rose Hodge has a reputation as one of the hardest working councillors and knows the Surf Coast well – she is quite familiar with the area’s attributes as well as its problems.



Massage & Bowen Therapy

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

LornecARE News

- caring for our environment

LorneCare

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 return to beautiful Stony Creek starting at:

10.00am on Sunday 15 December

The working bee will be followed by a special Christmas barbeque near the lily pond at about 12.30pm.

LorneCarers not able to come to the working bee and our supporters are invited to join us for the barbeque.

**For more information about LorneCare contact:
Alain Purnell Tel: 5289 2906 Mobile: 0417 031 905
Email: alainpurnell@bigpond.com**

LORNE SCULPTURE BIENNALE 2020 - A TIME TO REFLECT

You have all been kept in touch as to the progress of Lorne Sculpture Biennale 2020 through the pages of this magazine and through lively presentations around town.

As you know Graeme Wilkie has imagined a new approach to the sculpture trail by anchoring it to Lorne and by commissioning high calibre artists to place their works in precincts allocated along the foreshore.

Currently this is a work-in progress and we continue to hope that such an exhibition might be resourced and funded.

However the budget required and the on-going personnel needed to progress the project are limited.

Unfortunately then we must at least delay the event until we can be assured of sufficient time and funding to enable a first-class event. The risks attached to continuing at present are too great.

Members present at the recent AGM confirmed the need to halt proceedings with a variety of suggestions for the road ahead. Some proposed lowering the budget. Others that this would also lower the quality of artists. Others that we may need to consider the rationale of the Biennale - who is it for? Others that we should continue with the status quo.

Outside of this meeting doubts have been expressed about the viability of a not-for-profit volunteer committee, dependent to a large extent on government and philanthropic support. Government departments are themselves operating in a troubled economic climate. I hasten to add the Shire has been very supportive but state departments are constrained.

Both Graeme Wilkie and I have chosen to step down as Vice President and President respectively. Karen Pitt, Bruce Potgieter, Vanessa Schernickau and Janet Barton will remain. Leon Walker will continue as the Manager, accessible to the Surf Coast, professional and a point of contact for townfolk.

Lorne has several avenues into the Arts – FOPA – the Community Centre Arts Hub. I wonder - could it be a time to marshal ideas and resources to enable a healthy future for all concerned?

With thanks to everyone.
Sandra McComb

GREAT OCEAN ROAD AUTHORITY TAKES ANOTHER STEP FORWARD

Work to set up the new Great Ocean Road Authority is progressing rapidly, with consultation now open on potential governance arrangements and channels for community involvement.

Feedback is sought on potential options for how community integration could occur as well as different funding models for the Authority, so it is sustainable long-term and able to meet the challenges of climate change and increasing visitor numbers.

Establishing the Authority is a central part of the Victorian Government's commitment to implementing the landmark Great Ocean Road Action Plan that will better protect the environment of the Great Ocean Road, and the jobs, businesses and communities that rely on it.

A lead agency is needed because more than 30 organisations currently have responsibilities in the region meaning there is no overarching management or coordination of

investment, no clearly defined partnership with Traditional Owners and no holistic planning for the touring experience.

Community input is vital to ensure the structure of the Authority reflects what is needed on the ground and is deliverable long-term, including adequate resourcing so it can provide real improvements for the region and its millions of visitors every year.

The community will be asked what they think is the best way for the community to interact with the Authority once established to ensure their views are always considered by the Authority.

To have your say through an online survey or for more information on the sessions and the Great Ocean Road Action Plan see: <https://engage.vic.gov.au/great-ocean-road>



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WE'RE PROUD TO BE



EDITORIAL

It is with great regret and sadness that we note the Lorne Sculpture Biennale 2020 scheduled for next year, is now in a state of abeyance. The plug was pulled at a recent AGM held at Qdos with the resignation of the president, Sandra McComb and vice-president Graeme Wilkie.

Since 2007, the biennial event has offered visitors a variety of exceptionally imaginative sculptures, both modern and more traditional, and, dare it be said, some pieces that can only be described as ridiculous, but it did create an event with hopes that it might, ultimately, lead to something solid and permanent.

Graeme initiated the concept and over the years had a group of very hard working and dedicated supporters who believed in his vision. Unfortunately, the event relied almost totally on money sourced by generous donors and government grants and there seemed little possibility that the event could ever be self-sustainable.

In our present climate, government money is tight, and the once generous sponsors have shifted to other priorities. Most sponsors want bang for their bucks and the arts are limited in providing measurement and/or proof of value for monies spent.

But the realisation is all too clear – an event with the ability to offer a wide range of attractions to locals and tourists alike, especially in the cold winter months would be most welcome. Besides, the continuous mantra of the GOR being the biggest/longest war memorial, most of it built by returned soldiers is becoming somewhat tiring.

All right, the GOR is a fantastic road, spectacular, with an interesting history and a great pleasure to drive – but what else is there?

Festivals to pull in crowds and of 'benefit to the local economy' are as old as history. There is Stonehenge in Britain, Delphi in Greece and some recent evocations such as the Spoleto Festival in Italy (started in 1958) which morphed into the Melbourne Arts Festival; Bregenz in Austria with the world's largest floating stage (started 1946); and Oberammergau Festival, still going strong every ten years since its beginning in the German Alps in 1634, started as a way to give thanks that the plague had spared the town.

What all these modern festivals had in common was imagination. Spoleto which grew out of an idea pushed by Gian Carlo Menotti to share the festival, first with Charleston, South Carolina, then later with Melbourne, thereby defrayed costs accordingly; Bregenz made use of the natural beauty of the vast lake, the Bodensee (it even played a part in one of the last James Bond films) and Oberammergau (population under 5,000) built its appeal on religion and a Passion Play which involved the whole town, with tourist vying for the area's superb wood and other carvings.

These three festivals, picked at random from the many thousand staged around the globe, and please let's not forget Sydney's Sculpture by the Sea, are proof in the success of events that started off as a simple idea that grew and grew ...

Lorne has demonstrated that it is not bereft of ideas. Graeme Wilkie showed the way in creating his visually stunning and imaginative Qdos complex and then followed it through with his vision of a sculpture event cradled in the encircling arms of the Louttit Bay foreshore ...the brilliantly conceived and outstanding success of the Falls Festival ...the great idea of FOPA ...even the humble Aquatic Club's Garlic Festival which is drawing mainstream media attention.

Lorne has got it, no doubts about that – all it needs is strength to draw ideas together, money and lots of Chutzpah, and a generous dose of luck!

And as a final plea, please don't allow the concept of the Biennale Sculpture Festival to disappear over the horizon like some inconsequential cloud that's run out of puff.

