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LORNE *Independent*

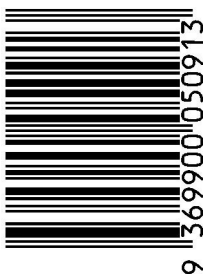
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BANDED GREENHOOD

Photo by Michael Prideaux

Meet our new Pharmacists P4,5
Prostate cancer P25



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the voice of the community

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The LORNE Independent acknowledges our team:

Editor: Janet Goud**Email:** editorlorneindependent@gmail.com**Special Writers:** Douglas Williams, John Agar, John Ford (Sports Editor).**Contributors:** Ray Sutton, Eva J Youl, Clementine, Allan Walls, Wendy Jarratt, Sandra McComb, Gary Allan, Keith Miller, Peter Spring and Harri Muller (Distribution Manager)**Distributors:** Post Office, Shell Service Station, Op Shop and Foodworks.**Design & print:** Jarrod Witcombe – Witsell Media**Treasurer:** David Stribling – PO Box 213 Lorne, 3232

Phone: 5289 5355 Mobile: 0408 546 424

Email: treasurerlorneindependent@gmail.com**Accounts:** Keri Cachia - Phone: 03 5289 4277

Mobile: 0491 033 598 Email: Keri@hlgaccounting.com.au

Advertising: Alice Van Deuren - Mobile: 0466 649 045**Email:** advertisinglorneindependent@gmail.com

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WE NEED YOU!!!

HELP us to keep your *LORNE INDEPENDENT* newspaper afloat!

Do you like keeping up with Lorne information and events?

If so, you might want to organise a subscription to our *Lorne Independent* newspaper. Yearly subscriptions are due in the new financial year as are advertising subscriptions.

These are how our little newspaper keeps going. Without this support and our wonderful voluntary staff of writers, and our accountant, we will go the sad way of so many small local papers.

We do ask local businesses to support us by taking out a small ad. For a yearly subscription you get 2 months FREE so you pay for 10 and get 12 ads. You can change the content of your ad as well. These range from full-colour business card size \$60 each, to full page ads for \$200.

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- A yearly Hard Copy mailed – \$75
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Ode to Lorne Locals: Why all the fuss??*By Janet Goud*

In recent months Lorne has been feted with visits from the Victorian Governor, the Governor General of Australia and most recently its volunteers were made Local Legends by the Surfcoast Shire for their Volunteer week. What has precipitated this extraordinary fuss?

We all recognise we live in a special, beautiful and beloved town. Many people holiday here and memories of past summer days are firmly fixed in the hearts and minds of a much larger population than those of the residents of our little town. So, when that beloved place is threatened, many people are invested in its survival and recovery.

Like most places Lorne has a disadvantaged side to its history. It is isolated in a place where the forest meets the sea, and as such, each summer, the threat of fires roaring out of the dense Otway forests is very real. Many of us have experienced these fires in our lifetime more than once.

This year was no different. The threat from lightning strikes in the tinder dry forests was real. The CFA leaders were on edge. Eventually a huge monster fire began in a most impenetrable part of the Otways near Carlisle River and Gellibrand and we watched, with one eye always on Vic Emergency, as it crept closer to the out skirts of Colac. Carefully noting each wind change, we were distracted from the gods of thunder, who we heard only as a distant rumble on that fateful morning in mid January.

The cold wet Easterly winds from the sea met the swirling hot fire stoked winds over the high Otway peak of Mt Cowley and huge volumes of water in a sudden downpour fell into the catchment of the rivers from the Erskine to the Kennett. Suddenly thundering down these narrow valleys, the water took all before it and without warning Lorne and its neighbouring river villages were swamped with water and debris. Camps

were swept away and people left wet and camp and/or car less.

This was the cause of the initial fuss, and the recent fuss was about what came next. Lorne residents set about coping. Clothing, sheltering, organising, and rescuing those caught up in the extreme event. The initial reaction was local while the shire Emergency team in Torquay readied itself and the Local Emergency services made decisions and signed off on plans, Lorne locals got things organised. So for these initial reactions, we were thanked firstly by the Victorian Governor. She has a house in town and is seen as a semi local around Lorne. Ironically standing in front of a map of Lorne's great walks, most of which remain closed due to flood damage, Margaret Gardiner made a speech punctuated by poetic references to Lorne's beauty and praised its local volunteers' reaction to the emergency. She also invited some to a reception at Government House in Melbourne.

Next came the practical Governor General, who also came to praise the volunteers, and who had rung the local mayor, Libby, on the very night of the flood, to ask if she had all the resources she needed. This caring action was greatly appreciated by all who attended the reception. As was her charming offer to participate in selfies.

Yet more fuss was made last month during the Shire Volunteers Week when Kristie Walker of the Shire Emergency Team nominated all Lorne volunteers as Local Legends. There was a presentation in Torquay and an afternoon tea in Lorne to celebrate this.

So, this was the reason for the fuss!! Gratitude by the many to the locals for moving quickly in an emergency to help those in trouble and to save this gorgeous town!!

The next practical steps are being taken to build on this. Lorne locals realise we need a plan for when the next emergency comes. We are isolated and easily cut off from all outside services. In an emergency, during the first hours at least, it will always be up to us to organise ourselves and the meeting called by 7

Kristie Walker last Sunday, began that process. Please read the account of that meeting (page 6) and volunteer to be part of the plan to save Lorne when next it is threatened. As it inevitably will be. ①



“Like most places Lorne has a disadvantaged side to its history. It is isolated in a place where the forest meets the sea, and as such, each summer, the threat of fires roaring out of the dense Otway forests is very real...”



Meet Our New Pharmacists!

By Janet Goud

We have struck it lucky!

We have not one, but two young, highly qualified pharmacists who have invested in our pharmacy and our town. They are both interested in staying here for the long term and creating a place where patients will feel safe and comfortable to ask questions about their medications. They are both passionate about community pharmacy and providing a place where they can help us by explaining everyone's unique health needs. They hope we will feel free to make appointments to discuss any questions we have. While they are business partners and good friends who share a house, they are definitely not romantically involved with each other, so this is another chance for interaction with the Lorne Community.

Let me introduce you to friendly, warm **May Goh**. May is of Chinese heritage and from Malaysia. She is one of six siblings and has one sister, and one young brother who studied and live in Melbourne. Her parents move between their children in Australia and Kuala Lumpur. May moved here at 19 to study Pharmacy at Monash University. She completed her master's in pharmacy. While studying, May worked in community pharmacies and hospitals but decided she wanted to move into the community pharmacy area. She has been involved with prescribing doses of medical cannabis for pain control and Parkinson's disease, and she is happy to use this expertise here when needed.

May likes yoga, pilates and dance and intends to join more community events as she gets more involved and settled in. She also confesses that food is of great interest to her, and I recommend her to the Bowls Club asap.

While I am there Paki comes in for a chat. He is already looking after these young people and advises them to "stay here." Away from the trouble of Melbourne and the city.



"May likes yoga, pilates and dance and intends to join more community events as she gets more involved and settled in. She also confesses that food is of great interest to her, and I recommend her to the Bowls Club asap."

Now, I would like to introduce **Ash Sangui**. Ash was born and raised in the SE suburbs of Melbourne. He is proud of his Filipino heritage and his large extended family. Raised with his sister by his mother, he was happy to have her visit him here just as he moved to Lorne. Sadly, she died of cancer shortly after. This, while expected, was still a shock. Ash was glad she saw how beautiful the place he had chosen to live was. Ash attended Salesian College in Chadstone and played hockey and soccer. He was a drummer in a band with school friends amusingly called Plan B as it was their life plan if they failed in school. This did not happen and like May, Ash completed his Master of Pharmacy at Monash University.

Ash worked in hospitals and pharmacies as he studied and found himself working with May and shared her aims. Then they both met James from Anglesea Pharmacy, who became their mentor and business partner. Ash has similar aims to help the community to expand their knowledge of their medications and the side effects. The professional goals of May and Ash are closely aligned.

Both have experience with hospital work and Ash visits the hospital and the Nursing Home here to discuss prescriptions. He hopes to educate the nurses in the latest developments in the prescription world.

Unable to resist, I cheekily asked him to tell me about his tattoos. They were not the ethnic ones I suspected. He told me they tell his life story and they remind him of important people and events in his life. They motivate him to keep going, to keep trying and remind him he will get there. Ash is a serious and thoughtful man.

Lorne is a very lucky community to have two such talented and compassionate young people who are dedicated to helping the community, and especially we older ones to grow our knowledge and understanding of our medications.



"Ash worked in hospitals and pharmacies as he studied and found himself working with May and shared her aims."

Community led emergency management planning for Lorne

By Karen Stribling

Residents, business owners, Surfcoast Shire and emergency service representatives came together on Sunday, 21 June to begin developing a community-led emergency management plan for Lorne.

