

LORNE

Independent

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‘GHOST TOWN’

Photo by Ian Walding

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LORNE AS A 'GHOST TOWN'

Jo Vondra with photos by Ian Walding

From a busy, bustling holiday resort coming out of a full-on Summer, once the 'lock down' directive had been issued, the change to our way of life was almost immediate.

As the Pier, the pubs, the restaurants, almost all eating-out places began to be decorated with 'closed' tapes, the few people out and about noticed that the cookies had gone... Lorne had become a 'Ghost Town'.

It was obvious that those screeching, irritating and highly intelligent birds sussed out the lay of the land pretty quickly, and had departed for the bush which, on reflection, perhaps they shouldn't have left in the first place. Bush tucker is mostly in plentiful supply, but their sources of chips and other bits of 'human food' had vanished.

And as we looked at members of our families, and then perhaps tried to work out what we were all going to do over the coming weeks, another big change in our lives was blatantly obvious – there were no more 'nuisance calls!' Where had all those seductively accented voices gone, wanting to fix your computer, asking for bank pin-numbers, their voices rich with promises?

But we also realised quickly, the telephone, more specifically the mobile had become a life-line to information, to social contact, an answer to the on-coming boredom, frustration and growing anger. We settled down, it seems most rapidly, and conversations became peppered with 'before the lock-down', a sweet golden time when it all seemed so easy.

Lorne Men's Shed secretary Bill Youl sent out a missive to all Shedders, asking for their input of information on what they were doing to while away the time. Most importantly, to make this trying period more productive.

As funnies from the internet began to flood our computers, President Bob Sinclair wrote – "I'm maintaining my regular daily pattern, Mozart, reading, lunch cards, drawing, walking. I've added wine drinking together with loud blasts of Rolling Stones music, Carol's not impressed! Watching great series called "The Capture" on 'I view'So exhausting!"

One Shedder and his good lady invented a character they've called 'Madge'. She copped a lot of flack, such as "did you leave that dirty coffee cup on the bench Madge...." Anything lost is also Madge's fault. She has certainly relieved a little tension in these trying time", our informant said. At least one brethren is growing a beard!





A video which went viral in Lorne and probably elsewhere: An elderly gentleman who looked as though he might have been on the booze already, demonstrated the health- and exercise benefits to be obtained by carefully uncorking a bottle of wine.

The dangers of face-to-face conversation was relieved somewhat when people realised that they could access video interaction easily and inexpensively through various programs available to them on the computers and mobile. The Shed held an eight-man video ‘conference’ which, after some delicate adjustments, worked like a dream. Other Lornites used video apps to keep in touch with family and loved ones.

All of us realised the dire difficulties shop-keepers face. Murray Walding, a former retailer who was using the lock-down to overcome some recent medical problems, said: “My friends in retail in the main street are circumspect, and most seem to have seen this coming - most are worried about their livelihood, especially those who rent their premises.

“It will be tough on absolutely everyone. It even affects the local sporting clubs, trying to keep their playing groups interested and together. We now have a new set of light towers on the footy ground and works were about to commence on new rooms for netball and in the leisure centre, but no-one knows if these competitions will continue in the same format as before.”

There were of course some ‘difficult’ situations. Local Ian Walding, Murray’s brother, said that while he was out and about taking those wonderful photographs he’s known for, was accosted by a visitor and his small daughter. The guy quite aggressively demanded to know why the entrance to Swing Bridge had been closed. “It took me a while for him to understand,” Ian said.

Man cannot live on bread alone, and attempts were made to play golf on the open and seemingly deserted Lorne nine-hole course ...Several gentlemen were kicked off to their great chagrin and indignity. Police? Shire officers? “My lips are sealed,” one golfer said.

One anecdote became a common experience as the weeks passed: Relatives and friends making contact again. “I had three phone calls from friends I have not heard from for years,” one denizen related. Boredom, the end of the world is nigh, bad conscience ...who knows?

Many people used the lock-up time to write (you can see some of the results in these pages), others tackled those jobs around the house and of course ‘got stuck’ into the garden.

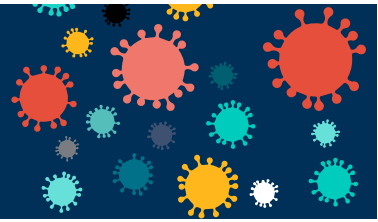
Keep your cool.

We’re not out of this tight corner just yet.

PHYSICAL DISTANCE | SOCIAL CONNECTION

CORONAVIRUS UPDATE

For the latest Council updates go to www.surfcoast.vic.gov.au/covid19



We're still here for you

Our customer service staff and Visitor Information Centres have transitioned to a phone, email and internet-based service.

The quickest and easiest way to lodge a request for service or information is at www.surfcoast.vic.gov/request

You can also still call us on 5261 0600.



ESSENTIAL COUNCIL SERVICES ARE STILL OPERATING:

- Childhood immunisations (now by appointment).
- Maternal and child health services (modified service).
- Kinder and occasional care (centre-based programs will support working families and vulnerable children. 'Learning from home' options have been provided for those able to stay at home).
- Essential aged care services.
- Residential kerbside collection.
- Roads, gardens and parks maintenance.
- Environmental health services.
- Ranger services.

NOW CLOSED

- Beaches (except for approved exercise activities).
- Playgrounds.
- Skate and bike parks.
- Tennis courts.
- Drinking fountains.
- Public barbecues.
- Surf Coast Sport and Recreation Centre.
- Halls and facilities.
- Australian National Surfing Museum.
- Winchelsea Health Club.
- Winchelsea RV site.

First time parent groups connecting online



Our first time parent groups are now being run online – via Zoom and WhatsApp – to make sure new parents can access the support they need.

These groups, set up by Council, provide wonderful help and guidance to new parents and connect them with others going through the same experience. Many long-term family friendships are formed through these groups.

Positive ageing update

The coronavirus has impacted the timing of Council's positive ageing transition program. Originally the move to alternative providers was to have been completed by 30 June.

The revised transition date will now be 1 October 2020. After a brief pause, Council is reintroducing modified domestic assistance services. Our staff are also contacting clients to explore the additional ways we can provide support in these testing times.

Keep your mind and body active

Your health and wellbeing is everything. Make sure you keep physically active and look after your mental health during the pandemic. Here are some of the many options available:

- Visit www.facebook.com/WinchelseaHealthClub for daily exercises.
- Take an online class.
- Crosswords, Sudoku, puzzles, books, board games, craft etc, all help keep your mind active. Go with whatever works best for you.
- Stay in touch with family and friends. Pick up the phone or use video chat apps to stay socially connected.

Our website has ideas, tips and resources to help keep you physically and mentally well during this time.

A MESSAGE FROM SURFING VICTORIA

Let's do the right thing and keep our beaches open

1. Don't congregate in the car park or at the beach
2. Spread out in the lineup
3. Make it snappy! Surf then leave

SPREAD THE WORD NOT COVID 19!



Don't get complacent - keep up the good work by staying home.

Thanks for staying at home and helping to flatten the curve.

We're seeing encouraging results because of the effort we've all made, but that could quickly change.

Sadly, we've seen an increased number of gatherings lately on walking and riding trails, sportsgrounds and other places.

Now is not the time to be complacent or to lessen the effort. Please adhere to the social distancing requirements.

THERE ARE ONLY 4 REASONS TO BE OUT:



Shopping for food and supplies



Exercise



Medical care and caregiving



Work and education - if necessary



Family violence

Family violence is never ok, regardless of the circumstances. If you don't feel safe and need advice, help or to find alternative accommodation, please call **000** if it is an emergency.

You can also contact the Sexual Assault and Family Violence Centre:

- Sexual Assault Crisis Line (24 hours): **1800 806 292**
- Safe Steps (24 hours): **1800 015 188**
- www.safvcentre.org.au



Personal support

Beyond Blue offers short term counselling and referrals by phone and webchat on **1300 22 4636**.

They also have helpful fact sheets and resources at www.beyondblue.org.au.



Need help?

Need help accessing the support you need? Call us on **5261 0600** and we can assist you.



Issued 24 April, 2020

EDITORIAL

Jo Vondra

Few could have foreseen the drastic change forced upon us by the Coronavirus and in the matter of a few weeks, much of the essence of our life-style had been altered; there are many who predict post-virus we will enter a much-altered new world.

But perhaps the time to speculate is premature – let's get out of this universal danger first.

The precarious state of the publishing industry is one of the first to suffer, mainly because so much of it is reliant on advertising to generate income. Commercial regional publications have been one of the worst hit, and a good many of these publishing concerns in the provinces have simply shut their doors.

This has left huge information and entertainment gaps in the many communities, gaps the not-for-profit community publication are trying to bridge.

The big advantage the community publications have is that most, if not all are voluntary, put together by volunteers often on shoe-string budgets, and thus have no big wages

and other major costs to meet. There are over 90 of these community newsletters under the umbrella of the Victorian Community Newspaper Association (CNAV) and they have resurged in importance in many towns across the State during our present crisis.

The Lorne Independent is a member of CNAV and we have given a firm commitment to Lorne and our monthly 2,000-plus readership that we will attempt to continue publication for however long it takes.