Lorne is more deserving than that! - JV

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We have a home match every Saturday this season. All welcome to come down and support our teams! Bar/Café open for drinks

Functions & Events
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Contact Anna 0410014125

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

OP-SHOP BUZZ

“Christmas is coming and the goose is getting fat ...”

We here in Lorne are starting to gear up for Christmas and the busy summer period that always follows. Come down to the Lorne Op Shop and see what we have for your Christmas!

At the time of writing we have tree decorations, table ornaments, tinsel, toys, plates, cups and platters, as well as lots of things that would make great gifts for your friends and families.

Remember, recycling is good! I say “at the time of writing” because, as all our customers will already know, things come and go very quickly at the Op Shop. What is here one day may be gone the next, and another item may arrive that same day to replace what’s just sold.

You just have to be lucky on the day! We actually have a big box in the workroom with a “Christmas” label on it where we store things for months, just waiting till now to bring them out!

Again, seasonal items come and go in the Op Shop. Now is the time for our donors to think of bringing in summer holiday necessities ... beach toys, wet suits, boogie boards, snorkels and flippers, shorts, bathers and, most of all, towels. You would be amazed at the number of customers coming in to look for a pair of shorts and a towel so they can have an unplanned-for swim, or some dry clothes for kids because a little one got too close to the waves in their only outfit! And don’t forget all those young Falls Festival goers who drop in needing a warm jumper, a pillow and blanket, a hat ...


By the time this issue goes to print, the Lorne Op Shop volunteers will have had their final meeting for the year, followed by a Christmas lunch. This year we went up to The Peak restaurant at the Lorne Country Club. This is a way of saying thank you to our volunteers who have worked so hard all year to keep our little shop open.

And a final thank you to all our donors and customers who together with our volunteers, have contributed to the Lorne Op Shop this year. You have enabled us to raise such much needed funds for the Lorne Community Hospital and other community organisations and helped to keep us and our visitors all well, safe and with access to the health facilities we need.

Merry Christmas and a safe and happy New Year!

Mandy Calder





THE LOUTTIT LOOP

It must have been heart breaking for the Sculpture Committee to decide to defer next years gig and put everything on hold. We hope a new sponsor appears from somewhere to enable such a great event to continue in the future.

As the Mum of a beautiful daughter introduced to the drug scene in her teens and who eventually died about fifteen horrific years later – I would love it if the 20 year old Anglesea guy our wonderful cops caught dispensing drugs to our precious schoolies could be tied to a stake on our green and stoned, whipped and spat on by all the parents of drug addicted kids in our town. His little red Hyundai was set up with a choice of “addictive poisons”. Thanks so much to the Police involved and I hope he gets a HUGE sentence!

The Lorne community is justified in having a fear of bushfires. In times gone by when the mills were working out the back, we experienced a bushfire almost every year. These days we read or watch news of out of control fires up north and still shudder. Leigh Hollmer and Scott Chirnside are to be commended for joining the NSW RFS teams fighting under the Lorne banner in NSW and Qld. Mestizo held a fund raiser for the RFS and raised a great amount - \$2,000! Well done.

No more burn-offs after 9th December. Until then if you really need to burn off, keep it to the usual Wednesday and Saturday from 10-3.00. Remember you must log your fire with VicFire on 1800668511.

Lorne Country Club is now offering Family Memberships. A great idea, especially with the newly renovated tennis courts looking and playing really great!

The first official sighting of a big tiger snake has been recorded near Stony Creek. Be aware.

They'll be firing up the Barbie at 6.30 on Saturday 14th December for a sausage sizzle prior to the annual Carols on the Lorne. It's always a top night held on the grass in front of the Uniting Church in the middle of town.

Gary Allen has been freeing himself of the many positions he holds in Lorne. Rumour is that next year he'll have a crack at filling Clive's shoes on the Surfcoast Shire as Lorne's representative.

Steve Donne of the Lorne Bowls Club has the gift of the gab! An email to rustle up RSVP's from attendees at the Official Opening of the new green stated that so far they only had two RSVPs and “I'm sure there will be more than two people attending on the night so get off your Gluteus Maximus, medius and minimus and let Marilyn know. DO NOT make me send around MOOSE and ROCCO!!”

Go Steve! Call it as it is! Sarah Henderson agreed to “do” the Opening, and it's great to see her back in Lorne. Whatever your political persuasion may be, there is no denying that Sarah did an enormous amount for our town whilst she held office.

Lornecare's spokesperson Alain Purnell was asked to speak to the Year 9's Coast Guardians from Lorne College. After explaining the role of Lornecare in the area, he handed out a list of weeds and their origins. Quite interesting: Cape Broom and Flax Leaf Broom, Boneseed and Blackberry, Cakile (European Searocket), Pampas, Mirror Bush, Sea Spurge (wear gloves to avoid their milk), Arum Lily, Watsonia,

Ragwort, Sweet Pittosporum. Dunno about you, but my garden has quite a few of these decorating it – but they're on borrowed time.

Good to hear LorneCarer John Clements is able to drive again (but not to lift heavy things) after a big op. in September. Helen has passed on this good news. In what one hopes is typical Lorne community spirit, Wendy and John have been keeping their grass cut.

Last month we recommended folk to get rubber clip lid closers from the Info Centre. Apologies as these clips are no longer the go! White cockatoos have been observed gnawing away at the rubber gadgets until they come to bits at which point said evil bird spits the rubber clip out and he squawks for help to lift the lid and spread the rubbish near and far, as they used to do! Mention has been made that maybe we should return to the big heavy lumps of wood screwed to the underside of the lids! One supposedly well qualified person in North Lorne tried putting an occy strap right round the bin. Can you imagine the mess after the truck driver shook the bin almost to bits to no avail, spilling rubbish near and far. Neighbours get to know a lot about people by clearing up their rubbish – but that's a story for another issue!!!

Whilst reading an excellent article about the Great Ocean Road in the RACV's Royal Auto magazine, I noted that the GOR has more visitors that Uluru and the Great Barrier Reef combined, and it supports 9,200 jobs! Colleen White and Jason Borg from – wait for it – the Great Ocean Road Planning Authority Taskforce - will be the speakers at the Committee for Lorne December luncheon at The View on December 6th. GORPAT is one of 30 responsible Public entities which manage this famous stretch of bitumen! As well as 11 different Crown Land Managers! Strewth!!!!

Oh dear oh dear – GORCC hope to start work on their Erskine Paddock Landscape plan at the end of 2019! Kidding! Joking!! Whoa!!! Please ask a local what happens in Lorne at the end of each year – surely you could wait a few more months to attack an area which most locals voted to leave as an open space sometimes used for parking (Pier to Pub) – picnics – overflow camping. Not so many years ago it was used for Pony Club gatherings. (PS Thanks GORCC for the new blue metal laid over the orange sticky topping at the Swingbridge area.)