The initiative builds on the remarkable and unique community response during the January floods, when residents and local organisations worked together immediately to support those affected. It also recognises the significant fire and flood risks that continue to face the Lorne community.

The workshop was facilitated by Carly Stafford and Karen Stribling and supported by the Surf Coast Shire, providing an opportunity for participants to discuss and plan on how the community can better prepared for, respond to, and recover from future emergencies.

The session marked the beginning of what organisers hope will be an ongoing community conversation. Participants explored local strengths, identified areas where preparedness could be improved, and discussed ways to build a coordinated approach that complements the work of emergency services.

Our strong and resilient Lorne community relies on local knowledge, connections, and people willing to contribute their time and skills. As the planning process moves forward, volunteers from across the community will be encouraged to help develop and implement the plan.

Community members interested in learning more or becoming involved are encouraged to contact Karen Stribling at karens@greatoceanroadrealestate.com.au or Carly Stafford at carly.stafford@education.vic.gov.au 📧

Ed note: Great feedback from participants at this meeting. "People felt something real was happening and going to work! Recalling the efforts of Red Cross and Lions Club in these situations in the past and loving the next generation of Lorne residents taking charge of the town."



"The session marked the beginning of what organisers hope will be an ongoing community conversation."

The New Facade and the New Historical Display

By Janet Goud

Visitors to Lorne are now welcomed as they cross the bridge with a smart, architecturally enhanced building which houses the invaluable historical resources of our little township.

The newly decorated building on the hill facing the bridge is receiving many visitors these weekends when volunteers open the doors and show off the resources gathered inside. These resources stretch into the surrounding hills and mills, the pier and fishing industry, the guest houses, and tourists since the early 1800s onward. Many photographs and small artefacts are to be found here, and films show the history of Lorne. Sadly, the small clans of the Gadabanud have left only the usual indigenous light touches for us to still see in their middens around the sea. The Mayor Libby Stapleton and local councillor Leon



Walker plus several other councillors joined the President of the Historical Society Jan Spring and history society members to celebrate their collaboration, which resulted in the fine outcome of the new facade.



The Great Poets of Rock and Folk Music

By Ray Sutton

Poetry was a foreign language to me at school, and it did nothing to stir my emotions or imagination. However, out of school and for most of my early adult life I listened to it all the time and it had such an impact that it still stirs me today.

I didn't realise it at the time, but I was listening to some of the great poets of the rock and folk music world. Much of the music of that time had lyrics that were narratives about unrequited love (*Layla* (1970) – this song captures **Eric Clapton's** real-life torment over being in love with his best friend George Harrison's wife), love (countless examples for this), war (*Fortunate Son* by **Creedence Clearwater Revival** capturing the intense social and political tension of the Vietnam War era), politics (*Get Up, Stand Up* (1973) – **The Wailers**: An anthem urging people to actively stand up for their human rights and reject oppressive religious and political institutions), or other popular themes of the day like space travel (*Rocket Man* (1972) – **Elton John**).

Although the lyrics from these examples could not really be described as poetry, many other songs contained classic lyric or dramatic poetry that had melody and rhythm attached to it.

At the risk of offending another generation, I lament that today's popular music does not have the same depth of commentary on society, poetry in its lyrics, or soul, and is more about glitz, glamour, dancing beat, and marketing with very few exceptions. I generalise of course as there are contemporary musicians and composers who have something to say but they generally do not sit in the mainstream of popular music as they did in the 60's, 70's and to a lesser extent, the 80's. Exceptions could be some examples of the Hip-Hop, Rap, Punk, and Hardcore Rock genres in which political commentary lyrics are common (if you can understand them and don't expect much melody or rhythm).

Perhaps this view says more about my Jurassic attitude than what it does about modern music, but here are four examples of the classic poetry I am talking about.

Though I know that evening's empire has returned into sand
Vanished from my hand
Left me blindly here to stand but still not sleeping
My weariness amazes me, I'm branded on my feet
I have no one to meet
And the ancient empty street's too dead for dreaming

We asked for signs
The signs were sent
The birth betrayed
The marriage spent
Yeah, and the widowhood

Of every government
Signs for all to see
She said, "There is no reason
And the truth is plain to see"
But I wandered through my playing cards
Would not let her be
One of 16 vestal virgins
We're leaving for the coast
And although my eyes were open
They might have just as well been closed
Choose and renounce throwing chains to the floor
Kill or be killing faster sins correct the flow
Casting giant shadows off vast
Penetrating force
To alter via the war that seen
As frictions spans the spirits' wrath ascending to redeem

Do you know who these four "poets" are and what they were saying to us? No prizes for those who use AI to get the answers which will be published in next month's edition... Actually, no prizes even if you don't use AI, just the satisfaction of getting the right answers! 📧



Watching for H5 bird flu in Australia

What to do next?

Avoid

Avoid contact with sick or dead wildlife and their environment. Observe from a distance, and do not allow pets to touch or eat sick or dead wildlife.

Record

Record what you see, the location the animal was found, and take photos or video if this is possible without approaching the bird.

What to look for in wild birds

Look for birds with unusual signs of disease such as a

- Groups of dead birds at lakes or beaches
- lack of coordination, tremors, swimming in circles
- twisted neck or other abnormal posture
- inability to stand or fly

Birds associated with water are especially at risk of H5 bird flu.

Report

Report any unusual illness or death in wild birds and other wildlife immediately via the Emergency Animal Disease Hotline.

1800 675 888

PERIMENOPAUSE & MENOPAUSE

Whether you're living it, loving someone through it, or simply want to understand - Menopause affects us all.

Everyone
Welcome

4th SEPTEMBER
STRIBLING RESERVE

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light meal provided & drinks at bar prices

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call: (03) 5289 4300 or scan the QR code

Our Menopause Expert Panel Includes:

Jean Kittson, comedian & author

Dr Bree Lucas, GP Registrar

Dr Sam Newbury, Obstetrician & Gynaecologist.

Carly Enticott (MC) GORH Nurse Unit Manager



WINTER READY LORNE: Flood Hazards, Landslides, Preparedness and Community Updates



Winter is upon us

Even a flooding drain can present hazards in Lorne, headlights cutting through a curtain of spray as a vehicle moves through standing water, streetlights turning the surface into a band of shimmering reflections. The splash throws water high from the wheel arches, and the wet road hides kerbs, signs and any potholes or debris, so what looks dramatic also carries real uncertainty about depth and surface conditions. We liaised with Transport Victoria to investigate and remedy.

Slipping and sliding. Lorne SES members on one occasion spent several hours managing a landslide traffic hazard on the Lorne-bound lane of the Great Ocean Road, 400 metres west of the Cumberland River Holiday Park. A significant amount of debris was cleared, but a few large rocks remain too close to the side of the road. Transport Victoria contractors relieved SES members, putting in place warning signs and traffic cones. Work will be undertaken in the morning to address the minor landslide.

A time for reflection before winter sets in

The 21st of June marked the Winter Solstice, the shortest day and longest night of the year. A period of reflection and renewal, it's a fitting time to get your home ready for any winter storms that may come your way by:

- Trim back trees and branches around your home
- Clear your gutters, downpipes and drains
- Secure outdoor furniture and trampolines
- Prepare your emergency kit

Preparing agency response for major accidents

The Department of Health (DH) facilitated an External Disaster (Code BROWN) health service and agency exercise on Wednesday, 3rd June 2026, held at the Colac Otway Performing Arts & Cultural Centre (COPACC), Colac. Colac Area Health, Great Ocean Road Health & Timboon Health, Ambulance Victoria, Victoria Police, CFA, SES (Barwon South West UST, Lorne & Colac Units), Colac Otway Council, and DH staff utilised the Emergo Train System (ETS) for the exercise. EmergoTRAIN is an educational tool for training and testing preparedness for major accidents and disasters, using the principle of 'learning by doing.' It involved magnetic symbols representing patients, staff and resources, movable markers indicating priority and treatment, and a large patient bank with various injuries. A protocol has been developed to identify the time taken for various clinical interventions and the likely outcome. Real-time incident management is a major focus of the system.

Making Wishes

We have been busy making our wishes, hoping they will be granted. Applying for grants for VSEP small equipment replacement grants, grants for truck driver licences and Qantas Regional grants for two satellite phones to resolve our communication issues along the Great Ocean Road.

Bringing Razzle Dazzle to the Unit

Last month saw the refurbishment of the Lorne SES Unit vehicle bay, including full surface preparation and repainting of the walls and ceiling with moisture-resistant, bright, reflective coatings, and the application of a durable, slip resistant floor finish. The existing roller door was removed and replaced with a heavy duty roller door featuring improved weather sealing, security, and smooth operation.