We all know that nothing lasts forever, but we sure aim to see the current problem through. We also know that we can't do it without help. We need your input!

We don't need a million dollars though it would be a nice sum to work with, but we do need your advertisements, we need your subscriptions, most of all we need you to honour our invoices; also new subscribers and advertising.

This health virus pandemic can be beaten, God willing, Inshallah or just plain 'by Jingo'.

And we can do it together!



i COMMUNITY INFORMATION



Surf Coast Shire Council

Draft Budget 2020-21

The Draft Budget 2020-21 was prepared during the COVID-19 outbreak. Council is committed to delivering important services and supporting the community in this uncertain time.

The Draft Budget 2020-21 is now available at www.surfcoast.vic.gov.au/budget. View the Draft Budget to learn about the COVID-19 support package and COVID-19 Hardship Policy, the record capital works program and key local projects.

MAKING A SUBMISSION

Council welcomes submissions on the Draft Budget by noon Thursday 28 May 2020. Complete the online submission form at www.surfcoast.vic.gov.au/budget, email info@surfcoast.vic.gov.au or send your submission to: Chief Executive Officer, Surf Coast Shire, PO Box 350, Torquay VIC 3228.

Anyone making a submission can request to present to the Hearing of Submissions Committee, which will take place via teleconference at **6pm on Tuesday 2 June 2020**.

Council proposes to adopt the Budget 2020-21 at a meeting of Council scheduled for **6pm on Tuesday 23 June 2020**, which will be held at 1 Merrijig Drive, Torquay.

SOME ADVANTAGES OF SOLAR PANELS

By Mary Lush

Towards the end of last year masses of solar panels found their way onto the roof of the Lorne hospital, courtesy of a trickle down from the \$13.5M Regional Health Solar Program.

Although we think of medical services as being on the side of angels, never more so than in this era of COVID-19, they are monsters in some other senses. Their 24 h demand for power makes them indirectly responsible for producing tonnes of greenhouse gases. In recognition of the financial and environmental costs of power in the health sector, including the health consequences of global warming, the Victorian Department of Health and Human Services set up their solar program in 2017.

Lorne hospital's system is 60 kW, which is about 10 times the size of an average house installation. Expectations were that on exceptionally sunny days the hospital would export power to the grid, but that most of the time it would use all the power it generated plus some (where 'some' is quite a lot). The economic modelling predicted an average saving of \$17500 for each of the next 10 years, which translates to a payback period of about five years or a return of 20% on investment. How has the system stacked up in fact?

In its sunny first months of operation at the end of 2019, actual performance was 94% of that predicted, but during January to March 2020 it has averaged about 65%. We can attribute at least part of the shortfall to the cloud and haze we experienced over those months when solar exposure was 81% of the average (Aireys Inlet data). Overall, the installations at sites throughout the Western District Health region have done better than us and generated about 94% of the power predicted.

It is worth noting, as Patrick Turnbull (Western District Health) does, that the Lorne hospital system is 'still a worthwhile investment'. Some of the money that the hospital previously allocated to power, can now be used for other things.

My interest in renewable energy comes less from the potential cost saving than from a feeling that Lorne probably contributes considerably more than its share to global warming. Whenever we expand or build a house, we eliminate trees and release the carbon stored by them. We pour tonnes of concrete imported in convoys of trucks, further populating the atmosphere with greenhouse gases. Pre-COVID-19, tourism itself accounted for nearly 10% of global greenhouse emissions. Can we improve on this sorry situation?

Rolling out more solar generation in Lorne, however, is not without problems. Lorne's tree canopy is an essential part of the town's character and one that saves us from becoming a heat island. But shading reduces the output of solar collectors. We also have salt spray to corrode metal fittings and obscure glass surfaces, and many overcast days. Not to be deterred, about 5% of Lorne houses have solar panels and there are other promising sites.



Above: A few of the many panels on the Lorne hospital. Image: Mary Lush

These include areas around the foreshore, such as the shopping strip, and the government precinct made up of the SES, police station and school.

What of other renewable sources of energy? I can imagine a wind turbine at Point Grey, methane captured from waste, tidal and wave power harnessed by something anchored offshore, hydroelectricity from the Allen Dam, and the sewage that is pumped up the hill to the treatment plant generating power on its way back down.

None of these options are readily realisable. Height restrictions along the Great Ocean Road, not to mention debate about Point Grey, apparently rule out a wind turbine (or could we locate some over Birregurra way?). Methane – I don't know. Hydroelectricity in its various forms is difficult. Tidal energy, much vaunted for its predictability, needs sites with particular characteristics that may not exist around Lorne. Deakin University, however, did collect data on wave/tidal energy from the Lorne Pier and it would be good to hear their findings. There is often no overflow from the Allen Dam and constructing new dams would destroy some of the paradise we want to preserve.

We could reduce Lorne's carbon footprint by reducing the amount of power we use. But that is a topic in itself and for another day. Some towns, including Apollo Bay, are installing solar systems that will be able to benefit from future developments in the grid. It would be nice to hear some discussion in Lorne. Contact me through the Editor if you have ideas. In an ideal world we would retain paradise and have a swinging hot spot.

*They paved paradise
And put up a parking lot
With a pink hotel, a boutique
And a swinging hot spot*

Joni Mitchell, Big Yellow Taxi



From the Deck by John Agar

SKINKS: THE TINY, SMILING LIZARDS OF LORNE

When the deck gets a bit ‘blowy’ ... our deck faces east and is regularly battered by the full force of Lorne’s dramatic, bracing easterlies ... I am blessed with a sheltered back patio that traps the last of the evening sun. Surrounded by semi-drystone walls, the nooks, cracks, and crannies in the walls make perfect hiding places and homes for all manner of wee beasties.

My favourites are the inquisitive little skinks that peep from and dart about their perfect hidey-holes. This delights Rosie, our ageing Border Terrier, who, while frantically questing a catch, never succeeds to snag her prey. Meanwhile, her younger mate, Yogi, feigns uninterest and disdains to join the hunt!

Otway skinks love nothing better than a sunny spot, a passing parade of tasty ants, with a nearby rocky crevice as a bolt hole. Warmth, food, and nearby shelter ... what more could a happy skink desire?

To complete the picture, my Kookaburra friends – Kevin, who flicks his male tail feathers ablaze with blue, and Kylie, who waggles her lady-like tail of the softest brown – click-clack their beaks on an overhanging branch and draw their beady eyes to the juicy lizards on their dinner menu.

Most humans respond to reptilian encounters with a range of emotions: heightened alert, anxiety, fear, threat, even revulsion. Snakes, crocodiles, or large lizards – even the wet, slimy coldness of a frog in the palm – all tend to evoke visceral responses. But skinks? ... not skinks ... for we seem to just know that they can’t harm us. Moreover, skinks ‘smile’! ... look closely where their little mouths upturn at the corners in a wicked, cheeky grin. How could such a happy wee beastie be a threat?

Our Otway skinks – there are several species - can grow to about 25 cm, though most are smaller and fit snugly in the palm of a hand. Predominantly brown, they are streaked with tinges of olive green, have a darker stripe down each side of their backs, and a row or two of small, light coloured spots that stretch back from their inquisitive little eyes to their sinuous tail. Their pale cream underbellies pulsate with their heartbeat, the rate of 50-70 beats per minute much like our own. Spot a skink, stay nice and still so it is not startled, and count its heartbeat. You will see how close it is to yours.

Skinks have a remarkable and surprising defence mechanism: they shed their tails in response to a threat! Hold a skink by its tail and - hey presto! - you will be left holding a wiggling, worm-like tail between your fingers, wiggling and twitching as it simulates a decoy worm. This confuses the attacker long enough for the skink to scurry safely away and find shelter. I guess that having a cut butt must be preferable to becoming a real meal. But, for the skink, the good news is that their tails soon regrow, as good as new!



This interesting defence mechanism has led medical researchers at the University of Guelph (*Journal of Comparative Neurology*: 2017) and the University of Pittsburgh (*Proceedings of the National Academy of Sciences*: 2018) to discover large numbers of rather unique stem cells (known as radial glial cells) that, along with some special proteins that promote stem cell growth, are found in the spinal cords of lizards that shed their tails – like our Otway skinks.

These cells and proteins help their tails, and the spinal cord cells contained within, to regrow. This work may ultimately lead to methods that will allow human spinal cords to repair themselves after spinal injury. While discoveries like this take many years to translate into human treatments, our beautiful little lizards who shed their wiggly tails, suddenly have become objects of awe and immense interest.

Far from their medical promise, skinks are a child’s delight. As a small boy, I kept platoons of them in a shoebox as ‘pets’, making bark and rock homes for them and feeding them faithfully with ants and tiny beetles. My skinks would run up my arms, disappear under my shirt, reappear at my neck, and tickle my ears with their tiny toes. Skinks have always been a part of the magic of my Lorne.