Six years ago Allan Walls threw himself into the project of a Men's Shed for Lorne. A mega success. The new incoming president Bob Sinclair has big shoes to fill, but he's up for it and we wish him all the best! The Shedders are here to stay as they have just secured a nine-year lease with the Surf Coast Shire. Good news for the 115 members – and counting.

Fun to see all the tents in the town camping grounds – yes, its Schoolies! Thanks to the Red Frogs, sponsored generously by the Lorne Op Shop, for being friends to these youngsters who are now out of sight of their Mums and Dads – possibly for the first time!

Not long till the Falls Festival. Some new and impressive environmental rules exist this year: a ban on plastic bottles on site (saving 25,000 from landfill), 100% composting toilets, water harvesting facilities from onsite dams, upcycling usable waste into creative art, carbon offsetting, carpooling rewards for drivers, sustainable organic packaging mandates for caterers and many education activities onsite for patrons. Quite a step up since the start in 1993. They still donate \$1 from each ticket sold to Lorne Community Projects. Let's hope the weather is warm, and everyone has fun!

Under the “YOU JUST HAVE TO BE JOKING” heading we report that the contract for driving our school buses to and from Kennett and to and from Anglesea has been awarded to an applicant from Terang. They'll be exhausted by the time they drive 121 km (2 hrs) each way to Lorne! Current drivers Adrian and Roy have done a fantastic job over the years, and we thank them and apologise for the stupidity of whoever made this decision. Come on! Give us a break! Maybe Richard Riordan could add a little common sense to this crazy situation. Lillian x

ANTIBIOTICS

Almost 10% of residents in aged care facilities were prescribed an antimicrobial, mostly commonly cefalexin and clotrimazole, but the majority had no documented signs of infection, The 2018 Aged Care National Antimicrobial Prescribing Survey has found.

The survey data was collected on 20,030 aged-care residents from 407 facilities around the Australia.

On the day of the survey, almost 10% of residents in participating facilities were prescribed at least one antimicrobial. Two-thirds of those recently prescribed were for residents with no documented signs or symptoms of infection, and more than a quarter of antimicrobials had been prescribed for longer than six months. Over one-third of antimicrobials prescribed were topical preparations.

Skin, soft tissue or mucosal infections (18%), cystitis (16%) and pneumonia (9%) were the most common indications presumed or documented for prescribed antimicrobials.

The authors recommended that documentation of start, stop and review dates for antimicrobials was needed, given the incomplete documentation found during the survey.

As Australia is one of the highest users of antibiotics in the developed world, pharmacists and all Australians need to heed the call: It's time to take antibiotic resistance seriously.

The World Health Organization warns that antibiotic resistance is one of the greatest threats to human health today, but pharmacists can be part of the solution by helping preserve the effectiveness of antibiotics.



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

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

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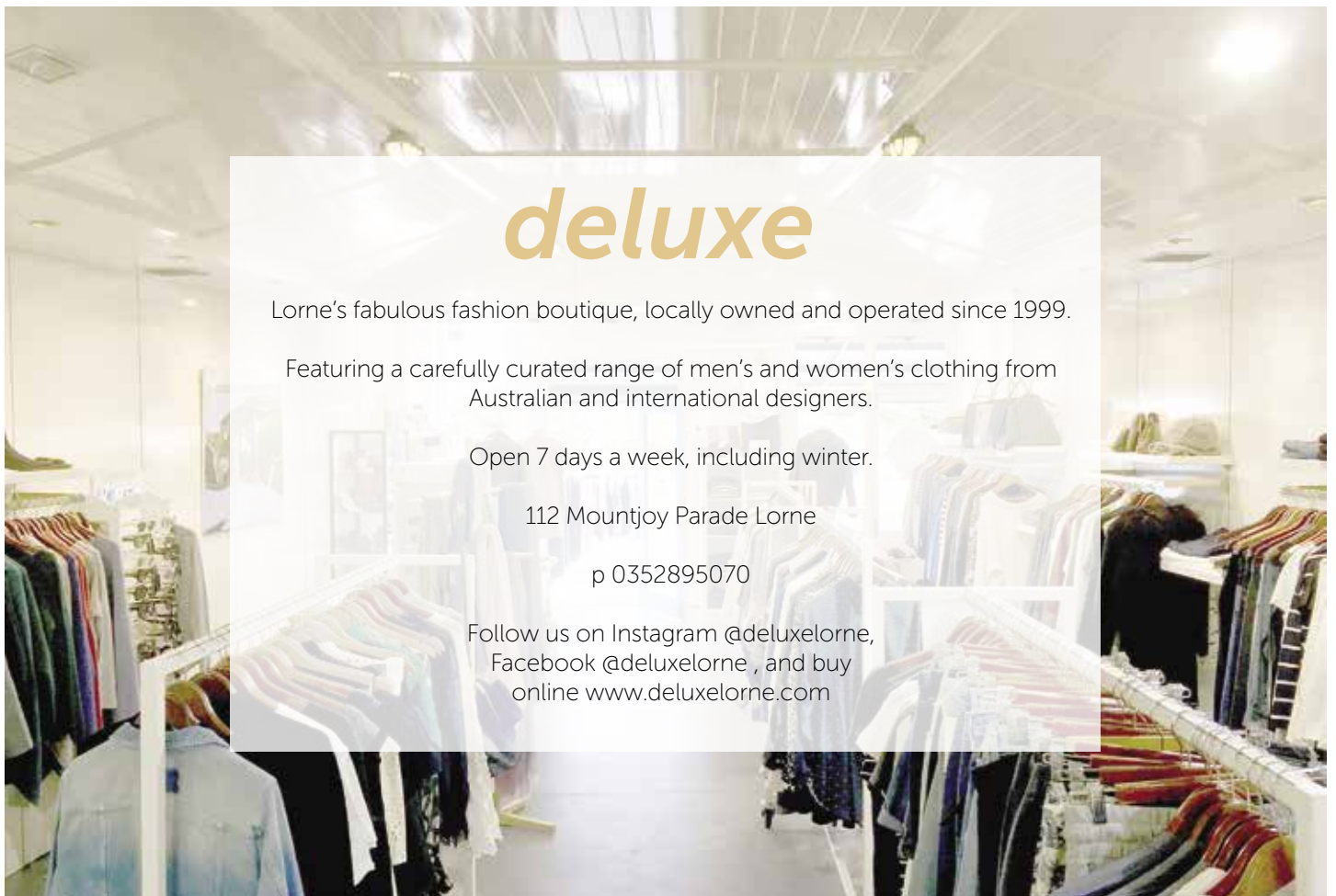
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A POCKET KNIFE FOR ALL PURPOSES

There was a time when it was considered a must for any boy to carry a small pocket knife and a piece of string, and Shedder Lawrie Wilson certainly made a few eyes moist in fond remembrance when he recently showed his huge and impressive collection of these handy tools in the Men's Shed Alan Walls Social Room.