The Time has Come

Dear Lorne Community, I am writing to let you know that I have decided to resign from my role as Unit Controller, SES Lorne Unit, with my last day being 30 June, after three years. This was a difficult decision, made after careful consideration of personal, professional and volunteering priorities. It has been an honour and a privilege to serve this community. I am deeply grateful for the trust you placed in me, the teamwork shown by our volunteers and the support we received from residents, local organisations, councils and partner agencies. Together we faced challenges, learned from them, and strengthened Lorne's resilience — memories I will carry with me. You will still see me from time to time on an SES truck or support vehicle responding to requests for assistance.

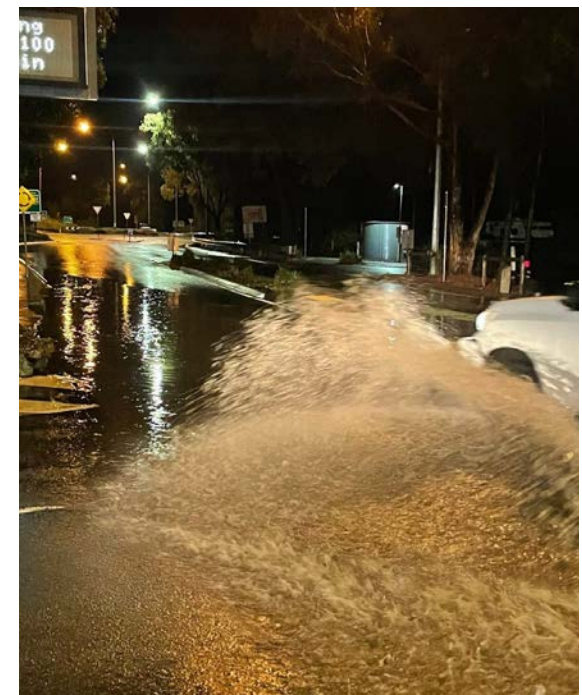
Chris Jones, SES Lorne Unit Controller

Stay safe from the SES Lorne Unit.

For VICSES emergency response, call 13 25 00

If your situation is life-threatening, call 000

Follow us on our Facebook page – SES Lorne Unit.





LORNE P-12 COLLEGE

Inspiring Excellence
by the Sea

Performing,
Achieving &
Excelling through
Music

Lorne P-12 Music Program

Hits The Right Notes

Lorne P-12 College's music program continues to set an impressive standard, providing students with authentic industry experiences while achieving outstanding academic success. Led by respected music educator John Waller, the program has become renowned for its strong focus on both performance and real-world music industry skills. A key feature of the program is the regular VCE Vocational Major (VM) music performances held at the Barwon Club, where students and bands showcase a diverse range of musical genres and styles in front of live audiences. These performances form an important component of students' VCE assessment and contribute directly to their final results. The program's success is reflected in its remarkable academic outcomes, with students consistently achieving the highest possible music scores over several years — an achievement that is exceptionally rare across the state.

More recently, students took their learning beyond the classroom by collaborating with Sound Doctor, Surf Coast Youth and Amplify to deliver a student-led live music event. The concert attracted more than 200 ticket sales and gave students the opportunity to manage every aspect of the prod. From sound engineering and lighting design to ticket sales, event promotion and live performance, students were responsible for delivering a professional-standard event. The evening also featured a former Lorne P-12 College student as the headline act, providing inspiration for the next generation of local musicians. The experience offered students valuable insight into the realities of the music industry and helped develop practical skills that extend far beyond performance. By combining academic excellence with genuine industry engagement, Lorne P-12 College's music program continues to create unique opportunities for young people to pursue their passion for music while preparing for future pathways in the creative arts.



Student Takes National Leadership Role



Photo Credit Patrick Callow

Congratulations to Year 9 student Eve Beveridge on her appointment as a Youth Patron for the inaugural Next Up Music Awards (NUMAs). Selected for her talent, leadership, creativity and commitment to the local music community, Eve will help represent the voices of young people in shaping the future of contemporary music in Australia. As a Youth Patron, she will contribute ideas and feedback, engage with young people nationwide, and help champion the values and mission of NUMAs within her community. We are incredibly proud of you Eve!

"Are We There Yet?"
The 2026 Lorne P-12 Production is well under way with the cast spotted filming at Foodworks through the week. Watch this space for more updates



School Market

Our highly successful local school held a market on the King's Birthday Long Weekend. As you can see there was lots to buy and lots of variety. All profits help fund more school projects.



ROAD CLOSED! ~ Chapter Two

By Murray Walding

All Johnny and I had to do was find a way to get through the locked gates at the landslide each morning. And before the engineers arrived.

Fortunately, Johnny knew someone, who knew someone else and they knew someone else who could get hold of the key to the gates, so Johnny had a copy made, and voila- we were through! For a while.

By then a large engineering team was based at the Rookery Nook Hotel in Wye River. They had decided on a little tried course of action using a technique called rock stitching. Powerful drills mounted on sled-like frames fitted with caterpillar tracks were hauled up the cliff face using block and tackles at the top of the slip. Mounted on them were the high-powered drills. An operator was hauled up the cliff to man each drill and used them to drill long deep holes into the rock. These were then filled with ‘pins’ made from steel cable and pressurised concrete. Once the concrete had set, a steel cap was attached to the top of each ‘pin’ with a cement slab and then tightened. It was time consuming, and dangerous and very expensive. And somewhere deep inside that bluff lies an expensive diamond tipped drill-bit, which fell out of the drill itself and into a deep crevasse in the rock. It was irretrievable, so I guess it’s still there.

Johhny and I knew that eventually the engineers would start to wonder why a small Morris 1100 with two occupants would pass them by each morning, heading in the opposite direction- towards Wye River. Try as we might, we couldn’t always get to Wye before the engineers came along, and we guessed that they would eventually put two and two together, and change the keys, but not before we’d been warned, because Johnny knew someone who knew someone else who only the day before had found a bright new key just laying around! That key- lo and behold, fitted the locks on the gates! Johnny had someone ‘on the inside!’

And for the next couple of weeks we were still able to get through the locked road, But the inevitable happened and one morning, just as we were locking the She-oak gate behind us, we heard an approaching van coming from Wye River and the engineers came tootling around the bend just as we were locking the gate. Johnny and I quickly piled into his Morris, gave the engineers a quick nod and headed for Wye and the parked school bus. It was no surprise that we heard from Johnny’s source on the inside that, the chief engineer had figured us out. We found out on the next Monday morning that not only were there new keys... there were also new locks, and chain. It was time for a new plan.

In the meantime, Norm would drive us around

to the Lorne side of the slip each morning. We’d walk through, past the drills and trucks and cables and pipes and meet up with one of Wye River’s colorful characters who would be waiting patiently on the far side of the slip to drive us back to Wye and the waiting school bus. This didn’t always go smoothly and to avoid crossing paths with the engineers, there were days when we had to retire to the Rookery Nook on the way home and have beers until the engineers got back to Wye and the coast was clear!

It was now the dead of winter and the rain had not let up. There were still large and frequent rock falls at the Muttonfish and there were numerous times when boulders and slurries of red clay caused delays. Things got even worse one morning, when just past Von Muller Creek, with half a bus full of school kids, we came around a bend to find the Ocean Road had disappeared, but not over the edge of a cliff! The road simply stopped. Like it had hit a dead end- which it had, sort of, because there, just twenty yards in front of the bus, instead of the narrow strip of Ocean Road bitumen, there was a paddock- complete with grasses, small shrubs and bracken.

Overnight, a sodden lump of land had slid off the sloping hill above the road and had slithered all the way across the Ocean Road and over the edge into Bass Strait. So we sat and waited while I kept the kids in the back seat of the bus from rioting, until eventually we heard a digger eating its way through the new Great Ocean Paddock. It slowly made its way through the bog of mud and sodden soil and cut a long narrow laneway to the bus. This time, the Ocean Road was only closed for a few hours but back at the slip it was still closed and although we were still getting through the prohibited zone, it was time consuming. There had to be a better way.

I never understood why this new chain was actually made up of two separate pieces, held by the shiny new padlock at one end and an old shackle at the other but Johnny knew about the old shackle... and he had a plan. The two of us headed around to the gate at the Lorne end of the slip one Sunday afternoon and checked things out. Johnny had brought a shifter and used it to twist the old shackle apart. He loosened it off, then hand tightened it back up and covered it with grime and soil so that it looked untouched. We had found a new way through the first gate that Sunday afternoon but the far gate on the She Oak side was still locked with its new padlock and shiny piece of chain. That was a problem.

To be continued... 1

Arts in Lorne



Artist in Residence Program

Astrid Mendez is currently the artist in residence at Lorne Community Connect, developing The Pilgrim: Part Two, the next chapter of her intimate puppetry and object theatre work. Supported by the Surf Coast Shire 2026–2027 Creative Development Grant, the five-month residency is enabling research, experimentation and the creation of new material ahead of a public presentation at the venue later this year.