But, my blatant childhood practice of shoebox captivity would likely be frowned on today. Environmentalists are increasingly concerned about our wilful disturbance of nature ... like the practice of rock-towering, or rock-sculpturing, that is increasingly prevalent along our coastline. Carisbrook Creek beyond Cape Paton is a prime example of this ‘fad’. Rock-towers need rocks, and by removing rocks from their natural place in the landscape, we inadvertently remove the homes and protections our skinks, lizards, crabs, beetles, and multipedes all depend upon. As we must learn to leave a lighter footprint in our environment, we should also learn to let the rocks live where they live, too.

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BARWON WATER

Coronavirus (COVID-19) and your water and sewerage services

Barwon Water's priority is to continue to deliver essential water and sewerage services and ensure the health and safety of our community and employees.

In light of the best available information from public health agencies on the coronavirus (COVID-19) pandemic, we're taking all necessary steps to ensure the health of our community and staff and the continuity of our service.

We are assisting our customers that may be financially impacted by the coronavirus (COVID-19). If you would like to discuss payment support options, please call us on 1300 656 007.

To enable us to continue to provide our essential service we have taken the precautionary step to close our customer counter until further notice.

We do want to help you however we can and ask that you contact us via 1300 656 007 or email.

We have also created a web page to inform our customers and community about coronavirus (COVID-19), in relation to drinking water and our position as a water utility.

Drinking water supplied by Barwon Water is treated and safe to drink. There is no evidence that drinking water will be affected by the coronavirus (COVID-19) or that it is transmitted in drinking water.

There is no need to buy bottled water. As usual, the water supplied to your home or business is treated and safe to drink.

Barwon Water is also reminding customers that toilet paper is the only true flushable. Any other paper product (tissues, wet wipes, napkins, paper towel) must not be flushed and belong in the bin.

This is a really serious issue as sewer pipes can become blocked which can lead to raw sewage spilling out into streets or creeks, or even people's properties.

As an essential service, we often have necessary maintenance to carry out to ensure you get the water and sewerage services you need and expect.

If Barwon Water or Barwon Asset Solutions staff knock on your door or approach you in the street as part of essential work they are undertaking, be reassured that they have a particular focus on health and safety checks and are taking all necessary steps to manage the coronavirus (COVID-19) situation, including social distancing and practising good hand hygiene as advised by state and federal authorities.

- Barwon Water

WHAT – OR WHO – IS ‘A LOCAL’

John Agar

Sitting, warm and inside on this wintry Easter Sunday, I mistakenly graze on the weekend entries at the Lorne FaceBook Page. I instantly regretted doing so.

I was shocked and saddened by the vituperative vitriol, general unpleasantness, and anthropophobia expressed in many of the posts. Were these written by people who truly love this town? In comment after comment, the very worst of human nature was on display, when events of the dislocating magnitude of the Covid-19 pandemic should be arousing a sense of support, care, and inclusiveness in this turbulent period.

The key theme has been ‘who is, can claim to be, or should be regarded [by others] as ‘a local’. Oh my, but didn’t that topic take off!

Verbal brutality and bullying language at its worst and least tolerant! A lack of humanity was on open display – sadly, often on both sides of the argument – with lines in the sand being furiously drawn here, there, and everywhere ... but to what end?

The ‘who is a local’ debate comes into sharpest focus for communities where some dwellers claim permanent address; some have ‘an address’ by owning a house, flat, apartment, or van – but who live for part or most of the time ‘elsewhere’; still others regularly visit serially rented accommodation; while others simply pass through.

Those who live in large cities tend to have these divisions obscured by the sheer size and number of the locale. Folk from small towns ‘off the tourism or lifestyle list’ ... like a hamlet in rural Victoria with no pub, one store, and no accommodation ... do not have to resolve this dilemma. But for places blessed by natural beauty, pleasurable amenities and attractions, and/or historical significance – and Lorne is one such – the ‘right to be here’, especially in times of population stress, assumes a more sinister hue in the eyes of the less generous.

Who, then, is ‘a local’? What are the necessary qualifications?

Your Dictionary.com defines a local as ‘a person or thing belonging to a specific town or area’. It gives an example ‘a local is a person born and raised in the town where she attends college’. This rather narrow definition then begs the question ‘who, or what, constitutes or expresses the nebulous concept of ‘belonging’?’

The Oxford Dictionary defines a local as ‘belonging to or connected with the particular place or area that you are talking about, or with the place where you live’.

The latter – and I am an Oxford kind-of guy – is a little more generous, but still infers a sense of ‘belonging’ ... so to determine if a person or thing ‘belongs’ may be the key question, rather than to debate ‘localness’ per se.

So ... what of ‘belonging’?

This time, after a change of universities, the Cambridge Dictionary states that: ‘to belong to’ means ‘to be in the right place or in a suitable place’ ... or ... ‘to feel happy or comfortable in a situation’.

Now this might be making progress.

To me, Lorne is all of these: it is the right place, a suitable place, and the place where I feel happy and comfortable. On these criteria, I am a local – regardless of the fact that I live here, I pay rates here, and my 100+ year roots are here ... or not.

On the narrower definition, I fail. I was not born here, nor was I raised or schooled here – though my grandmother lived for more than 50 years as ‘a Lorne local’ – as did my mother from the age of four. I have owned the family home since assuming its title in the mid 80’s but have only lived here permanently for the last couple of years. So ... am I ‘local enough’ to be local?

I remember writing to Father Christmas as a small boy: I would offer my full name (plus the suffix: Esq.), my street name and number, my suburb, town, state, country, and, just to be safe, I would pop in the southern hemisphere, Earth, the solar system, and the universe, finishing with the date! It fixed for me – in my child’s mind – my ‘belonging’, both in geography and time ... my locality, my localness.

Am I, in Lorne, as ‘local’ as those who have lived here all their lives? None would think it so – me included. But, now living here permanently, am I more ‘local’ than a weekender with a holiday home? Some might say yes.

But, do you know – I don’t actually care – for ‘localness’ is in and of the spirit. A sense of belonging cannot be relegated to a list of tick box criteria. My definition of ‘localness’ is a place where the heart feels at peace, irrespective of postcode, or of primary residence.

In my view, we should resist entering the ... ‘I am more local than you’ ... or ... ‘those that do not live here should get out of town’ ... rabbit holes and nonsense that some try to dig on social media. We should ignore those who seek to stir division by drawing imaginary lines of entitlement in their own limited sand. I, for one, am happy to welcome any who – like me – have found that spirit belongs and that their souls are at peace in this cracking jewel of a town.



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PHARMACY UPDATE

Australia's Chief Health Officer has approved an amendment to PBS prescription requirements for telehealth consultations as an emergency measure during the COVID-19 response.

Key points:

- Pharmacists in Victoria and WA can supply Schedule 4 medicines from a digital image of a prescription delivered via fax, email or text message
- NSW pharmacists can also dispense Schedule 4 medicines using a digital image of a prescription delivered by fax or email (but not by text message)
- Telehealth changes apply to all prescription medicines with the exception of Controlled Drugs
- Under the amended rules, the original prescription has to be kept by the prescriber for two years

Pharmacists in Victoria and Western Australia (WA) can

now supply Schedule 4 medicines on the authorisation of a digital image of a prescription delivered via fax, email or text message.

President of the Pharmaceutical Society of Australia (PSA) Associate Professor Chris Freeman has urged all other states and territories to follow suit as a matter of urgency.

'PSA is working with the state and territory governments to accelerate this as quickly as possible in a way to minimise the additional burden this has caused,' he said.

The aim of the temporary changes is to allow at-risk members of the community to avoid exposure to COVID-19 by staying home. It enables people to have a consultation with their general practitioner (GP) via telehealth, have a prescription sent to a pharmacy by fax, email or text and then have the dispensed medicines delivered to their home.