Lawrie's collection included knives made over the last two hundred years or so and were crafted for a wide variety of purposes – from hooks to clean horses' hoofs to screw drivers to opening cans to fixing a flapping sail to sewing canvas ...

Explaining that the spike used to clean hoofs, Lawrie said that they were specially blunted so as not to cause injury. This specialty tool was used in the age of the horse and was an essential issue for the Australian Light Horse during the Boer War and later in the World War I conflict.

Personal knives were at first made by talented craftsmen for specific purposes for either private or military use and yes, there is even a reference to a 'personal knife' in that American classic, Moby Dick.

Over the last hundred years or so, personal knives had morphed into pocket knives and were mass produced, especially for the soldiers in the field who needed to open ration tins and cut into the processed food.



The modern and very popular Swiss Army Knife featured large in the conversation. First made by Karl Elsener, the knife was initially called "Offiziersmesser" or officers' knife but became simply the Swiss Army Knife when American soldiers couldn't pronounce the German word.

Elsener named it Victoria after his mother's death in 1909 and the 'inox' is an abbreviation of the French acier inoxydable, or stainless steel. The company under its new name of Wenger is today the biggest manufacturer of pocket knives in the world.

Lawrie's huge and very valuable collection ranged from Army and Navy standard issue for the First and Second World Wars, knives from the Boer War and then specialist knives including for hunting, pruning and also a large knife specifically for Coach Drivers.

And if you are a proud owner of a Swiss Army Knife, just take note: According to Victoria's Legal Aid website, "The law says you can't carry, possess or use a weapon to hurt people or to defend yourself. If the police believe you are illegally carrying a weapon, they can search you and your car without a warrant. If they find a weapon, they can take it from you".

A friend had his knife taken from him going through airport security; he had it in his hand luggage as his son's new kid's bike needed constant adjustment. I bought him a new one on his next birthday! - JV



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FROM OUR COUNCILLOR

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



A follow up to our article in the Lorne Independent last month.

Last month Gary Allen & I wrote an article in relation to the Lorne RSL's rich history, a valued commitment to provide outstanding service to the branch and to the returned service personnel of Lorne.

We also acknowledged past members

and a current member for their tireless support to the service personnel, their widows and also through Legacy to the children of those who served and never returned.

In honour to the service of so many from our township Peter Spring, Gary and I joined the RSL committee in 2014 to develop a Strategic Plan for the ongoing sustainability of the Branch and to increase the membership from 7 to a target of 100 in 2015 for the 100th anniversary of the Gallipoli landing. Sadly, our efforts failed and Peter Spring, Gary Allen & I are no longer on the committee. Over time membership has dropped to less than 30 members today.

Our article was to draw attention to our community of an ageing membership and to ensure we kept a long term and active sub-branch in Lorne.

A well-known fact within a number of our community is that the sub-branch has found it difficult to fill Committee positions.

The article made one reference to say that if our community did not support the sub-branch "it may ultimately need to amalgamate."

Our comment was never intended to seek negative reaction from anyone in the community but rather highlight a real community issue that needs addressing.

We also provided details on membership opportunities and committee contact details.

We note that the President, Craig Hunt has now confirmed publicly that there is no intention to amalgamate the Lorne RSL Sub-branch with other Branch or Sub-branch.

The article has certainly raised awareness in our community of the Lorne RSL sub-branch and I see no reason to apologise for our democratic right to inform the community - too many of our community groups have faltered and it has only been by calling out to the community that these groups have been revitalised providing opportunities to all ages in our wonderful township and surrounds.

The Peak at Lorne Country Club.

Matthew White and Bridgette Barry-Murphy are returning to the Lorne Country over summer. The Peak will be open daily for lunch and dinner and begins operation on 27th December. The team will continue to offer club style bistro meals, showcasing the best local produce available.

Fire Ready?

It's time to review your bushfire plan. Check out www.cfa.vic.gov.au

The Fire Ready Kit will help you understand fire and plan for survival. It begins with the basics of preparation, through to planning what to do if fire is in your area and you cannot leave.

Season's Greetings

As 2019 draws to a close I am able to reflect on what has been another eventful and challenging year providing much celebration and at times sadness. We are all so fortunate to live in Lorne or around the area, a true sense of place.

Lesley & I would like to wish everyone a safe & joyous festive season. Enjoy the opportunity to relax and enjoy the company of family and friends, we look forward to an exciting and rewarding 2020.

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CAREFUL WHAT YOU EAT

Doug Williams

We were playing hide and seek and I found myself a great location against a paling fence under a shrub. While waiting to be discovered I could watch through thick foliage as my pursuers searched fruitlessly.

Parting the long, glaucous lanceolate leaves to do so I suddenly remembered that this was a highly poisonous plant I was concealed beneath. My childhood fears caused great anxiety as I thought that perhaps by simply touching the leaves I could be fatally poisoned. Or was it only by touching the flowers that I'd get a lethal dose? I don't know how the game ended but I do recall the careful manner by which I extricated myself from under that oleander bush.

We had all been told just how toxic this plant was; it was on the list of dangerous things to be found in the gardens of our childhood, like snakes (well, derr!) and strangers and redback spiders. In the end though my curiosity got the better of me and I so plucked a leaf and had a nibble, just a small nibble mind you.

Now, I don't know just what quantity of the plant would be needed to kill you, but let me tell you that the leaf is so terribly bitter that it would be next to impossible to consume a life threatening amount. And today while we are still being warned not to use it as a salad or whatever I can assure you it is highly improbable that anybody would ever succumb to a feed of oleander.

While there are urban myth-type tales of spouses being poisoned for their infidelity or for their money by infusing the leaves in tea or a soup or the like, no such recorded example can be found when you try to look it up. So tales of campers being found dead after eating sausages that were smoke-affected by burning oleander twigs in the cooking campfire are apocryphal.

A more credible story related to this plant is of Greek origin and tells of how, around 370 BC, an army of mercenaries led by a general called Xenophon was poisoned by honey left for them as a trap by a retreating army, the honey farmed from bees that had visited a poisonous flower.

Except that the plant described was not in fact an oleander after all. If true it was most likely to have been rhododendron that was used because honey from their flowers and those of azalea can and do provide honey that has an hallucinogenic effect. The confusion about the flower was in the translation of the records.