Created for small audiences and combining puppetry, miniature worlds and visual storytelling, The Pilgrim invites reflection on transformation through the animation of discarded objects, offering an eco-poetic perspective that reveals beauty in everyday materials and circumstances.

Astrid developing her work in the studio provided to our resident artist in which to undertake their work.

Astrid is also joined by Alejandra Marin to form the Roots & Trace Ensemble to develop the final stage of their participatory live-art performance, Knots of Becoming. A public presentation of the project will be held at the venue later this year. You are also welcome on a Monday afternoon to drop into the venue for a chat. You can also follow the project’s development and behind-the-scenes process on Instagram: @rootsandtrace.

Astrid works from the space each week and welcomes visitors for informal conversations on Mondays after midday. Community members can follow the project’s progress, behind-the-scenes insights and contact the artist on Instagram and Facebook @thepilgrimscabinet, or learn more at thepilgrimscabinet.com

The Arts Trail 2026

The Surf Coast Arts Trail returns on Saturday 1 and Sunday 2 August 2026. The Arts Trail is a vibrant weekend that celebrates creativity across the region. Visitors can explore artist studios, sheds, galleries and homes, meet the makers, see works in progress and experience the creative energy of the Surf Coast.

The Lorne Community Connect is again part of the weekend. We are delighted that three artists will be featured at the precinct. Namely, **Ruth Blackhirst**, **Bethany Dangerfield** and **Joshua James**. Each year the Arts Trail provides tangible support to our artistic communities and the committee is very pleased that we have increased the number of artists using the facility.

Gary Allen
Committee Member

Phytoplankton and Polar Bears

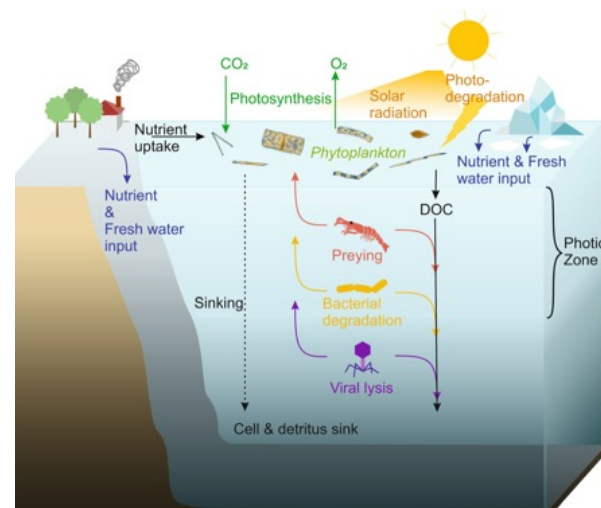
By Doug Williams

Phytoplankton live in the top layer of fresh and salt water and are too small to be seen with the naked eye but are visible out to sea here as red floating patches on the surface of the ocean when they all hold together as a biomass. They comprise 1% of the Earth's total living matter but, amazingly, they contribute 50% of the oxygen into our atmosphere so they are an extremely important flora for the planet and without it we would be in serious trouble. Truly, phytoplankton is essential to the existence of human life.

This microscopic plant is right at the base of the web of life and are so small that several thousand cells can fit into a teaspoon. They survive using photosynthesis to convert carbon dioxide into oxygen. In this way perhaps they stabilise global temperature by slowing down its rise on our planet. Estimates of how much carbon is taken from the atmosphere by them and dropped onto the bottom of the oceans is 10,000,000,000 tonnes (ten gigatonnes). The amount of carbon down there is seventy times the amount that's in the atmosphere. It's a big number for a little organism.

In the Arctic, as sea ice melts as we all warm up, phytoplankton populations are increasing and as they do so there are changes in the number and variety of organisms in the pyramid of food. Phytoplankton feed zooplankton which feed fish, birds, marine animals and whales so they are right at the bottom of the food chain. As a result, in the Barents Sea off Norway there are more ring seals consuming zooplankton as well as small fish. Ring seals are the primary source of food for polar bears which feed on the blubber that gives them energy from their mammal fat.

With less hunting of wildlife such as polar bears and a reduction in pollutants in their environment, bear numbers in this region have increased five-fold. Not



only are there more of these apex predators they have become larger and fatter despite the increase of snow melt. On land off the Barents Sea polar bears are also eating more walrus and even reindeer and other prey. Forget that anxiety produced by a Youtube of a lone polar bear hanging on to the last remaining fragment of ice. Conversely, in the Beaufort Sea off Canada and Alaska the populations are said to be declining. There seems to be less food-based prey on land for hungry North American polar bears.

Polar Bears are the largest bear species and evolved from brown bears half a million years ago. They are massive and gorgeous, and they have survived two periods of major global warming so today's warming of the planet should not threaten their survival worldwide. Phytoplankton will continue to photosynthesise during this period as well. They are wonderful tiny little organisms that we are lucky to have. Lucky for us and lucky for all breathing things. Below is a great colour chart to outline this. ①



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Council's 2026–27 budget has been finalised, setting our direction for the year ahead,

By Mayor, Libby Stapleton

It features a strong focus on investing in infrastructure such as roads and community facilities, alongside projects that support environmental leadership and community wellbeing – all key priorities in our four-year Council Plan.

New initiatives include funding to develop a Biodiversity Action Plan and to recruit an Integrated Transport Officer.

This role will strengthen Council's strategic approach to transport planning across the region, so that roads, walking, cycling and public transport options meet community needs as the shire grows.

We received 123 community submissions during the budget engagement period. Thanks to everyone who shared their thoughts.

Environmental protection was a common theme of the feedback, including calls to introduce a rates rebate for landholders who enter into a Trust for Nature covenant.

This covenant is a permanent agreement protecting native vegetation, wildlife habitat and environmental values on private land.

The rebate aligns closely with Council's environment leadership goals and has been added into the final budget.

Council has also continued rate relief for farms and commercial properties for a second year through a lower rating differential (the percentage used to determine each property category's contribution to overall rates).

The total average rate rise is 2.75 per cent, which is in line with the Victorian Government cap, and will be important in helping Council meet increasing service and asset maintenance costs.

I've recently attended a few meaningful events in Lorne.

Council's Reconciliation Week event at In the Skies was an uplifting celebration of First Nations culture and gave us all a chance to reflect on how we can contribute to reconciliation.

The Lorne Historical Society's new façade opening celebrated a fantastic outcome achieved through strong community effort.

And, the community-led 'Relief-in-Place' workshop generated important discussions about how locals can be better prepared to respond quickly in the face of an emergency event.

"...And, the community-led 'Relief-in-Place' workshop generated important discussions about how locals can be better prepared to respond quickly in the face of an emergency event."

Finally, an update on our continued advocacy for repairs to Otways trails damaged by January's floods, and improved mobile coverage in coastal areas.

Last week, I was in Canberra at the Australian Local Government Association's national assembly.

We tabled a motion calling on the federal government to improve minimum mobile coverage standards, especially in areas with peak tourism demand and high bushfire risk.

I'm also one of 14 mayors who was invited to attend a meeting with the Governor General Sam Mostyn AC to discuss the ongoing recovery challenges for our community.

This is a direct follow-up from Her Excellency's visit to Lorne during April. ①

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Media Release

Seasonal letter from the FFMVic Chief Fire Officer – autumn 2026

Winter is almost here, and so far I think we've had the fastest, longest, busiest year I can recall for quite some time.

Across January, I was incredibly proud of our crews (both FFMVic and beyond) and the community for their response to bushfires across the state. Although we had one tragic loss of life, I am close enough to the detail of these things to know how much worse this might have been if it weren't for the readiness of agencies to respond, and the preparedness of community to react. We say often that bushfire management is a shared responsibility; and this is never truer than at the height of a hot, dry, Victorian summer.

I want to express my heartfelt thanks to all for your strength, service, action, and belief this season. There remains work to do to recover, but overwhelmingly I witnessed a system working and a state pulling together. Thank you to all who made submissions to the Inquiry into the 2026 summer fires across Victoria to help shape our continual learning from these events.

From the busy-ness of the bushfire season, our crews have stepped straight into delivery of our planned burning program. Autumn typically for our crews means more opportunities to burn, with more stable conditions tending to make fire behaviour more predictable and manageable.

Over summer we saw the benefits of our fuel management program in real time.

- In Taradale, a fire that might otherwise have stretched to Malmsbury and Kyneton instead slowed as it reached the footprint of previous planned burns. The reduced speed and intensity of the fire meant crews could contain it to just one hectare, with minimal impact to communities and the environment
- In Walwa, years of strategic fuel management – including delivery of planned burns, construction of fuel breaks and careful maintenance of fire road access tracks – meant crews and heavy machinery could be deployed effectively in difficult, steep and remote terrain and had critical advantages to contain the fire when (and where) it mattered most

- In the Otways, multiple fires moderated speed, intensity and behaviour in previously treated areas. The more moderate behaviour gave crews the opportunity to safely build control lines, while also giving communities a chance to enact their bushfire plans.