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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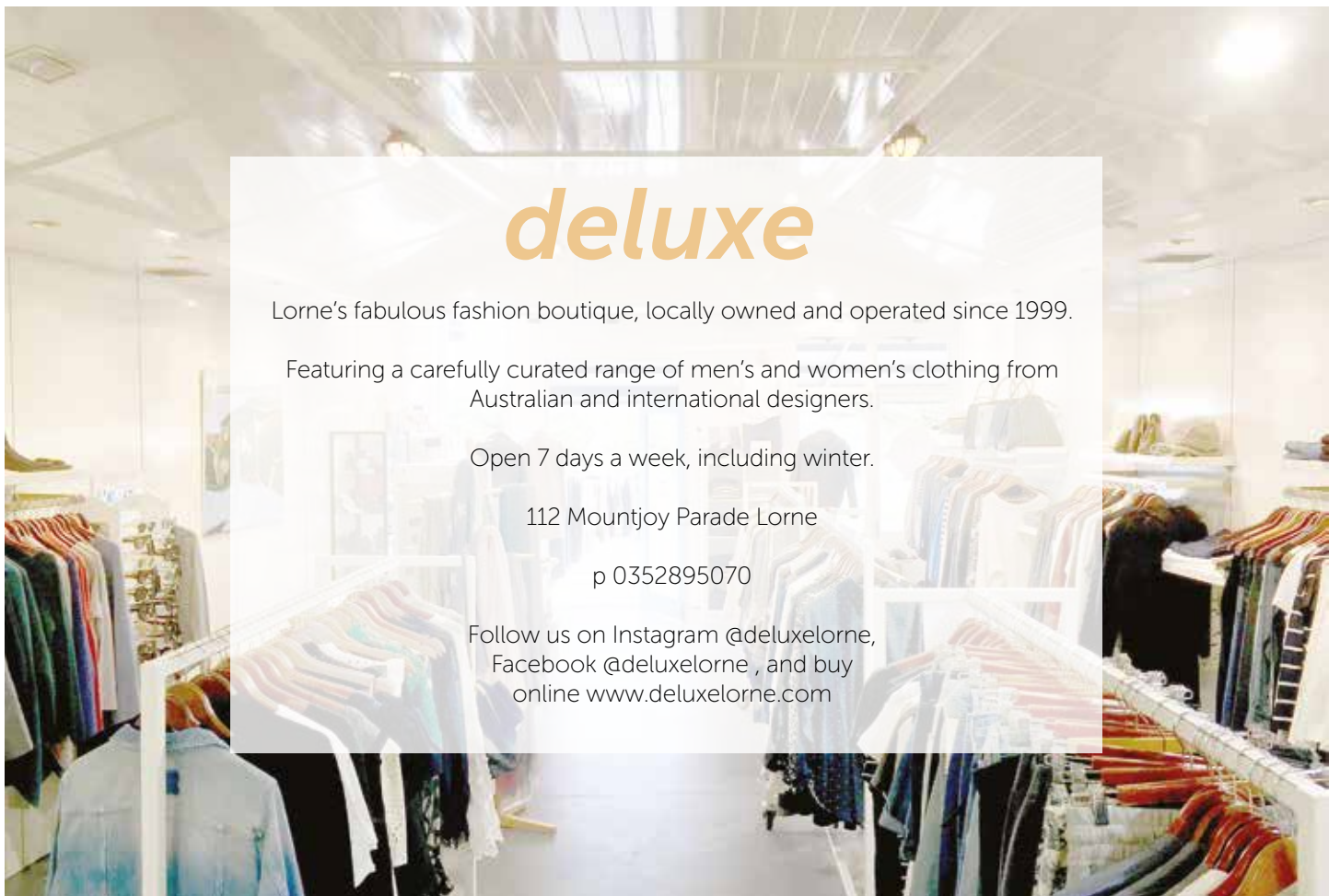
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THE LOUTTIT LOOP

Very little has changed since we chatted a month ago. Many more occupied houses in every street, all getting on with isolating and many falling in love even more with the natural beauty and the serenity. Some even considering making Lorne their permanent home and working from here.

A huge thanks to all the supermarket staff who have been so fabulous, and to Boss Man Jonn who keeps the stock up, the staff happy, and makes it a smooth efficient experience to shop at Foodworks.

Also thanks to our Hospital, Nursing Home, Medical Centre and Paramedic staff and the Pharmacy team who have all stepped up big time to cope with whatever. Please know the people of Lorne appreciate so much that you are there should we need you. At end of April there have only been 10 cases on the Surf Coast, and 63 in Geelong so keep on keeping on – Stay at Home is a simple mantra for us all.

The laddah handwashing stainless sink and tap Foodworks placed where the bench used to be near the entry disappeared after only one or two days. Rumour has it stolen! Kidding? Who? Why?

At Easter the town was fairly deserted – but an overzealous GORCC or Shire Officer went berserk with his Keep Out tape – barricading the Surf Club carpark and all other carparks in that area as well as the Swing Bridge!! What?? As you can imagine this tape did not last long in that spot – the only access to the beach as the Erskine was flowing nicely.

Sincere condolences to Gary Keane and his daughters Lucy and Hannah (both great netballers for Lorne) on the death of their darling 52 year old Mum Ann-Marie. So damn sad.

Well done Peter Spring and team for getting an airing on SBS for the documentary “The Story of the Road”. An appropriate time to show it as a chance for folk to reflect on the amazing role our returned servicemen played 100 years ago creating our GOR.

The Echo local newspaper is no more. Closing down after 55 years. The Echo was the first free suburban newspaper to be bought by the Herald and Weekly Times, then was sold to Geelong Advertiser Group in 1977 and their last print run was 40,000 copies. It is one of 60 News Corp community newspapers to cease publishing around Australia in the wake of drastically declining advertising revenue thanks to COVID-19. It was always a good read, and more than that, Wendy Jarratt reckoned it was the very best newspaper to light one’s fire each night!

Surf Coast Shire is installing 400 parking sensors on the coast in June in a bid to improve car parking turnover in commercial areas. A sensor will be installed under each parking space which detects the presence of a vehicle and its length of stay, eliminating the chalked tyre situation. Parking officers will receive a notification on their phones alerting them to the breach. Guess it will pay for itself fairly promptly as the project is costing \$234,000.

The locals dubbed the house at 77 Smith Street the “Kentucky Fried Chicken” house! A bit cheeky for a house which has recently changed hands for just under \$6million. Multi restaurant owner Chris Lucas and his family had enjoyed great times in Lorne for many years, as will the new owners, from Melbourne.

Awesome to see proud Oscar Balderas photographed at the Aquatic Club holding up two large gummy sharks he’d nabbed prior to the Government’s crazy ban on fishing.

We had some isolation distraction with the appearance of a rig and two tugs in the Bay for about five days. Looked amazing lit up at night. Dan Walding tells us it was a Tom Prosser – a Jack-up rig for use in water to 120 metres. Drilling a carbon sequestration well for the Vic Govt. to pump Co2 back into the ground. The last wells were drilled in 1992-3 and were all dry.

And then came our first whale for the season – in April! Far out to sea, it was leaping right out of the water putting on a great show. Then it came in much closer at Stony Creek and locals Jenny and Greg who have a brand new whiz bang set of binos reckoned it may have been giving birth as they spotted a tiny tail. Wow!

Wonder who will be in charge of putting out the blue “Whale in the Bay” flag, as the Visitors Centre is closed.

Another local spotted a flare one night – between the Pier and the Hospital. After calling 000 a helicopter was despatched from Apollo Bay and was quickly on the scene but nothing to be seen. Good to know we are in such good hands eh?

Dorman Street’s Penny reports seeing a large koala poking about in the garden beds in the front yard of a Deans Marsh house. Even climbing up a wooden trellis. Maybe bored with self-isolating at home!

Thanks to Paul, Jane and Nick at the Lorne Hotel for delivering so many food packages to the Lorne Lions Village folk.

Thanks to Clive and Lesley and team who telephoned oldies on their Community Connect list informing them that “the Supermarket had some Hospital Strength Sanitiser so get down there!” Oh happy days and thanks guys for caring.

LorneCare member Dr Allan Sherlock was lucky to return home from Sikkim (India) after his 11th trip volunteering with Vets Beyond Borders– Sikkim Anti Rabies & Animal Health (SARAH) program. His job on this four-week trip was mainly desexing about 155 dogs, and also training vets and paravets. Lorne should be v proud of Dr Allan. Lornecare sure is!

Great to read that Mark Fagan and his border collie had their first win in a competition against three sheep and numerous dog/trainer teams! Congratulations you two. Keep warm and cosy under that beautiful handmade quilt you were awarded.

You can report any breaches of self-isolation to the Police Assistance Line: 131444. Being an anonymous dobber may save lives. And to the small group of our senior men who continue their Thursday lunches – take note.

Two bikies were seen parking their machines legally in the “Motor Bikes Only” area. “Where are you from?” asked a local. “Geelong.” Hmmm “Don’t think that’s Staying Home” says local, as two policemen approached and pinged them over \$1,000 each!

So weird paying for coffee with a card, and drinking it whilst walking along. Thanks to all the baristas staying open to service our caffeine addictions.

Don’t forget to clean the dog’s head and neck with an antiseptic wipe after a walk. Mine is certainly Mr Much Patted on our daily strolls.

Thanks Christina Haywood for sharing this hopeful and beautiful poem with your fellow workers at the Lorne Op Shop (now closed):

“And the people stayed home.

And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

Written by... Catherine (Kitty) O’Meara

Don’t forget... Stay at Home... Lillian x

REDEFINED TOURISM ON THE SURF COAST

We've all seen them and grated our teeth – bus after busload of tourists passing through Lorne daily, jam-packed, on their way to the Twelve Apostles.

We also know that the usual practice is to stop for an hour or so at this much-publicised tourists spot for selfies, a bit of a fresh-up, then back into the bus for the trip back to Melbourne. And this is accomplished all in a day!

Tourism is essential to the economic health of the Surf Coast, so runs the usual mantra from state and federal authorities, our Shire council and indeed even many of our Lorne-based voices.

But over the last years, we've seen an increase in the Great Ocean Road resident concerns and and this has been reflected in the associated media commentary regarding traffic congestion, safety risk considerations, loss of local character, strain on amenity, impact on natural habitat, flora and fauna, and coastal erosion from overdevelopment.

The coast is being imperilled by unbridled tourism visitation growth. This is unfathomable given the Great Ocean Road is one of this country's major tourism treasures.