But if you want to print off a list of poisonous plants to avoid and stick it on the fridge don't be too hasty. One can never be too careful about what foods we eat but not too many people go around sampling flowers and leaves to chew on. On the other hand, peanuts can be fatal to some people with food allergies so a bit of commonsense mixed with a dose of foreknowledge will keep you safe.



Above: Skull plants (snapdragon seed pods): You'd have to be pretty hungry!

Generally speaking, plants produce chemicals to protect themselves against insect attack or from being eaten by animals and these can be highly toxic but you shouldn't come to harm if you are sensible about what you put into your digestive system. Taking unregulated doses of plants used for recreational purposes is never recommended and can include mushrooms, cactus (peyote) and cannabis.

There was an incident of a teenager near Maffra who died after consuming the flowers of datura in 1984 and who drowned in very shallow water. (In March this year there was a death, also in Gippsland, attributed to datura which was at the time treated as 'suspicious'.)

The full list of plants that need to be avoided is extensive and full of surprises. For instance mango and cherry tree leaves can be harmful, nutmeg can affect you and even something as mundane and wimpy as lima beans contain a form of cyanide in their raw state. In Australia alone there are around one thousand native plants that are poisonous to humans and animals. But please, don't be alarmed!

FOCUS ON COMMUNITY CARE

The final AGM's for both Lorne Community Hospital and Otway Health's (now operating under Great Ocean Road Health) highlighted strong demand for all of our services, including a commitment to expand our community health services.

A focus on Great Care for our community supported by good governance and collaborative partnerships was outlined, along with a commitment to continue working with our communities to ensure this transpires. With increased demands and industry complexities, it is more important than ever we are sustainable and grow our services.

An introduction was made to our newly formed GORH Board Members and new CEO Sandy Chamberlin, along with thanks and recognition extended to Acting CEO Carissa Brock.

We offer a big thank you to everyone who braved the heat and winds to attend the events.



Pictured at the recent Lorne Community Hospital AGM - Dr Dave Mullen, Sandy Chamberlin (CEO), and Timothy Greene and wife Mary. Ms Chamberlin has now officially taken over responsibilities at the Hospital.

With the announcement in June 2019 of the Ministerial approval for amalgamation between Otway Health and Lorne Community Hospital, our future at Great Ocean Road Health looks bright.

Emily Lens - Lorne Community Hospital



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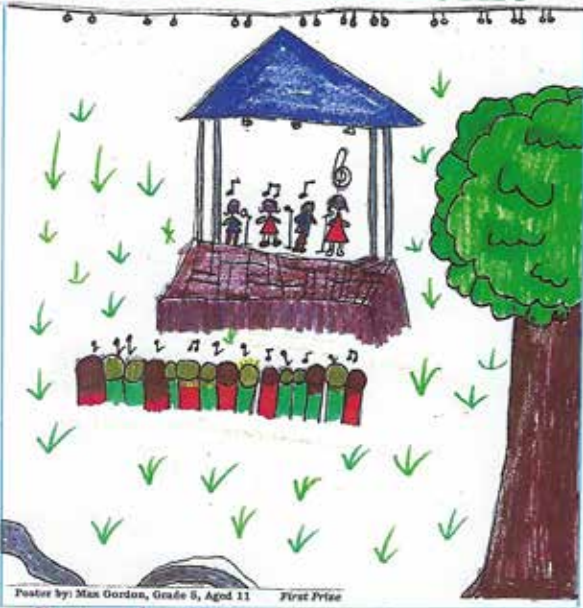
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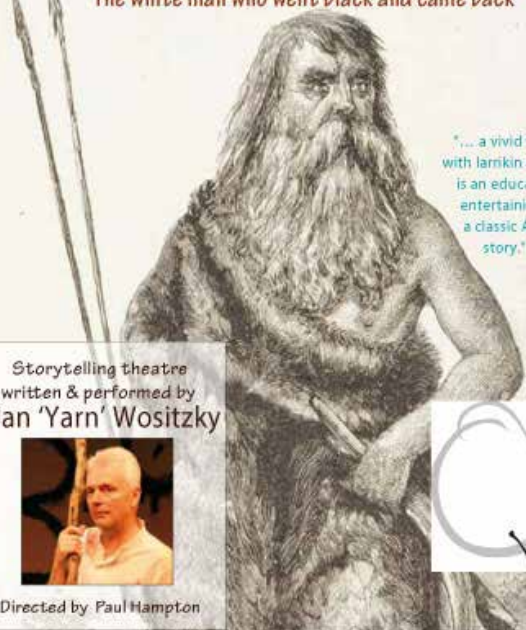
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MEN'S SHED

No, it wasn't a Collingwood FC social but the Men's Shed Christmas party

The recently elected new President of the Lorne and District Men's Shed was somewhat nervous officiating at his first official function. Bob Sinclair told the official Christmas dinner at QDOS that he hadn't got much sleep worrying about whether the event would turn out as expected.

Not to worry! Shedders and their partners had a wonderful time with Hosts Graeme and Gillian providing a magnificent leg of roast lamb for each table ...herbs and some products came from their own vegetable garden ...

But the afternoon would not have been complete without the expected shenanigans ...Elder Shedder Statesman Max Pitt presented retired President Allan Walls with a bottle of very expensive whiskey in recognition of his six years of leading the Club.

Semi-retired businessman Allan built the Club up from an initial smallish meeting of interested men at the Lorne Bowls Club to its present membership of over 140; it is considered to be one of the most successfully functioning Men's Sheds in Australia.

Shedder Max, who played football for Collingwood, has a reputation for milking every opportunity to push the Magpies – he even flies a Magpie flag from the roof of his house – made sure the gift bottle was emblazoned with the word 'Collingwood'.

After a bit of banter between Max and Allan, and President Sinclair, Shedders and partners were invited to sing 'Good old Collingwood for ever ...' to the chagrin of some people who might have had strong feeling of support for other ClubsBut never mind!

It was a most splendiferous occasion! – JV



Our Host Gillian serving the roast lamb



A sleep-deprived President Bob Sinclair



A table with the usual suspects



Max Pitt and former Men's Shed President Allan Walls and the 'Collingwood' bottle of whiskey



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SPORTSBRIEFS

with John Ford

New Synthetic Surfaces for Tennis and Bowls

Lorne Country Club now has two synthetic tennis courts after a rebuilding of courts 1 and 2. The courts have a brand new surface with all new fixtures and fittings – replacing the porous surface which was laid down more than thirty five years ago. This upgrade is of significant benefit and allows players greater safety and comfort, as well as offering a surface that will be consistent in most weather situations. The surface eliminates the need for sweeping and watering of these courts between sets.

The courts are to be officially opened with a ‘celebration of tennis’ this month. Visitors are welcome and various categories of membership are available – there has never been a better time to join the club! Meanwhile Lorne’s men’s team in the Geelong Tennis competition has lost only one match after seven rounds – and enjoyed playing on the new surface.