These benefits will be assessed more thoroughly through our internal and sector-wide review processes and in agency reconstructions of these events. Reconstructions draw on a wide range of information, including satellite imagery, aircraft observations, weather data, fire mapping, field inspections, and the experiences of firefighters and land managers, to help draw a clear picture of what happened in a fire and why. They are a key tool for us to learn from and build on our experiences, with findings used in training and pre-season briefings.

Reconstruction reports on the fires in western Victoria in 2024 have recently been published on our website and provide scientific insight into the benefits of fuel management for that event.

Fuel Management program

This year autumn has thrown us a few surprises. Conditions have not always been in our favour, but we've been out delivering burns where it has been safe and suitable to do so. The AFAC Winter Seasonal Outlook released this week shows we can expect dry and warm conditions to continue over winter and heading into spring and warns of the potential for another early start to the fire season. With the support of communities and working with our emergency sector partners, we will continue to take a flexible and year-round approach to reducing bushfire risk. Where planned burning is not possible or appropriate, we'll deliver non-burn fuel works, including mulching, mowing, slashing and spraying to help reduce fuel-driven bushfire risk in our state forests, national parks and on protected public land.

I wish you a good – rain-filled – winter.

Chris Hardman

FFMVic Chief Fire Officer AFSM

FFMVic Media: 03 8624 3400 or media@deeca.vic.gov.au 📞



Shavings from the Shed

By Allan Walls

This sight is now never to be seen again in Lorne!!

Well, didn't we get some publicity on our Bin Aprons, The ABC have been fantastic in raising our profile, or more specifically the profile of the Bin Aprons designed right here in Lorne, throughout Australia.

Allan Walls has done four interviews for ABC Radio throughout Australia and two ABC Regional television interviews all in prime time.

Couple this with *Melbourne Breakfast* with Bob Murphy and Richelle Hunt on 774 ABC Melbourne, plus *Drive* on 3AW with Jacqui Felgate.

Our newspaper article appeared in our favourite *Lorne Independent*, *The Geelong Advertiser*, *The Colac Herald* and probably beyond.

We know we reached the Gold Coast as we have had a product Guru offering to promote our bin Aprons throughout Australia assuring us of shelf space in Bunnings and Mitre 10.

We had orders from Mandurah in WA, who incidentally don't have a Cocky problem but, a crow problem. Our bin aprons work for all sorts of birds, so no problem. We have also had an order for 100 bins from a contractor in Sydney who looks after private homes.

Our design is registered which protects our invention and applies to all size bin aprons of a similar nature.

There is a great need throughout Australia as you can see but, our primary goal was to solve the cocky problem in Lorne.

Who knows how far our idea will reach? What a coup for the Shed!

It's very important to know that currently we only have aprons to fit 120 litre bins as we were unaware of the Council's policy to transition to 140 litre bins over time. REGARDLESS of what size bin you have, please contact the Surf Coast Shire if you have a cocky problem. The more enquiry they have, the quicker the aprons can be fitted, and the problem solved.

Meanwhile at the Shed the MARION restoration hit somewhat of a snag when we finally realised that the timber we purchased for rib replacement was kiln dried and almost impossible to bend. We now have a supply of green timber so work will progress.

A couple of our Sheddars Richard Grimsdale and John Westacott are both suffering ill health. Get well soon as we miss you at the Shed.

Ivan Kos continues to manufacture Bob Sinclair designed chopping boards. So so many that he has been asked if he is moonlighting. Ivan assures us he has many brothers, sisters, etc so all good.

Was interesting to notice Rod Van Ingen didn't want

to be interviewed on television but once given a microphone we couldn't stop him. Next thing he is complaining that a large section of his interview ended up on the cutting room floor. Tut Tut Rod.

Lots of Sheddars are enjoying holidays somewhere warmer at this time of year but we are still having our morning coffee crew each day.

We have a new "Coffee" sponsor who has offered to supply the Shed with coffee on an annual basis. An announcement as to who it is will be made soon.

President David Lawler has headed off on a round Australia Trip; he's done it before so there must have been something he missed.

Secretary Rod Smith is about to head off on his newly acquired yacht, sailing to Magnetic Island to no doubt meet up with other shedders.

Remember to lodge a CRM or a simple phone call to the Surf Coast Shire to have your Bin Apron Fitted as this is the only way it can happen at this stage.

I noticed the wishing well wasn't overflowing with gold coins, so go on, make yourself feel good by making a wish (it could be to stop Cockies raiding our Bins)

Until there are more shaving on the floor. 📞



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Love Lorne?

By John Agar

I have tackled this issue before, when as weary Victorians, we were emerging from the Covid years of 2020 and 2021, and I wrote ‘Who will sustain the sustainers?’ for the *Surf Coast Times* [SCT April 2022].

Some took an adverse view and believed I was criticising local efforts. Indeed, the reverse was true. My sole intent had been to alert to the unpalatable future facing many small-town clubs and organisations across Australia—groups, almost without exception, run by volunteers—and to encourage the recruitment of a new crop of ‘doers’ to sustain our diverse patina of organisations.

A few months later, I wrote a fictional piece—‘*Missy is Missing*’—for the *Lorne Independent* [January 2023]. It described how quickly our willing and rich vein of local organisations [there were then 43 in a town with a permanent population of 1,200] might pool their talents to locate the fictional Missy.

Both articles spoke to the integral part our clubs and societies play in town life, but also to their fragile nature.

While sustaining Lorne’s eclectic mix of interest groups for future generations seems simple, if it is not nurtured, it will prove fatal ... for those who put up their hands to be chair, secretary, treasurer, or take other office-bearer roles are often the same, year after year, and they will inevitably tire as they age. Clubs and their memberships must remain active, relevant, and up to date, or they will perish. Younger, energetic folk, replete with new ideas and vigour, must step forward, else their organisation[s] will founder as their older members fall by the wayside—as they will and must—if they are not replaced from the community.

This is not a unique problem for Lorne. It is faced by every small town in regional Australia, as those who have held each town’s fabric together, forged its character, and been its beating heart begin to struggle to sustain themselves, let alone their town’s social infrastructure. To deny this is to deny the inevitable.

Nor is this a criticism of the many willing folk who step up, year after year, town upon town, and across multiple clubs, to do the thankless, behind-the-scenes work that turn the wheels. Far from it—and they are owed



the thanks of their whole community. But without a healthy influx of new members and, from those members, new committees, the wheels must and will fall off.

Sporting clubs—in Lorne, the Dolphins Football, Netball, and Cricket Clubs, the Country Club, and the Surf Club—will always find it easier to recruit new members from their influx of younger members, reasonably expecting some to ‘emerge’ at each AGM to help with the unsung tasks that all healthy organisations need to function smoothly.

Other clubs, including [to my surprise] the Lorne Angling and Aquatic Club and the Bowls Club—while equally vital to a healthy village society—often struggle to entice or recruit new office-bearers. Relevance, modernisation, and attracting new members are complex tasks, especially when competing for young hearts and minds in the digital age.

Using the Lorne Historical Society [LHS] as an example, the man-hours contributed by Pete, Jan, Linton, Vicki, Marilyn, Gary, and others to scan, catalogue and build its exhaustive and outstanding website have been incalculable. It has been done out of love for Lorne, in their free time, without payment, and supported only by gallons of self-funded coffee. The same applies to many other Lorne societies.

Use your favourite browser to search for the LHS website [lornehistoricalsociety.org.au]. There, Lorne’s history is laid out for the digital surfer, scot-free. But Lorne’s history is not only about ‘yesterday’. It lives, breathes, grows, expands, and morphs every day. Yet it must be regularly cultivated, or it will lose

its value. Fresh eyes, fingers, and brains must be recruited to help the toiling few ensure that Lorne’s historical heart beats into the future.

As the same can be said for many of Lorne’s valued community organisations, put up your hand at the next AGM of whichever societal group appeals to you [for the sheer breadth of these, see *Missy is Missing*]. For new residents, whether you are part of the workforce or a retiree, get involved in and integrate with the town.

Further, Lorne faces a unique problem: its small permanent population [and it may surprise you to learn how small it is], its high cost of homeownership, and its prohibitive rental rates. Young, resident families—once the bedrock of the town—are now few and far between, and are choosing lower-cost options nearby. This means fewer Lorne kids available for sporting teams, and fewer parents available to recruit as ‘doers’ for clubs and societies. Indeed, Lorne now seems to have fewer ‘permanents’ of everything and everyone—perhaps except the elderly.

Strong, vibrant towns don’t just happen. They must be built, tended, and maintained. For Lorne to retain its beating heart and avoid becoming a hollow, occasional, holiday DIDO [Drive in Drive out] destination for Melbourne residents, with empty houses and darkened windows dominating every street ‘off-season’, it is vital we work to sustain an active social fabric.