Publicist Suzanne Cavanagh has considerable experience in tourism as a tourism strategist; currently she is also a committee member of AIDA – Aireys Inlet & District Association. Ms Cavanagh says that the nature of the approach being taken to tourism along the coast is vitally important, given its flow-on impact on community, environment and the local economy.

“A single new authority is in the process of being established as part of the Great Ocean Road Action Plan with overarching responsibility to meet the challenges of increasing visitor numbers, forces of nature and the impacts of climate change,” Ms Cavanagh said.

“If these were ignored, these threats could destroy this precious part of our state – and impact on the liveability of local communities.”

Business and government have shown themselves time-and-again, to have been seduced by the economics of business growth and seem to be deaf and blind to the interrelated negative impacts.

With past experiences in mind, we'll all be watching the delivery of the new Great Ocean Road Action Plan very carefully.

Definitions such as 'Regenerative', along with 'sustainable' are being banding about, but Ms Cavanagh said that she believed that there isn't an 'alternative tourism', there is only one tourism ...one that is underpinned by management practice that is sustainable long-term, “otherwise we are undermining the future of the very industry on which we all now rely”.

The simple facts are that some seven million people visited the Great Ocean Road last year and projected expectations are that some 8.6 million would visit annually by 2026/7. The impact of Covid-19 and Victoria's regional fires and floods will impact considerably on these projected levels in the short term, but the exponential visitation growth trend for the Surf Coast was well established a number of years ago.

With the realisation that lives today are inter-dependent, the call for a new economic model in tourism is getting louder.

Ms Cavanagh said: “We must start with the community answering the question – what does the community value about itself? Showing respect for people, place, resources, climate, nature and culture, and not simply the vested interests of the few who seek to capitalize from the old extractive tourism model, (e.g. coach business where the benefit is returned to an overseas company but the amenity costs are borne by the local residents).

“This is an essential part of the needed transformative approach,” she said. “It is no different for Lorne....

“Much deep thinking is needed during this pandemic period.....before the rebound!” she added.

Compiled by Jo Vondra

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BUY SURF COAST WEBSITE

A new website is now in place to make it easy for people to support Surf Coast Shire businesses as they adapt to restrictions currently in place to protect our community from COVID-19.

Many local businesses have made changes to their services to adapt during the pandemic, with many now offering online, “no contact” and delivery options.

The new website www.BuySurfCoast.com.au features an online directory of each town’s businesses and the services they are offering.

Surf Coast Shire Cr David Bell said it was more important than ever to support local businesses. “We’re all in this together so we need to look out for each other.”

“The impact on businesses has been very tough. How can you help? By buying local wherever you can.”

“We all know how important it is to stay at home at the moment, but it’s also important we all stay connected and the Buy Surf Coast campaign helps bring our community together to enable it to stay strong.”

Cr Bell said many local businesses had been innovative in adapting. Available are fresh produce, meals, books and puzzles delivered to your door. Some local businesses are offering online consultations, even online dance classes.”

Visitor Information Centre staff in Torquay and Lorne are updating the website daily. Contact details are on the website.

OP SHOP BUZZ

Janet Goud

Well hello in our new world. I hope you are all well. Not so much Buzz now, more a quiet Fizz. Who could have imagined this new world without restaurants, shops and travel? Since I last wrote, the shop has, of course, closed indefinitely. All its treasures are waiting under wraps to be uncovered in the next chapter of this mystery journey we are all on. Like most other businesses in Lorne, the dangers of so many people from unknown places visiting, (which is normally our delight) and the handling of goods and cash were and are, far too great to risk.

However the busy Op Shop Committee has not been idle. They have developed a Lorne Community Opportunity Shop COVID 19 Response; Essential Food Support Program. This is an allocation of funds for 20 Lorne Foodworks Accounts for 10 families or households and 10 single people so they can buy essential food items.

This is offered as a monitored trial from Monday 19 April to Monday 31st of May. This corresponds to the period before the Govt. benefits are paid. It is also available for those not eligible for those benefits- casuals, sub contractors, etc. Applications from families, households and single people should apply through community groups such as the Churches, Lorne P-12 College, the hospital etc. Privacy will be maintained by a number being attached to the application. This will then be processed according to eligibility criteria. We hope this is a useful and welcome assistance to those struggling with day to day living at this difficult time. Please apply if you need help.

So what are the rest of us wise ones, who usually so enjoy our shifts playing shop and meeting new people, doing with ourselves? Well, many have mentioned how unstructured their days have become now their shifts are no longer a point around which to organise their week.

Many miss their time chatting and mixing with customers, especially those who have special care regimes, and those who live alone. Some houses will be extra spick and span with detailed cleaning regimes from those who enjoy a good clean and tidy.

Also, I suspect, there are now many colour coordinated wardrobes around town.

Perhaps more surprisingly, many people are very positive about this lockdown time. They feel the time to pause and reflect is a blessing. Some have spent some time in quiet remembrance of dear ones recently lost, including our Peggy, and found solace in happy memories.

Most of us feel that we are privileged to live amid such natural beauty. It’s a pleasure to be in isolation here. There are more stories I’m saving for June.

As Pamela Hill said “The Met Opera puts on an opera every single day.... Can’t believe how lucky we are!



Volunteer Positions Vacant

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

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John Agar – a personal view:

THE CLIMATE – AND US

The climate ‘debate’ is frustrating and turgid ... for it is nothing like a debate. Rather, it resembles Parliamentary Question Time – a shrill clamour of ignorance, uninformed vitriol, name-calling, and hyperbolic over-exaggeration – with both sides equally to blame.

I hear the kids (my feet sometimes – but not always – itch to march, too) ... I hear the scientists (they are both rational and right) ... I agree with the climate science timelines (all rational people would) ... I believe they are right (as certainly as trends allow) ... and I suspect most now agree after the horror and terror of this fire season.

To spruik my own eco-credentials, I claim some eco-legitimacy: two decades of research; more than 50 original papers, scientific abstracts and two book chapters on resource conservation and environmental awareness in dialysis and kidney disease ... an eco-niche that has charged my personal passion and experience.

Tragically, both climate ‘sides’ have been backed into ever more distant and carping corners. The believers [I am one] and the non-believers [wrong, in my view] are now so intent on insult-slinging that rational, common-sense planning seems further away than ever.

Posturing is an ignorant pursuit – and all bear equal guilt.

But, ‘believers’ are wrong in labelling every ‘event’, every bushfire, every flood, every ‘crisis’ as climate-change driven. ‘Non-believers’ are wrong to encourage complacency through spin, derision and ill-placed sarcasm, while denying undeniable science: the ice core data, atmospheric sampling, decline of the tundra permafrost, glacial retreats, ice pack melt, and the land-encroachment of the oceans.

True, these changes have recurred in Earths’ past and Earth has survived them – even if many species have had less success. Not so long ago, Tasmania and the Australian mainland, and Alaska and Russia were joined by land-bridges. Stuff does happen! But, two things do seem different, this time: (1) the speed of change, and (2) that humans are a driving force behind the rate of change – although some still dispute both contentions.

Climate truth, caught somewhere between the polar extremes, is now hopelessly tangled and confused in misinformation and half-truths. Both sides must tone down the hyperbole. We must find a consensual path to more calmly debated solve the things we can control, while understanding that the solutions are much more complex than many ‘believers’ insist. For the things we cannot influence, adaptation is our best defence.

While many solutions are attainable, they will inevitably come at huge societal costs – costs we must agree to face, accept, and pay.

Sensible sequential responses to any factors in our full or partial control must then be planned, recognising that this will

lessen our living standards – often cutting deeply. And, this response will take time.

Believers are naïve to think this is all possible at a ‘snap of governmental fingers’ – as naïve as are the blinkered denials of nay-sayers. It will take years of planning, job and lifestyle restructuring, expenditure ... and time. But, Covid-19 has taught us how quickly we can adapt when we must.

Governments must abandon limp-wristed ‘targets’, and slight-of-hand carbon credits, instead codifying understandable, spin-free, well-communicated steps that construct a global carbon free future. Achievable timelines should lock-step these pathways to that goal. Again: this will all take time.

Panic – think the toilet paper saga – achieves nothing. Only planning, community belief, and unified progress will work. But the big six: global weather change, ocean acidification and rise, the proliferation of plastic, fire, famine, and now pandemic, should be enough to goad all global leaders into true international cooperation.

We elect leaders – and who would want to be one – to lead, but they are only human! We must cut them some slack to re-position their climate ducks and avoid the accusation of ‘U-turning’ as they do. We must not chide if they accept the science they have previously dismissed or denied. To change a viewpoint can reflect growth, not weakness. To be accused of a ‘flip-flop’ simply risks an entrenchment of old views. We must remember that they are just as scared and uncertain as we are.

Perhaps a 1980’s Hawke-like consensus summit ... government, opposition, industry, unions, treasury, the public ... might be a way to kick-start a ‘climate accord’ to determine, grade, then explain the many things we must all agree to do without.

Comfort ‘Peter’ must be robbed if survival ‘Paul’ is to be paid. The global money trees will be threadbare – particularly as governments seek recovery from Covid-19 ... though perversely, ‘the virus’ may prove the circuit breaker our leaders need to truly cooperate, plan, and progress.