The Lorne Bowls Club has had a synthetic surface for more than ten years, but the Club is delighted with this new updated surface. Merna Smith’s article below describes the opening of the new green.

It was fitting for the Senator to officially open the new green as she was the federal minister for Corangamite and had no small part in securing through the Better Building Regions Fund, approximately \$90,000 half the cost of the new green.

The weather was perfect for such an event for over 60 people.

Whilst standing on the new green (above) with Senator Sarah Henderson and past President Gary Allen, President Peter Barraclough opened the evening by acknowledging the traditional custodians of the Katubanud land and welcoming the many guests for the evening. He explained that surely, we had one of the best bowling surfaces in Australia and thanked the Greens Evaluation Committee of Alan Walls, Peter Jacobs and Brad Weetman who evaluated every possible playing surface across Victoria. He acknowledged past President Gary Allen for his past efforts in pushing for a new green and managing the successful application process for Federal Government funding. He thanked the greens Director John Russell who contributes enormously to the maintenance and presentation of the green.



He then asked Sarah Henderson to open the new green. The Senator stated that she had known Gary Allen for many years, and she had made many good friends at the Lorne Bowls Club and she was pleased that she was able to assist the Club as well as other Clubs in the Lorne Community. She declared the Green open after unveiling the Plaque which was covered with a red silk cloth. Sarah was then asked to continue the opening by bowling three or four bowls for the full length of the green to the Jack under the supervision of Life Members Sam Coulson and Michael Causon. Sarah removed her shoes and bowled bare foot. The opening ceremony was followed by a magnificent array of snacks and drinks on the verandah. Many people stayed on for dinner at the Restaurant.

During November other activities at the Club included –

Ladies and Men’s Singles Competitions which are well in hand.

2 Bowl Triples Competition which was won by a team from Apollo Bay.

Ladies special Marg Kirkham Day.

Players are becoming used to the new green’s characteristics.

It is “slower” which means more effort for the bowls to reach the Jack and it is “narrower” which means not to use so much width when bowling.

Continued page 23

From page 22

By winning three Premierships last season each of the three teams move up a grade in the new Pennant Season. Results are in the middle of the ladder so far, but expectations are that the positions will improve during the latter half of the season into 2020.

Women's Golf

Just like the 'Great Ocean Road Builders of Old', through rain, hail and shine our intrepid Lorne lady golfers have played in many regional golf events once again this month.

The Doris Chambers State Final was played at Gardiners run and our club was represented by Danni De Bon and Sue Neill, it was a great day with our Team coming 17th in a field of 72 pairs with 37 points! Winners from Mt Martha blitzed with 47 points.

Lorne sent two Teams to Colac for their open event which was won after a long day of play offs by the home Team.

We had a great day at the 'Women for Women' in Africa charity event at Torquay fielding two Teams. Both teams finished around the middle of the field and Barb Barber won NTP on the 15th.

It shows what fantastic support we get at Lorne when we can send eight players to Torquay and three to the 13th Beach Bowl on the same day. At 13th Beach on a very tough course Rose Wyles starred with 32 stableford points.

'Doing it for Jarrod' fundraiser for Challenge, supporting children with cancer raised \$235. A great effort from such a small group, thank you to all who contributed.

Club Championship began Tuesday, November 12th with a good field of contenders, to be played over three weeks. Players are playing in A Grade, B Grade, and The Snowy Barr trophy.

Also Medal of Medalists final was played with congratulations to Jane Purdy who won this inaugural Trophy.

With summer approaching and great golfing weather on the way we welcome new members so come and join us. We meet every Tuesday at 8.30 am, starting play at 9 am.

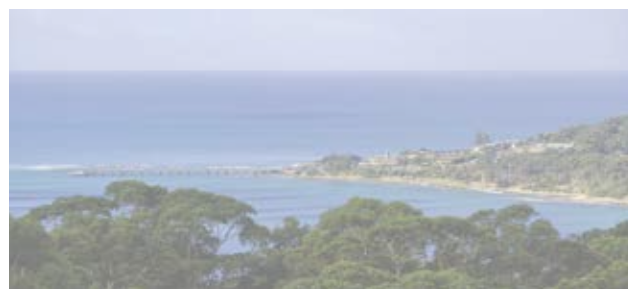
For further information please contact Wendy Hutchison on 0419878089 or Sue Neill on 0418 674 062.

Sue Neill, Vice President Womens Golf

Remember to tell us who you would like to see in Sportsbriefs!!! Articles to John Ford at 35 George St, or email to byswerdi2@bigpond.com



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AQUATIC CLUB

Keith Miller - Commodore

News from the Lorne Angling and Aquatic Club

Things are firing up at the club with the weather on the improve and the days stretching much longer. We are still closed on Tuesdays but as from the 1st December we will be open seven days a week. Our Happy Hours on Wednesday and Friday nights are continuing through until Christmas and we've just received our first shipment of Great Northern Mid Strength which we are now serving alongside our world famous super cold Carlton Draught.

We are still serving up free nibbles, snacks and the odd sausage sizzle.

One Friday evening our resident Sausage Roll World Champion Ric Addison arrived with a Yogi Bear Picnic Basket full of his sensationally beautiful sausage rolls which we handed out to all of our members and guests free of charge. They disappeared rather quickly.

At our recent Melbourne Cup extravaganza we had free entry, free chicken and salad lunch, one free glass of champagne on arrival, and a free barbecue later in the arvo with sausages, steak, rissoles, chicken and chops.

If we aren't the best value for money club in the world I'd like to know who is so join up today. It's a mere \$45 or \$60 for a family including kids under 18.

Remember our club house and facilities sitting on the best location anywhere on the Great Ocean Road are available to members for Weddings, Parties, Anything.



Unfortunately, I've now got some very sad news.

After setting the price of \$4 for our famous pots about 11 years ago we have been forced to put them up. As from Boxing Day pots will be \$ 4.50.

Over that time we have had numerous price rises from CUB and several pay rises for our staff.

We have been able to keep the price down recently by negotiating a better price from our supplier but we've copped a couple of substantial price increases recently and the margin is now far too tight.

Great Ocean Road Garlic Championship

Friday 13th December. Judging will start at 5pm.

Please enter and join in the fun. Prizes and trophies awarded in three categories

Men, Ladies and Children (under 18)

Hawaiian Shirt

Wednesday evenings in January have become a tradition with our beloved campers coming along in mass. We all look forward to our 'Campers Wednesdays' they are great fun.

It was suggested to me last summer that to add to the fun we should encourage everyone to come along wearing a Hawaiian Shirt every Wednesday during January.