So... to those who are yet to become involved, please put up your hand and get on board. Lorne and the tiring few who are holding it all together need your help. ①

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Clementine Calling

On the last day of spring, Sunday May 31, *The Age's* Giant Crossword had this clue - Which Victorian coastal town is situated on Louttit Bay? You would be surprised at how many people don't know the answer.

On a Saturday in May up at Jill Rees' house in Dorman Street a gorgeous couple got married under an arch of hydrangea heads. Some of the guests had been waiting in vain at the Swing Bridge for the wedding but luckily most made it in time!! All guests were warmly greeted by Jill. Her handsome son, the groom Ben Rees, who has been working for Quentin and Jenny Young at Allenvale, looked splendid in a new suit and his lovely bride, fun loving Tina came all the way from America for the wedding. There was an anxious moment when it looked as if the ring was too hard to put on!! Two Korean guests who live in Sydney came to Lorne for the wedding - a gorgeous young nephew who gave the bride away and his mother dressed in pink. A generous reception was held up at the Golf Club where guests were greeted with trays of bubbly and scrumptious oysters (always at their best in the cooler months!). Luke Morgan made a splendid Wedding Cake with layers of delicious small cakes. Amongst the guests were Jill's neighbour Rebekkah, and Monica and Gary, just back from their trip to America to see their new grandson, Freddy. Another grandson Eli had a great time at the wedding, carefully watched over by his dad Fidel and his wife Rosie. Jill's cousin, a previous Lorne resident, Deb Campbell, left her dogs at home and came from Deans Marsh for the celebration, and a very old Rees family friend Gill Beaurepaire was seen chatting with Heather Rice. All Lornies present scrubbed up beautifully and had a great time.

Last year in the VCE exams Lorne was so very proud of Bella Reynolds who got a perfect score of 50 for Music Vocal. On a lovely warm autumnal night, I had the privilege of hearing Bella Reynolds play the guitar and sing at Salonika. Some of

"Last year in the VCE exams Lorne was so very proud of Bella Reynolds who got a perfect score of 50 for Music Vocal."

the songs she had written herself and had been performing along the coast. Her proud mother Anna sat outside with a table of friends who were all there to listen to Bella's melodious singing. We all thoroughly enjoyed the opportunity to see her perform. Good luck Bella, who is off overseas. It was a splendid evening. Thank you to Alex for the ambience and atmosphere at Salonika that night.

Another gorgeous young Lorne girl who is about to go overseas - this time to Asia is Tillie Brewster who has moved to Deans Marsh with her very kind and sympathetic mother Brie. Brie has a splendid set up for giving luxurious massages to those in pain. Tilly, congratulations for getting into nursing at St. Albans campus of Victoria University and we hope you will soon be nursing at the Lorne Hospital!

On a freezing cold wet night in June a group of 9 members of The Garden Club shared a super meal at The Bowls Club - We especially enjoyed the flowers on the tables and Luke's wonderful large creation with autumnal leaves from his property. The food was yummy and drinks flowed too.

Seen eating sausage rolls at the Aquatics annual event was Stewart Stribling, son of Hector (1904-2002). Stewart was in Lorne for the King's Birthday Long Weekend. He dined at Ipsos with his cousin Neville, Marnie and the Barbers and the next day enjoyed a gossip on his deck - He doesn't seem to come to Lorne very much these days. He was inspecting the skiff, Marion, which was his father Hector's boat, and which is being renovated by the experts in the Mens Shed. Stewart says it is missing a back so it looks as if they will be working on it for some time.

A sad event occurred in Jarratt Lane when Uta Martin ended up unable to get out of

her car whilst driving down her steep drive. The local SES and CFA were there very quickly and were able to cut her out of her vehicle. We are very proud of our wonderful volunteers. They are helping to save lives and people in distress. Thank you all. Uta ended up in a hospital in Geelong but was able to go home with daughter Eva soon after. Get well soon Uta and come back to Lorne.

We now have a celebrity in our midst. Allan Walls, our retired caravan broker, has rocketed to fame with the invention of an apron to foil the dexterous cockies who rob our bins every week. The cockies are a darn nuisance. He has appeared on the ABC news and got mentions on the radio all over Australia. Of course the story first ran in our own *Lorne Independent* Newspaper on June 1st!!

Other members of the Mens Shed such as Bob Sinclair and Rod van Ingen were photographed in the shed with Allan. They and fellow inventor Gary Fenton are to be congratulated on their apron invention.

Years ago, Andrew Grange screwed a large hunk of wood under the lids of my bins, and the birds have never attacked them as the lid is too heavy for them to lift it up! I must say that the wood makes the bin quite heavy for me to push down the hill and then back up every week!! But it has lasted for many years and works! Anyway, well done Men's Shedders. What a great place that is for the boys!!

Look on Lorne's facebook page for some super photographs. Jason Widdup has captured some great waves, and Lesley Osenicks photographed spectacular sunsets. Michael Prideaux, always interested in natural history, was able to photograph a beautiful orchid in June in Aireys Inlet. It is the small mosquito orchid, *Acianthus pussillus* with its heart shaped leaves.

Finally, congratulations to the young enterprising lad who has been selling pumpkins in Fern Avenue. You can collect one and put your money in a jar... and yes once tree ferns flourished in Fern Avenue. ①

GORCAPA takes the reins in Great Ocean Road National Parks

From 1 July, the Great Ocean Road Coast and Parks Authority (GORCAPA) will take on direct management of several national parks along the Great Ocean Road.

The transfer of responsibility from Parks Victoria to GORCAPA is part of the Victorian Government's landmark reforms to improve management of the Great Ocean Road as one holistic entity, with GORCAPA replacing multiple, fragmented land management arrangements from Torquay to Peterborough.

They remain National Parks and GORCAPA is required to continue managing them to the same high standard under the National Parks Act 1975, focusing on protection, conservation and sustainable visitation. GORCAPA will begin delivering management from 1 July 2026 in:

- The Port Campbell National Park, including the Twelve Apostles
- Parts of the Great Otway National Park, including popular campgrounds like Blanket Bay, Johanna

Beach, Aire River and the entire Great Ocean Walk

- The Bay of Islands Coastal Park
- Seven Marine National Parks or Sanctuaries from Point Danger in the east to Merri Marine near Warrnambool in the west

Campgrounds in the Great Otway National Park now managed by GORCAPA include Blanket Bay, Johanna Beach, Aire River West, Aire River East, Parker Hill, Jamieson Creek, Allenvale as well as all walk-in campgrounds along the Great Ocean Walk.

From 1 July, people will be required to book these campgrounds directly with GORCAPA, with all existing bookings transferred from Parks Victoria with no changes.

This year, summer season bookings for these campgrounds will open the same as Parks Victoria's schedule on 8 July 2026.

As part of the transfer of responsibilities, relevant roles and equipment have also moved across from Parks Victoria to GORCAPA, with additional recruitment planned for later this year to fill any vacant transferred positions. ①



Photo: Matthew Solly Credit: Bobby Dazler Photography

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Prostate Cancer – The Silent Assassin

By William Youl

Prostate cancer is the most commonly diagnosed cancer in Australia. 79 Australian men are diagnosed daily. One in five men will be diagnosed with the disease by the age of 85. Around 4,000 men in Australia die of prostate cancer per year. Although risk increases with age, there has been a concerning spike in early onset cases. Diagnoses in men under 50 have doubled in the past two decades.” – *Australian Government statistics.*

At 74 years old I became a reluctant member of the Prostate Cancer Club. I am a member of the Lorne Mens Shed and there are a number of us in the same boat. I have written this article to highlight the Prostate Cancer Journey and to encourage the men in our community to have regular PSA blood checks to ensure the cancer is discovered early.

The first sign of a problem came from a jump in my PSA (Prostate Specific Antigen) level in my annual blood test. I had no symptoms at all, however Dr David Mullen recommended I consult a Urologist just to check things out. Dr Mullen's thoroughness has saved many lives in Lorne.

Checking things out involved an MRI followed by a PSMA PET Scan. The MRI scan was clear, but the much more thorough PSMA PET Scan told a different story. This scan checks your entire body for PSMA (Prostate Specific Membrane Antigens) cancer hotspots. In my case the scan revealed a hotspot within the prostate. The rest of the body was thankfully clear.

Next comes the more invasive prostate biopsy. This little procedure is not pretty!! You are under a general anaesthetic when the urologist puts an ultrasound probe inside your anus (the ultrasound shows the urologist the prostate) and then places a template in the small area between your scrotum and your anus. A needle is inserted through the holes in the template into the prostate to take from 10-15 samples of prostate tissue. (Reading this is where the hairs on the back of your neck stand up and you cross your legs!!). The sampling includes the hotspot area shown up by the PSMA PET Scan. The tissue samples are sent to the lab where the pathologist

“There are a number of different ways to go for treatment of prostate cancer. The most common two are to take the prostate out (radical prostatectomy) or radiation treatment.”

examines each one under a microscope looking for abnormalities in the cells. They come up with a Gleason Score which tells you the stage of the cancer. My score was 3+3=6 which is the lowest grade.