What will we forgo to enable this restructuring ‘spend’? ... healthcare? ... aged care? ... ‘New Start’? ... pension payments? ... school funding? ... tertiary education? ... roads, rail, and air? ... infrastructure? ... welfare? ... superannuation? ... more?

One thing seems clear – all sectors will need to contribute if the climate beast is to be slain, with the better-off doing most of the heavy lifting.

Extinction rebels: caging the climate behemoth is not just about abandoning fossil fuels ... that is far too simplistic!

Climate luddites: the cop-out that ‘Australia only contributes a teeny-tiny ‘x’% of global emissions’ does not excuse us.

Continued page 15

From Page 14

Our vast and burning land has just sent a clear and personal message: “I am not comfortable with your 21st century way of living – find other ways to embrace me!” In doing so, it has asked deep questions of us: how we live, where we live, even how long we live.

One thing is clear: we must stop slinging ever-drier mud, pastoral dust, and charred stumps at each other. Once we emerge from Covid-19, those who remain must aid, not further bruise, our battered leaders as they seek collective ways to recover the countries they lead.

Curiously though, the current health maelstrom might become a climate change circuit-breaker, too, as nations seek to build – as they must – a single, international, cooperative language that can speak jointly to human health and the environment.



How will Lorne change in the future ?

PETITION TO SAVE FISHERIES BUILDING

Penny Hawe

It probably does not look like much to some, but to the people who signed the petition to oppose the demolition of the Fisheries building on Point Grey, the building means a lot.

The Lorne Historical Society has a display inside honouring the fishing industry. There is a film of Christos Raskatos talking about his love for Lorne and the old pier. There are tales of sharks biting boats and fishermen heroically making it home. There are stories from school children. There are newspaper articles about huge Russian trawlers scooping up and taking away the barracouta. There is a photograph of Sammy the Seal kissing Henry Love.

The names of the original Co-Op members are posted on the front outside wall. Many of these family names appear on the petition along with signatures from Lorne’s newcomers, Lorne’s visitors and even a celebrity chef.

State parliament member Richard Riordan presented the petition to the Legislative Assembly of Victoria on 20 February. There were 1527 signatures.

Instigated by Lawrie Baker, the petitioners hope their views will go some way to persuading the Surf Coast Council to reject GORCC’s plans to level the building and create something new. The decision has not yet been reached. Lorne’s love for the old building may be strong enough yet.

FIRE DANGER PERIOD ENDS

Fire restrictions have been lifted in the Surf Coast Shire though Council’s Manager Environment and Community Safety, Rowan Mackenzie said: “We encourage residents to first consider other means of disposal, such as kerbside collection, mulching, composting and transfer stations.”

He said that local law restrictions over township areas still apply, limiting burning off of dried vegetation to Wednesday or Saturday between 10am – 3pm. Burn offs on private property must still be conducted in accordance with Council’s Burn Off Guidelines.

CFA Commander Surf Coast, Wayne Aylmer says in the past, the end of the fire danger period has led to unnecessary callouts. “In the past, we’ve seen spikes in callouts at the end of the fire danger period to people doing the wrong thing. This type of behaviour frustrates CFA personnel, many of whom are volunteers.”

Commander Aylmer. “Given the heightened concern around the transmission of COVID-19, these callouts put our volunteers and the public at further risk in avoidable situations. Now is not the time for social gatherings around bonfires.”

Township areas can be found at www.surfcoast.vic.gov.au/firerestrictions and more information on fire danger ratings and restrictions can be found at <https://www.cfa.vic.gov.au/home>. Please also always remember to register your burnoff via ESTA on 1800 668 511.



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FROM OUR COUNCILLOR

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



LORNE COVID-19 Support Plan

Over the past couple of weeks, discussions have taken place, either at a safe distance or via Zoom, between a number of members of our community, trying to understand the extent of the impact of the current lockdown provisions on our community and trying to determine what the path to recovery looks like post-Corona.

Obviously, everyone in the community has been impacted. At the very least that impact could be as a result of being confined to quarters with restrictions on travel and recreational activities. For businesses, both owners and employees the impact has been far more severe. Several shopfronts in Lorne are now empty spaces with little prospect of those businesses reopening. Loss of revenue for business owners, loss of income for employees, the effects can be devastating.

I have been working with the Committee for Lorne to develop a COVID-19 Support Plan for Lorne. A number of portfolios have been established within the plan to deal with immediate responses to the effect of the current situation of people within our community and looking to the future, planning for business recovery and economic recovery. The development of this plan is a “work in progress”.

At the moment, the portfolios include:

- Food, Clothing – Lead by Lorne Community Connect & the Lorne Op Shop
- Health, Financial Hardship – Lead by Great Ocean Road Health
- Youth, Seasonal Workers, Renters
- Business Recovery – Lead by Lorne Business & Tourism Association
- Lorne Economic Recovery Plan – Committee for Lorne
- Communications

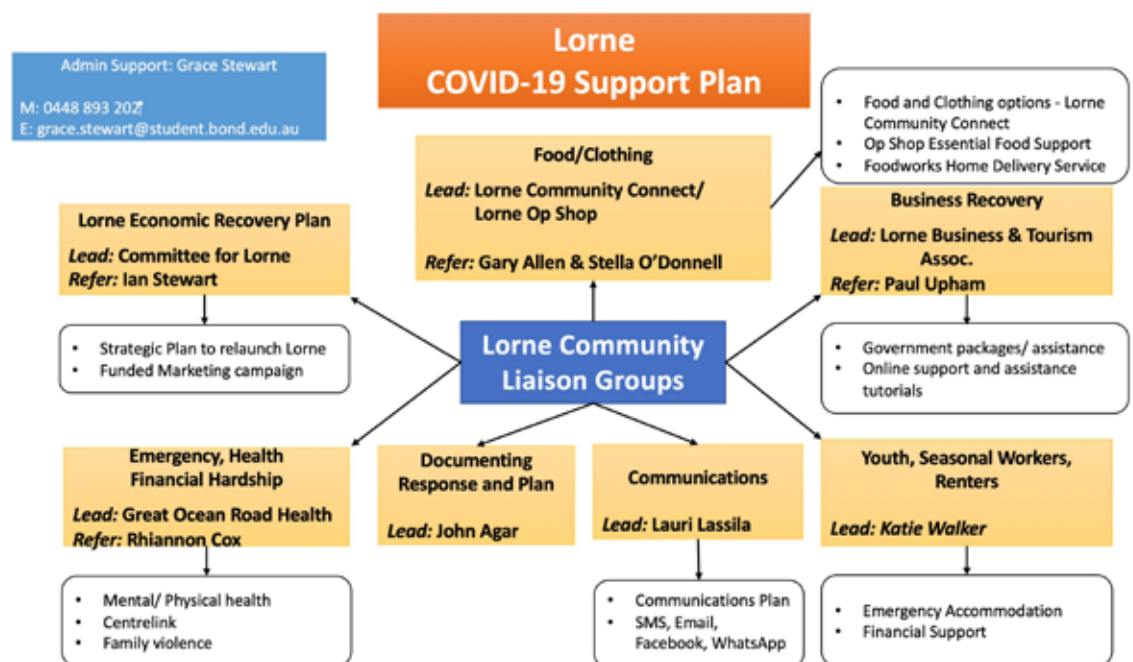
The Group is meeting regularly via Zoom, leaders for each of these portfolios have been identified and local resources and relevant agencies recruited to assist.

Work has already commenced on addressing the more immediate needs in our community.

- Creating a database to understand and provide knowledge of what is needed immediately for members of our community.
- The Lorne Opportunity Shop is offering food support to vulnerable persons in our communities. Further information is available of the Lorne Op Shop Facebook page or email lorneopshop@gmail.com
- Lorne Community Connect will open their facility, formerly Senior Citizens, twice weekly, for use as a food collection centre. Foodworks has agreed to place a collection bin at the supermarket, to receive donations of non-perishable groceries from customers, to be gifted for distribution to those adversely affected by the closure of most local businesses and the fall in employment opportunities. The LCC will be open on a Tuesday and Thursday, between midday and 2.00 pm and it will operate observing strict Shire guidelines as to COVID-19 health and safety requirements.
- Lorne Community Connect is also seeking financial support from the community to supplement non-perishable groceries with fresh produce. Donations can be transferred to Lorne Community Connect - BSB 063-708 A/C 1009 0421
- If you are aware of anyone needing assistance please pass on my contact details or email Lorne Community Connect lornecommunityconnect@gmail.com
- A Community Zoom conferencing facility has been set up and community groups can book to use the facility be emailing info@committeeforlorne.org.au

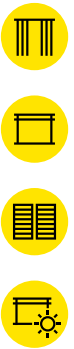
As the development of the COVID-19 Support Plan evolves I shall keep the community informed.

If you are aware of anyone in need or you can identify an issue which should be addressed in our Plan please let me know.





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SPORTSBRIEFS

with John Ford

Sport and Social Distancing

The COVID-19 pandemic has meant that Governments have restricted our movements (current at 21st April) to the extent that there are only four reasons to leave your home. I think we are all well aware of these, for: essential shopping, medical appointments, work where necessary and for exercise.