So we've decided that anyone who wears one will get their first beer free. Also each week we will award a prize to the best Hawaiian shirt.

Pier To Pub

After much discussion and advice from our members we have made the following changes to our Pier to Pub Live Music Night to make it a lot more enjoyable for everyone.

- Entry is free
- Early in the day entry will be for members and visitors but visitors will have to sign in. Members will be required to show their membership card
- We will have extra security on duty to assist. They will be counting the number of people in attendance and when it reaches what we consider to be a comfortable number we will close the gate
- We will then let small groups in when others leave. Members will be given priority but must have their membership card with them
- After 3pm we will stop serving our Draught beer in glasses and go over to cold cans as it's not possible to keep our glasses cold enough and for our volunteers to retrieve them
- There will be extra rubbish bins
- We will have extra toilets outside our yard and patrons will be given a pass out so they can re-enter.
- Some of our large outside tables and chairs will be removed to free up space
- Our courtesy bus will be operating for gold coin donations
- Local Rock Legend Ron Hollmer and his band will be performing live from late afternoon until 9pm

- The bar will also close at 9pm
- We've never had any problems at our functions but I'm sure with these changes it will be a much more enjoyable evening

Recent Events

On the 3rd November we held our 6th and final Major Fishing Competition for the year sponsored by Ken and Chick from Lorne Hardware. Conditions were calm and we had a pretty good turn up of anglers.

Our reigning Club Champ Andrew Clarke won with an impressive flathead 3790 points. Runner Up was Kaide Love with a big leatherjacket 2840 points and a close 3rd was Joel Norton with a snapper 2530 points.

Alby Dawson who was competing in his first ever fishing competition won the Junior section with a nice flathead 2190 points. Alby is the son of club sponsor and local concreter Tom Dawson. It's great to see the kids out having a go.

The final winners for 2019 will be announced at the AGM where they will be presented with trophies and prizes.



Alby Dawson receiving his first prize from his Dad Tom, his little brother Dusty and sister Violet watching closely.

Fishing Report

It's been a typical spring with very windy conditions limiting the fishing. There are big snapper about but are a bit hard to find. Plenty of good size flathead and they are on the chew.

King George whiting have made an early appearance with quite a few being caught.

The gummy sharks have been scarce and the Yakkas and slimy mackerel that have been plentiful all year have shot through. The pier has been going off with huge calamari, big snapper and salmon and heaps of grass whiting keeping the kids entertained.

A 4 meter White Pointer was seen swimming around the pier recently and there was also a couple of shark sightings in Louttit Bay. Our resident Sammy the seal is looking a bit anxious.

This is a new club record Blue Morwong. They are quite rare in our area and are caught as a bi catch when targeting snapper.

Melbourne Cup Day

Our Melbourne Cup Extravaganza was another huge success this year with locals and visitors all mingling and having a great fun day.

A special thanks to Michael and Shirley Cawson who ran the day and did a wonderful job. Also a thank you to all the ladies who brought along a salad and an extra big thanks to Ange Quinn for all the work she put into the day.

The winner of our Ladies fashion on the field was Jenni Miller (she happens to be my wife but I wasn't a judge). The winner of the Mens was a very controversial one and is still being debated. It was won by Max Pitt. I reckon he bribed the judges. Or they should have gone to Spec Savers.



Our bevy of beauties

Fishing Story

Last Friday night we were sitting in our club house enjoying a lemonade when we noticed a bit of commotion on the end of the pier.

A bloke then walked with a very bent fishing rod all the way back to shore. He then went to the old boat ramp and started to pull his fishing line in by hand and eventually landed a 4kg snapper.

What had happened was, when he hooked the snapper it pulled his rod out of his hands and it went into the water. He was quick thinking enough to grab his wife's rod and cast it out. Luckily one of the hooks on his wife's rod hooked onto his line and he then proceeded to get it all back to shore. Somehow he succeeded in getting his rod and reel and very unlucky fish back.

Point Grey Redevelopment News

DELWP have approved the plans and so has the Surf Coast Shire planning Department. The notices are on display at Point Grey and the plans can be viewed at the Lorne Tourist Info Centre, The Surf Coast Shire Offices in Torquay and we have a couple of copies at our club house.

Other than the location of our boat wash we are quite happy with the plans for our new club house. There will quite likely be some objections lodged regarding the demolition of the old Fishing building and the design of the replacement which is being called The Beacon Building.

GORCC are fully funded for their part of the project and with a bit of fund raising from ourselves we should be fully funded also.

The proposed starting date is the end of March 2021.

LETTERS TO THE EDITOR

Dear Editor

Fake news!

It is with dismay that I find it necessary to respond to the "News from Lorne RSL Sub-Branch" article (Surf Coast Times 31st October, 2019, apparently authored by two recognised Lorne residents.

To clarify some points:-

1. The article is NOT 'News from Lorne RSL Sub-Branch' as purported. It is an article based, most likely, on idle gossip, and it includes suggestions that are non-factual, misleading and untrue.
2. The two persons apparently involved in preparing the article do not have any authorisation from RSL Australia to do so. In fact, during a verbal discussion with me prior to the article being published, one of them was advised that the information he had (now included in the article) was **INCORRECT**.

The article has, unfortunately, initiated high concern within the Lorne RSL Sub-Branch and the community in general, particularly by those (War Widows, ex-Servicemen, etc.) who receive ongoing support from the Sub-Branch through its fundraising efforts. Comments based on the inferences made in the article have led to this.

I state categorically that any suggestion that the Lorne RSL Sub-Branch is considering 'amalgamating with another branch' or 'handing in its Charter (disbanding)' is simply **UNTRUE** idle gossip.

I respectfully request that anyone interested in the affairs of the Lorne RSL Sub-Branch, in any regard, contact an office bearer of the Sub-Branch for accurate information, rather than propagating misinformation.

Craig Hunt,
President - Lorne RSL Sub-Branch

Dear Editor

Point Grey Planning permit

Whereas the grant received by the Anglesea Surf Life Saving Club has seen construction already commenced there, the grant for the Point Grey re-development sits in Treasury because only now has it been advertised and is still back at the 'Application For A Planning Permit' stage. This is probably because GORCC did not put in an application to the Planning Department under the relevant 'Extended Use' provision until September this year. By that time Anglesea Surf Club was well under way. Their initial application back in November/December 2018 required amendment and they were informed of this in January this year. Eight months passed before they re-submitted the amended, appropriate planning application.

That there will be objections to the proposal for Point Grey from various individuals and groups for various reasons is likely and trees and grassland may look nice on paper but traffic flow and parking have been sacrificed to achieve more open space which is immediately adjacent to five hectares of grassland to the south of the site.