Scores of 7 (either 3+4 or 4+3) are intermediate grade and scores of 8-10 are high grade, meaning the cancer is more aggressive and likely to spread. I was surprised how quickly I recovered from the biopsy. I was back to normal within a few days.

I was put on an active surveillance program which simply means you have your PSA level in the blood tested every 3 months. My PSA results were reasonably stable, but a second biopsy and PSMA PET Scan a year later showed my cancer hot spot in the prostate had grown and hence it was time for action.

There are a number of different ways to go for treatment of prostate cancer. The most common two are to take the prostate out (radical prostatectomy) or radiation treatment. Both have similar cure success rates but with different side effects. The other option available is to do nothing!

I chose to have a radical prostatectomy.

My urologist conducted a Robot Assisted Radical Prostatectomy which is the least invasive procedure for removing the prostate. It is a major operation that takes around 3 hours.

Consequently there are a lot of health checks you need to go through before you have the operation.

On the day of the operation you go without breakfast, front up to the hospital and get changed into the usual hospital gowns. The anaesthetist assistant walks you into the operating theatre and you meet the team of folk who are going to look after you for the next few hours. Then very quickly you are out to it! Unbeknownst to you the operating table is put on a 25-45 degree angle to shift the intestines and bowels away from the pelvic region. CO2 gas is pumped into one of the six incisions in your abdomen to also create

room for the robotic procedure.

So you wake up in the recovery room pretty confused but not in much pain. Your urologist comes and gives you a rundown on how the op went. You have a look at your tummy and it looks like you have been involved in a 'drive by shooting'. You have six dressings over the incisions made during the operation. The other obvious addition to your life is a catheter draining urine into a bag beside the bed. The nursing staff give you some very soft food to eat and leave you to rest for the night. About the most exciting thing that happened over the restless night is farting out the gas that has been put into your abdomen. That same CO2 gas that has been pumped into your abdomen can also aggravate the phrenic nerve in your diaphragm which then refers pain to usually the right shoulder. That was certainly the case for me.

You are up at 9am the next morning where the nurse gives you a rundown on setting up the catheter which remains attached to you for 7-10 days. You seriously deserve to be awarded an Advanced Certificate in Plumbing after managing a catheter for a week. With the catheter bag strapped to your leg, and a whole heap of instructions, you are ready to head home less than 24 hours post the operation.

A week later it is a pleasure to have the catheter removed although you then get ready for a period of incontinence. You get used to finding the men's incontinence pads area in the supermarket which you previously didn't know existed! To fight the incontinence you need to visit the Pelvic Floor Physio who gets you exercising the correct muscles which, when they get stronger, will bring you back in control of your urine flow. Another great aid is a UK NHS App called Squeezy which reminds you to exercise 3 times a day which is key to regaining continence. Eight weeks post the operation I have fully regained my continence which is fabulous.

After 10 weeks post op you get your blood tested for PSA which should be close to undetectable if the operation has been successful. I will have this test in the next few weeks.

So there you have it. A pretty scary time but it is absolutely worth keeping up your annual PSA blood checks and discovering this silent assassin early. ①

Foxhunt

By M. Rice

The sky over the dark sea was a yellow so deep it ached. The sun gone now in the west, leaving the coastal scrub an almost black olive and umber. The wind snatched and tugged at the tussocks and he was still as can be. Still with an eleven-year old’s lack of words for it, still in a way that he could still call up from that time, but so rarely had occasion to, fifty years later.

He was out with his father. That in itself was astonishing to him; he was almost never alone with his father. Usually, it was his brother who would be here and he would be waiting, part of him yearning to know what went on in their excursions, their secret business together. It would never be spoken of in his presence.

But, this time it was him, and it was as far from ordinary as he would ever experience. They had come two kilometres to take this position, leaving the others in the shack on the foreshore to climb the steep hill to the rest of the world above, crossing paddocks first and then striking into the low, tough coastal scrub, following rabbit tracks that wound up and down over the hillocks and through troughs with no discernible purpose, but somehow rich with purpose. In open ground. it was always an effort to keep to his father’s pace, but here in the scrub he could follow silently and easily with no need for that little gallop every few steps.

Silence was part of it. He knew not to speak or break a twig, to regulate his breath so that no creature would be alerted. He didn’t need to be told. To transgress would bring shame and certain banishment.

This was gun lore. He knew it was an initiation of sorts, as all activity around guns was. To be allowed to hold the rifle was a privilege that didn’t come casually. There were rules - rules that could never be broken on pain of something worse than death. That look of fury that could flash from his father’s eyes like straightline lightning, a look that stopped the breath in his chest and froze his heart. He’d rather burst into flames than get that look; rather turn to soil and be eaten by worms.

The guns were fascinating. The beautiful, oiled stock and the black steel parts so precise and dedicated to a single purpose; the particular smell they had of gun oil and a faint residue of powder; like no other object in his world and only seen on rare occasions. To be handled with breath held care, exactly as he’d been taught. Carried exactly so, aware at every moment of the relationship of the stock to the barrel. To point it in a direction that wasn’t within the strictest bounds of prevailing circumstance would be tantamount to lighting a match over open fuel. It was simply unthinkable. Coming through a fence was a skill and

something he braced himself for each time - the barrel must never touch the earth or point in some direction unplanned. There was nothing in his world that held this intoxicating blend of mystique, responsibility and danger and he bought a focus to it more intense than anything he knew before or after.

The lore didn’t stop with handling the rifle. There was the silence and the single-minded focus of the long walks. Then the dash, the sprint, to where the animal had dropped. It was always he who had this role. His brother and his father carried the rifles. He froze when the gun went up, watching intently and glancing for that confirmation before he dashed. Although he never remembered his father firing a shot without a result. He’d seen him drop a running rabbit with a head shot. Often the rabbit – it was always rabbits – would still be kicking, shuddering, trying to escape, back broken or leg shattered and he’d pounce on it with a terrible urgency to end it’s suffering. Grabbing the two back legs, he’d tuck his thumb and forefinger either side of the neck as he’d been shown, pull the legs up to his collarbone and stretch the other hand down, crouching into the effort, pushing his right arm down with a twist, stretching, until he felt that slight crunch and the animal stopped. Just stopped. Now a lifeless thing but seeming suddenly hot and the smell of blood filling his senses. Often there was a gush of urine. Always there was blood; on his hands, soaking his thigh where the thin chest had pressed so hard. Then it was rushing back to his brother and his father, silently but full of a heady mix of jubilation, pride, admiration for the shot and shame and sadness for the terrible thing that had been done.

“The guns were fascinating. The beautiful, oiled stock and the black steel parts so precise and dedicated to a single purpose; the particular smell they had of gun oil and a faint residue of powder; like no other object in his world and only seen on rare occasions.”

He’d drop to his knees and take the offered knife from his father, that compact and lethal folding knife that he couldn’t open himself, that had to be wiped and carefully folded shut before being handed back, and make the cut along the bone above the back foot that allowed him to force the other foot through it, thereby making a closed circle he could hang from his belt. There would never be more than four rabbits. It was wrong to take more than could be eaten in the next couple of days, but any more than one made keeping up more difficult. The belt had to be cinched high to keep their heads off the ground and they would bounce awkwardly against his legs, often leaking hot blood that became sticky as it cooled.

But, this evening wasn’t concerned with rabbits. Tonight was about hunting a fox, something he’d never

been part of before. Something that wouldn’t happen again. An altogether different undertaking. And it was just he and his father. It was extraordinary and awe inspiring.

He knew the fox was smart; that it had senses keener than theirs; that it was wary and elusive; that it required the more powerful .222 and a perfect shot. If they were lucky enough to see one, and luckier still to see one in a way that would allow a shot. Simply stalking the hills as they did for rabbits wouldn’t do at all. To kill a fox they needed to outsmart it; to beat it at its own game.

Not only was the need for stealth greater, but there had to be trick, and they had one in the form of a fox whistle.

He’d seen this strange talisman in the hunting kit; a slender flattened stainless-steel donut not much bigger than a fifty-cent piece with a small tab to hold it and a hole the size of a bullet head through the centre. If pressed to the lips and blown through, it would emit a piercing whistle that mimicked the screams of a dying rabbit. It seemed a strange and terrible fact to him that rabbits, so quiet in life, sometimes screamed with a heart wrenching shrillness when in mortal distress.

Almost never when shot. Somehow the suddenness of the bullet forestalled that response, but he’d heard it in the distance and been told, that’s a rabbit dying.