Victoria's rulings are not identical to the other states; however they are quite easy to understand and are being very effective at helping control the spread of the virus.

There are many forms of exercise that fit within the guidelines even though tennis courts and golf courses remain closed and football grounds may only be used for 'single' exercise. I have been quite impressed with the way sportspeople have responded by adapting to these restrictions.

Dog walking seems to be a favourite leisure activity. Most of us have considerable extra available time to walk – and some of the poor animals have never walked or run as far in their lives! The locals walking on the dog beach are enjoying sharing a friendly greeting with other dog owners, while maintaining correct social distancing – of course the dogs get a good deal closer with their sniffing of various parts!

Many joggers and runners are pounding the tracks and pavements. Lorne has the reputation of having so many locals who are aerobically very strong but with worn joints from all the hill work.

However for many of us this is a unique opportunity to not only maintain our fitness but to strive for improvement. The difficulty in isolation is that we do not have opponents or teammates at our side to push us harder, but we can use a clock or wristband device to record and compare our times and distances.

Earlier I mentioned people adapting to these new circumstances. Just looking out the door I can see many examples – all being carried out with correct social distancing and spirit of the rules. The keen golfer over the road practises each day with a bucket full of balls, chipping and putting them along his nature strip.

His accuracy with the sand wedge means that no road users have been endangered, but I will take cover if he brings out his drivers! Another neighbour is running nearly every day, and when not running he is walking briskly with his wife.

A nearby family with young children is using the recesses in their 'homeschooling' days by practising kicking their football with accurate passing along the nature strip.

The family is currently faced with the dilemma of trying to retrieve a ball that went astray and high into the eucalypt. I am still waiting for the happy ending to this one! This paragraph started like Creedence Clearwater Revival's "Lookin' Out My Back Door", but now seems a little more like Goffin and King's "Another Pleasant Valley Sunday".

When the weather is not so good we can improve our fitness, balance and co ordination with a range of indoor exercises combining pilates, yoga and meditation to great effect. Stretch bands, rollers and balance balls can be incorporated into our daily routines and can help us overcome both short term and longer term injuries.

It might be that the layoff that is being forced upon us may just help us shake off those nagging injuries common to so many sports. Yes we can do much more than just watching re-runs of classic football matches, oh but how are we to face winter without our football? In the mean time keep well, stay positive and keep practising.

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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Great Ocean Road Health

EXERCISE, HEALTH AND WELL-BEING

What interesting times we are living in! Over the Easter long weekend, I saw pictures of kangaroos hopping down Mountjoy Parade (possibly delivering Easter eggs,

I have not been informed of egg delivery arrangements). This is only possible because we as a community have taken the physical distancing instructions seriously and are staying home and staying safe. Good work community!

The down-side of staying home and staying safe is we risk missing social connection and exercise that keeps us healthy at home. Great Ocean Road Health is doing what we can to address these issues. Our talented allied health team from Lorne and Apollo Bay have started a Facebook exercise group called Great Ocean Road Health - Exercise, Health and Well-Being which can be found at <https://www.facebook.com/groups/2596022954058879/>

To join this group you need to search the name and request to join, there will be three questions that need to be answered to join and then you will be able to browse previous videos or wait for new and live ones.

The exercises are designed to be done using things you have around the house and the health practitioners will offer simple alternatives to exercises so you can exercise at your pace and your skill level. On the live videos you will be able to type questions to the instructor through the comment section and they will be able to respond to you during the video feed.

There are a lot of people on Facebook who will find joining this group fairly easy but for many people this will be a new way of connecting.

Picture instructions on how to join Facebook and how to join the exercise group are available, for a copy please contact Rhiannon Cox, Community Partnerships Officer on 0400 603 602 or at Rhiannon.cox@gorh.vic.gov.au we encourage you to have a go if you can and if you want to.

If Facebook is not your thing or you don't have access to devices or the internet, we are working on developing DVD's that can be delivered, please contact Rhiannon if this is something you would like to receive.

Great Ocean Road Health is committed to supporting our community through this challenge as we all work out how to do this together, if you feel you need some additional support please contact Lorne Community Hospital on 5289 4300. In the meantime continue to stay home and stay safe but let's all stay connected.

Rhiannon Cox
Community Partnerships Officer

LETTERS TO THE EDITOR

Dear Editor

Clean Up Day sponsored by Jason The Coffee Man

One Sunday recently, the Aquatic Club hosted the annual Clean Up Day ... and what a day we had with 30 volunteers covering the Great Ocean Road from Big Hill to Cumberland River filling a large trailer with collected rubbish.

The usual suspects - cans, plastic and glass bottles made up the bulk of the rubbish. The most unusual find was a carton of Corona stubbies unopened and a child seat from a vehicle, sans baby!!

The average age of the volunteers was 67 with 15 of each gender - so a well-balanced group.

A few awards for the mornings effort: Cross Training Award, Julie Willmott and Bernie Everitt Cycle/ Rubbish collection then rode home; Most Thorough Award, Colin Galbraith, the St George River mouth and car parks are the cleanest they've been in living memory and the Abseiling Award went to Hutch, who cleaned down the cliff at Big Hill.

Most Talking Award, Marg Cartledge and Sandy Day who didn't draw breath for two hours; Most Bags Collected Award, Janet & Steve Agg. A tremendous effort!

And the Best Dressed Award went to Jenni Miller.

Thanks to our sponsor for the day Jason, who served up free coffee to everyone.

We have approached an organisation..Beachpatrol.com... that has started clean beach events around the bay and at Warrnambool. These are held every month and we will look at getting involved to keep our beach pristine all year and develop a community group.

Chalet Smith

(This is a pseudonym for a well-known Lorne person who makes his home at the Chalet)

Dear Editor

Thanks

Thanks to all the staff at the Medical Centre and the Hospital for still looking after us, if in somewhat different ways.

Thanks to the supermarket staff who kept us fed.

Thanks to the pharmacy staff for dispensing those necessary prescriptions.

Thanks to the retail stores who shut down when they could have opened.

Thanks to the restaurants that provided take away to those non cooks and those without kitchen facilities.

Thanks to our friends, old and new, who stopped on the beach to say hi.

Thanks to those who phoned or emailed to check how we were getting on.

Thanks to those who left little gifts outside the door (sometimes anonymously).

Thanks to all the volunteers who have stepped up to help those who are doing it hard at present.

Thanks to the local, state and federal politicians who made their messages very clear.

Lastly thank you to those who did what they SHOULD rather than what they COULD.

Wendy Jarratt

Lorne

Dear Editor

Anger at possible loss of view

Last August/September, the Great Ocean Road Coastal Committee (GORCC) planted 900 plants on the midden that stretches from the Surf Club building to the pier. There is a mix of plants randomly put down along the bank.

My issue is this: Directly in front of the picnic and BBQ area on Scotchman's Hill are sheokes and blackwood wattles bursting out from their plastic sleeves. These trees will grow to many, many metres high. They have grown nearly to the top of the embankment already. Within the next 3-5 years, the iconic and much treasured view across Louttit Bay will be lost!!!!

This is an outrage.

I can not believe the incompetence of this Authority. Firstly, they vandalized an Aboriginal Cultural site - the midden is one of very few pieces of evidence of the existence of the Gadabanud people. Secondly, they are now set to destroy one of the greatest views on the Surf Coast.

The trees must go. And soon. To remove them will further damage the midden. It must be done before the roots grow even bigger.

GORCC is an organization that makes poor decisions. It is incompetent. It must go!

Cleo Ryan

Lorne



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AQUATIC CLUB

Keith Miller - Commodore

News from the Lorne Angling and Aquatic Club

Well things have changed a tad since my March notes - Closed Club, Closed Pier, Closed Beaches, Fishing Banned, Closed Playgrounds, Caravan Parks, Restaurants, Boat Launch Channel...I wake up every morning and my first thought is, was it all a dream/nightmare?

I suppose if you had a choice of where to be anywhere in the world at the moment, it would definitely be right here in beautiful Lorne.

I could dwell on the negatives but the media are doing plenty of that so here's a few positives: beautiful autumn sunrises, plenty of car parks, lots of time to get those jobs done you've been putting off for years, catch up with old friends you've lost contact with, go through all the old photo albums and remember what you used to look like, get to know your wife - mine is actually a very nice lady but a bit bossy and is very good at trivia.

We have a happy hour at 5pm each evening and have a competition with the questions on the Carlton Draught stubby tops.

Tips for the month: Buy shares in Jenny Craig. When this is over, they will make a fortune. And join AA now because they will be booked out.

Upcoming events?

Everything has been postponed until this is all over. Hopefully that will be sooner rather than later. The fishing comps will have to be cancelled but we will start back up with the existing dates as soon as we are allowed.

A couple of weeks ago was going to be the Cup Cake Cup which is the annual lawn bowls competition between ourselves and the Cup Cakes down at the Bowls Club. They were saved from humiliation by COVID-19 but it wasn't cancelled, just postponed until later in the year.