It seems quite an indictment on the designer, the GORCC team and even Surf Coast Shire's planners that the landscape concept design has totally ignored one fundamental aspect of the Point Grey site – Point Grey is a designated Emergency Assembly Point. An Emergency Assembly Point is chosen to be a safe place to go in an emergency such as a bushfire. With the current soft landscaping including trees the efficacy of the site for its chosen purpose has been ignored or disregarded or not considered. Or possibly all three.

Doug Williams
Lorne

Dear Editor

Re: Point Grey Redevelopment, boat fishermen be aware.

With respect to the current Surf Coast Shire Notice of Application for a planning permit (No 18/0508) regarding the Point Grey Redevelopment, I think all regular boat fishermen who fish from Point Grey should be concerned with the changes that are being proposed in the above application.

As an introduction, the approved Point Grey Redevelopment documents dated 2015 has notation on them that indicated a turnabout just south of the then proposed new LAAC building that would allow for boat owners to continue bringing their crafts across the area as we do currently, and into the boat wash in its current location.

Car/ boat trailer parking could then be incorporated adjacent the club house.

I believe that this is still possible to achieve with the new plans.

The practice for the last 60 or so years has been that any boat fisher person having retrieved his boat by bringing it up the existing ramp from the beach behind the existing Fisheries building and travels slowly north across the existing car park to the current boat wash area to the south of the LAAC premises has been achieved without any recorded incident.

Any catch is then directly unloaded into the fish cleaning area and the boat is washed.

Should another boat arrive to be washed and the bay is occupied, it is parked opposite the existing boat wash on the west side of the access road until a space is available. There are currently up to three car/boat trailer spaces allocated.

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From the current new application documents it is proposed not to allow car/boat trailers to access north across the existing car park as is the current path of travel.

What is currently proposed to get across to the LAAC boat wash is to come up the ramp from the beach behind the existing Fisheries building, turn left and go up the southern two way road way to the Great Ocean Road, turn right across the traffic and travel up to the car park of a the Grand Pacific Hotel, travel across it to Armytage street, turn right down to the Great Ocean Road, wait until it is safe then turn right and enter the one way roadway down to the LAAC premises and the boat wash.

Just crazy.

Having arrived there, should there be someone using the boat wash, no parking for a waiting car/ boat trailer is provided adjacent this area; parking is provided about 100 m away to the south towards Shelley beach.

Just not workable and having to bring a boat across the Great Ocean Road twice at peak times is unnecessary.

I have studied the contours of the area from surveys provided and believe that it is possible to do what the 2015 approved documents indicated - a turning circle with minimum excavation/retaining intrusion, in fact far less than what will be required for the 19 angle parking spaces on the west side of the northern access road as currently proposed.

I encourage all boat owners to inspect the documents that are available from the Shires web site and express their views on the proposal so that the operations of the LAAC can sensibly continue as it has for the last 60 plus years. Common sense must prevail!

Ric Addison.
Lorne

LOOKING FOR A CHRISTMAS PRESENT?

Gerry Fenton still has copies of his two recently published books available and they can be obtained at the Lorne Men's Shed for \$15 each. 0408 436621. Price: \$15



Two delightful publications to make you feel 'warm and fuzzie'. Contact the Lorne Men's Shed – all sales to community service. 0408 123 677

The Last Dance – Murray Walding's latest book about the Melbourne and Lorne night club scene. Brag to your kids and say: "I was there!" From the Lorne Book Shop

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

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For best spider kill results we recommend no hosing or pressure cleaning on the property for a two week period after the application so get in early before getting the windows cleaned this Christmas and stop those web-makers in their tracks.

For more information please contact us on 1800 355 686

www.termitewatch.com.au

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TOWARDS A CALMER LIFE

It's a pity that not more of our Lornites take advantage of the various mostly free courses available through the Lorne Community Hospital, aimed at improving our life in terms of mental and physical health.

The Lorne Independent recently attended a free hour-and-a-half session aimed at showing us how to move from a flight and response situation to one of an emotionally regulated comfort zone, and qualified counsellor Caro White did this with the use of a white-board, encouraging a bout of meditation, and the use of colouring material and white paper.

Ms White, who operates her own counselling business on the Surf Coast, said she works with emergency services personnel, people with personal and relationship problems as well as clients with specific problems.

Although the sessions drew heavily on basic psychology, it helped enormously to have facts and figures up on the white board. Often it helps to see facts and figures outlined vividly up on a white surface.

At the top of a two tier graph is what Ms White called the red 'Hyper-Aroused' state (Fight/Flight Response) which manifests itself in anxiety, chaotic response, emotional and aggressive outbursts, anger, aggression; other manifestations include obsessive compulsive behaviour or thought, over-eating, impulsivity and addiction.

The aim is to enter Ms White's yellow-coloured 'Comfort Zone' which is emotionally regulated by being calm, cool, collected, connected. In other words, being able to self-regulate the personal emotional state.

All sorts of techniques can be used to achieve this state, including mindfulness, deep and slow breathing and all the hundred and one different other ways suggested in our



modern world to bring the individual to a state of wellness and peace of mind.

Perhaps Ms White didn't have enough time to outline exactly what art has to do with all this, but of course there is strong evidence that creative activity plays a major part in the wellness spectrum. Also writing/journaling, gardening, even taking your pet for a walk.

Whatever it takes to calm your turbulent emotions, it's probably good for you!

For more information on wellness and other personal problems, please contact the Lorne Community Hospital. Someone is sure to be able to help out! - JV

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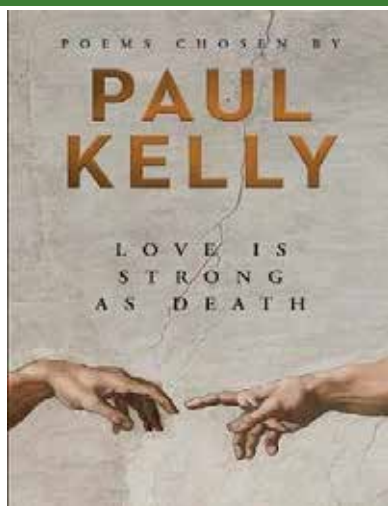
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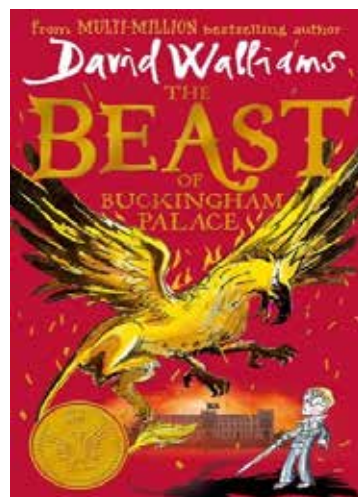


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