Our sensational Lorne Autumn sunrises

Treasurer's notes

Our club is in a strong financial position and well before the Government's Job-keeper Initiative we had made the decision to continue to pay Hutch at a rate of pay reflective of what he would have earned over the corresponding months last year.

Now with the Job-keeper allowance the cost to the club will be reduced and Hutch is carrying out much needed maintenance to our beautiful but weatherbeaten club house. He has already started to paint the inside walls and has cleaned out and reorganised the storage shed.

In addition we have reviewed other costs and reduced them as much as possible. Ange Our book keeper, Ange, is still needed will be paid for her services. We are also looking at what other grants and stimuli can be accessed and we will continue to make appropriate applications while the club remains closed.

Keep well and stay safe.

David Worth. Club Secretary/Treasurer.



Hutch in action

Honorary members

Every so often we award honorary memberships to members who are outstanding with helping out around the club. Their names go up on an honour board above the bar and next year's membership will be free.

Last month we awarded David and Ann McCormack and local landscaper and club sponsor Peter Wheal with the honour.

David and Ann are invaluable around the club, cooking BBQ's, driving the bus, running the clean-up day, and generally helping out with jobs wherever they can.

Peter Wheal does a lot of work for the club that most members don't know about. He is always doing landscaping jobs for us and never sends a bill, if Hutch ever needs a hand with anything Peter always makes himself available and he also helps out in a big way on our Melbourne Cup day.

Continued page 25

From page 24



David and Ann McCormack



Peter Wheel

Opportunity

by Allan Walls

“Sometimes, out of adversity a great opportunity may arise and right now we are in the middle of the most horrible threat to the health, not only of our friends and family but the whole world.

Pondering over the closure of the LAAC and what it may cost us, may in fact, cost us very little.

“At some stage I believe the government will step in offering financial support to clubs that continue to support their staff and make decisions that not only support the health of our staff but our members. In fact with the multiplication effect of this virus we may have saved the life of one person or thousands, who knows.

“We are a very small club in size but I believe we have a very large heart, we engage with all manner of members and guests no matter what we welcome everyone.

“This year alone we have donated \$7,000 to bush fire relief, can you imagine if every club in Australia donated so willingly how much money would be raised. We are also great supporters to all manner requests we receive in our small community totaling probably the same amount again.

“At our last Committee, meeting we unanimously agreed, in principle, to become a foundation member of the yet to be formed Lorne Community Trust.

The sole purpose will be to support those in need in our community for whatever reason be it illness or support to get to an event they may have been unable to attend for financial reasons.

“We have, as a club, been trying for many years not only to save our club, but to build a new clubhouse. To say there have been a few speed humps along the way would to mildly understate our position as I write this note.

“The Morrison Government along with bi partisan support from the Labor Opposition are doing whatever possible to save our nations health and the health of our economy. They have advised that they will do whatever is possible to stimulate our economy and keep people in jobs wherever possible.

“Our new clubhouse is a great project, has taken a long time to get to a design that works for us, so I make the following suggestion, tell anybody who will listen what we do for our community and others and be very proud of what we have and do.

“In my opinion it's time to rally the troops, work with GORCC, let them be proud of what our club is doing under their jurisdiction, ask them to provide the Surf Coast Shire Council with the answers to every planning matter they may have so there are no speed humps.

“Ask the Surf Coast Shire to fast track the application so we can do whatever it takes NOW to get started, I am sure we all need good news, can you imagine how good people from both of the organisations will feel when they know they are making a difference in a positive way to the community of Lorne. Councils have the opportunity to support us at this time, they can handle the objections and I am sure there are a few with courteous respect and disallow those that are frivolous.

“Given a permit is approved, our shovels are ready, we have the finance, and we will use local builders. This is a great project so lets get on with it.

“I didn't forget that we also need permission to build our clubhouse as stage one of the Point Grey project, so what has any authority got to lose by saying, 'why not'? Let's go for it.

“Sure some services may need to be shifted or upgraded so where's the problem lets just do that as part of stage 1. When the restaurant and co op are attended to, all they have to do service wise is connect, sounds simple and it is”.

Fishing report

Before it was banned, the fishing in March was pretty good with plenty of King George Whiting, Flathead, Gummies, Snapper, Salmon, Mako Sharks, Calamari, Nannygai and Sweep being caught. Tilo DeBon got onto a school of Tuna near the Lorne FAD and caught a few.

We persisted trying to catch Kingfish around the FADS with no luck. It was frustrating because they were there but just not biting. They would follow baits and lures back to the boat but just look at them.

*Victoria is the only state in Australia that has banned fishing.

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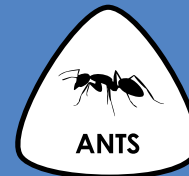
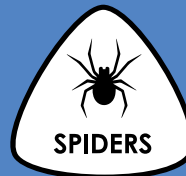
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BOTANICAL ARTISTS

Doug Williams

When Joseph Banks sailed into Plymouth harbour on his return from the Great Southern Land in 1771 after his voyages with James Cook he became a hugely popular sensation. There was enormous interest in the plants and animals that were being ‘discovered’ by all Europeans as intercontinental travel opened up remote and barely accessible places across the globe and these were being searched methodically and rigorously.

Precious metals and gemstones, spices and anything of value attracted huge interest and investment naturally but not all explorers were driven solely by profit and scientific discovery was a powerful driving force as well. Naturalists and botanists were highly esteemed people, bringing strange plants and exotic animals to the scientific community and to the general public. These plants were regarded with delight and astonishment in Europe because they were so Antipodean, so different to what botanists were used to, so bizarre that the scientific world was happily discombobulated. A whole new continent was one thing to consider but one with a whole new range of plants had collectors and nurserymen rubbing their hands in anticipation. Rare plants and collectibles have always found a market and now here was a shipload of them.

Banks was a man with extremely deep pockets and managed to get a berth on Cook’s flagship Endeavour by funding not only his own passage but paying too for eight others – four servants and four specialists, among them two Scandinavian naturalists and two botanical artists, one of whom died in Tahiti and the other on the return voyage. The trip was via Brazil, where he came across and named bougainvillea after the French navigator de Bougainville. Once they arrived in Australia after Cook had observed the transit of Venus in Tahiti, Banks and his party were like kids in a vast candy store collecting plant and animal species like crazy.

Dedicated to scientific discovery as he was but unable to gain passage, thirty years later Banks recommended to Matthew Flinders the scientist and botanical artist Robert Brown from Scotland to join his voyage. Brown had the great misfortune on the homeward journey to lose overboard a great many of the thousands of animal and plant samples he collected, two thousand that were unknown to science. It would be like losing your mobile phone only far, far worse. He also recommended an Austrian - Ferdinand Bauer - and he has been shown to be the finest botanical draughtsman of all time.



Above: Blue Swimmer Crab by Ferdinand Bauer

Flinders was impressed beyond measure by the meticulous application shown by Bauer. His precision though was one thing; the unique aspect of his work was his remarkable innovative technique which entailed a code of one thousand numbers that each represented a shade of colour. He developed this code because it was not possible to carry with him all the paints necessary to record his samples.

He spent four years in the region aboard Investigator and returned to England with illustrations of a thousand plants and two hundred animals. These remain scientifically accurate today and his colouration supplemented those samples taken by Brown and others which necessarily faded on the return voyage and couldn’t replicate their natural colours. Painting was, of course, the only accurate record before the invention of photography.

To demonstrate how technically perfect these drawings were I have included his example of a blue swimmer crab, a particularly complex one with gradations of colour which can be found in, for example, *An Exquisite Eye*. This little pearl of a book is made up primarily of his botanical works but animals, birds and fish are recorded too.

Working alone to engrave these masterpieces took five years and publication was not a commercial success. Public interest had moved along and he was not truly recognised for his genius in his day so that apart from collections of his work held in museums in Vienna and London he did not hit the mainstream for more than one hundred and fifty years.

Footnotes – thank you to Cathy Yorke for telling me about her *Ginkgo biloba* and Heather Rice for locating one for me as well. Both were responding to requests from this column. I came across another one up the top of George Street.



Historical Society façade

Even though Lorne looked like a ghost town, brethren from the Men's Shed continued work on the Historical Society's specially redesigned front facing Mountjoy Parade. Shedder President Bob Sinclair said that the facade and big window are now almost complete, and talks are starting with the Surf Coast Shire regarding the second stage of the project.



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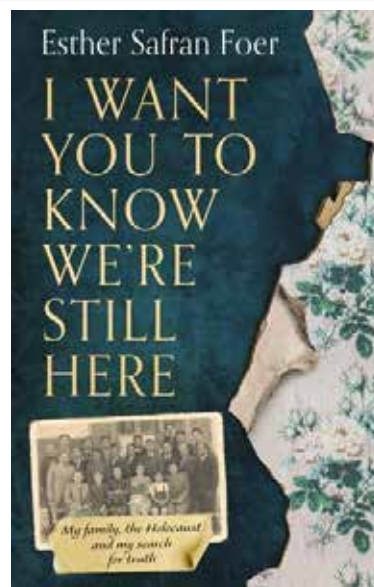
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