Now he listened breathless as his father recreated this terrible scream into the wildness of the windswept coast, cheeks puffing in and out, the falsetto screech rising and falling, filled with staccato catches and pauses. They were surely invisible to all creatures, tucked as they were into the downhill side of a bush, the sand cold under his bare feet and thinly clad bum, having arrived with such stealthy purpose and then sat for long silent minutes that might have been hours, so quiet that the grass and bushes around them were more noisy in that cold wind off the sea.

He knew that even his thoughts could be heard and that he needed to still his mind to become invisible, so that he was more still than the roots of the bush they were pressed into and the dune they were part of. When finally, his father bought the whistle to his lips and blew, it was a shocking rending of the world around him and inside, he almost started. But he didn’t. He was stone; he was silence embodied. His ears pricked to the very horizon, his eyes straining, but not moving. No, to allow his eyes to dart would reveal them.

And so this strange non-melody, this death wail, shrieked out across the landscape, eerie and full of the cruel sadness of immutable fate, halting now and then before another gasp and a staccato of despairing cries. On it went as the light fell from the sky. Soon it would be too dark and they would turn for home without having fired a shot. He accepted this as a given - to actually see a fox was unimaginable, but the enterprise

“...And then it appeared. Like a trick as sudden as the miracle of switching a light on, without warning and so unfathomably unlikely that there was no way of understanding it. There it was, with them, looking straight at them from an arm’s length away, standing right at the end of the barrel of the rifle, head very slightly cocked, eyes inquiring, all soft fur and ears and round face.”

would be no less significant for that. Preferable in fact.

He didn’t feel ready to see a fox, let alone to see one killed, to confront the death of this strange being he knew only by the fame of it’s elusiveness, and its disdain of Aesop’s grapes.

And then it appeared. Like a trick as sudden as the miracle of switching a light on, without warning and so unfathomably unlikely that there was no way of understanding it. There it was, with them, looking straight at them from an arm’s length away, standing right at the end of the barrel of the rifle, head very slightly cocked, eyes inquiring, all soft fur and ears and round face. It had not come from anywhere; it had simply materialised. Had it been here all along? The moment froze. The three of them were motionless. Time stopped. The fox shifted first, turning its head ever so slightly as if to acknowledge him at his father’s back, and then back to his father.

His father was still. He waited for him to shoot, knowing nothing. His father didn’t shoot. The fox dipped its head slightly, lifted it again, and then was gone in a bound.

He felt his father soften. He lowered the gun from his knees and they sat for some moments. Then he got to his feet, turned and started back. The boy followed. They didn’t speak. One doesn’t speak when hunting, even when the hunt is over. It was dark when they got back to the shack.

The gas lights were softly roaring, just audible over the sound of the surf. A fire glowed and crackled in the stone fireplace and his brother looked up from the old car seat that was the lounge. His mother had stuff going on the stove. His younger brothers were playing some game lit with a torch in one of the bunks, a bedspread hanging in front of them. His father put the gun away. The boy’s brother looked enquiringly at him, but he didn’t have anything to say about it and his brother didn’t ask. The hunt, as usual, was a private affair. His mum told him to get the plates out for dinner. He never spoke of it. Strangely, he never really thought about it again until now, fifty years later. Perhaps because it had no context to anything else in his life; that just this once, he was the one his father took; that his father withheld the shot he could have taken and that he knew that he would and that there was no other way it could have happened. ①



Keith Miller LACC
Commodore



REDEVELOPMENT REPORT

The sea wall is finished and it's a ripper. The operators from 'ROCK-A-FELLAS' have sensational skills, had the job done very quickly and have done a great job. I reckon the wall will be there for a very long time. It might even still exist when Essendon and Carlton win their next premierships. Maybe not.

The formwork has just started around the perimeter of our slab for a 500mm high concrete wall that the timber framework will attach to. The replacement for the CoOp is about to have the slab poured. People are still calling it the CoOp but it's no longer a CoOp so we need to come up with a new nickname for it. Considering it's a cafe and toilet block or in Aussie language a 'Dunny' all under the one roof I was thinking something like 'Cafnny'.

If anyone out there can come up with a better name, please let me know. As soon as the sea wall was finished GORCAPA generously reopened the pier. They laid new gravel on the Doug Stirling Track so the Pier can be accessed by a short walk along the track. Unfortunately, a lot of visitors are parking in the Grand Pacific customer carpark and are taking up all the parks which is making things difficult for the owners Marianne and Matt.

Access to the boat launching channel is still months away.



This is the start of the formwork around the perimeter of our slab to form the 500mm high concrete wall.



This is the completed sea wall South of the Pier. We were originally told that it was going all the way to our boat channel access ramp but if they had done that, and with the angle they have built the wall at, we would have lost a heap of boat trailer parking. It will be interesting to see how the exposed dirt bank in the gap survives. I reckon it will need a vertical rock or concrete wall there in the future.



These funny looking things are for fish to breed in. They now have several tons of rocks on top of them but there's plenty of gaps for the fish to access them. I'm not convinced they will work but I'm not a marine biologist.



This is the finished wall on the town side of the pier. Our clubhouse is smack bang in the centre of it. Still in the world's best location.

RECENT EVENTS

FISHING COMP NUMBER FOUR
Sponsored by Lorne Concreting – Tom Dawson

The weather was sunny but windy. We had a great turnout of Anglers who mostly fished off the pier. In total we had 21 Anglers with 10 of them being juniors which was wonderful to see. As there's no boat access there were no boats out. We put on a free BBQ lunch for everyone up at the Stribling Community Pavilion and also presented the prizes there. It's a great venue for us to use while we have no clubhouse so a big thank you to Peter Spring and his committee of management for allowing us to use it. Our sponsor for the day, Tom Dawson presented the prizes to the winning Anglers so a thank you to Tom. Junior Winner Archie Thompson with a huge Salmon 3,588 points. Archie was the highest overall scorer for the day.

FRIDAY NIGHT GET TOGETHERS
AT THE SURF CLUB

These are going really well with lots of members coming along each Friday night for a drink, catch up with friends and meet



10 Junior Anglers. I can't remember ever having that many juniors compete and especially in the winter. You can see Archie Thompson holding his comp winning Salmon.



other members. The surf club are very generously letting us use their magnificent facilities for free which is very much appreciated.



The Wonderful Snappers

The world's best prawn raffles are still gong great guns and every cent taken goes back into our community. These nights are actually costing us quite a few bob because we don't run the bar and we supply the snags, raffle prizes, heaters etc but we don't mind at all. Our club exists for our members to have fun, and I reckon we do that very well.

Well known member Ron Hammerton looking very happy after winning the prawns recently.

WORLD SAUSAGE ROLL CHAMPIONSHIPS

This was held on the now traditional Sunday evening of the King's Birthday Long Weekend. We had about 300 members and visitors come along to the Surf Club and have a great fun night enjoying the event along with plenty of free sausage rolls. A huge THANK YOU to the competitors who generously cooked a heap of extras to feed the hungry hoards, also to our 3 judges: Ed Fry (AKA Machine), John Agar (AKA Codge) and Marijon 'Mazz' Church and of course our MC, Tom Curran. They all did a sensational job and had a lot of fun doing it.



The 2026 World Champion was Ric Addison along with his wife Sue who was his consultant. Ric won our very first sausage roll comp about 9 years ago so he is the only dual Sausage Roll World Champion ever in the history of planet earth.

OUR MOVING FAD

Last month I noticed that our FAD had moved several kilometres closer to shore. I rang Vic Fish Research and told them. They checked the GPS tracker and

sure enough it had drifted quite a distance. It was May which is the month they normally remove the FADS each year because that's when the whales start to arrive and they don't want them to get tangled up in them. They sent their boat out from Queenscliff to collect it and found that a large log had tangled in the rope and with the added bulk of the log the current was causing the anchor to drag. The log was probably from our summer flash floods.



UPCOMING EVENTS

MAJOR FISHING COMP NUMBER FIVE
Sponsored by Great Otway Construction

Sunday 20th September, the comp runs from 6am until the deadline of 12.30pm. Weigh-in starts at midday. It's free to enter for members and all competitors get a free roast lunch. Prizes are awarded for first, second and third in both the junior and senior categories.

Juniors must be under the age of 18. You can only weigh in one fish each, so anyone can win on the day, and it's environmentally friendly. Come and have a crack. It's great fun

This is a Saw Shark. One of our members Will Sibly has been catching them off the pier after dark which is very unusual. They are normally a deep-water fish but they do appear here occasionally. I've only ever caught one out in the boat which I returned to the water just as Will has been doing with his.

Saw sharks aren't endangered unlike the very similar Saw Fish which is not a shark but a ray and is critically endangered.

FISHING REPORT

PIER. Now that the Pier has re-opened I can do a fishing report again. The Pier is producing good catches of King George Whiting, Salmon, Mullet, Trevally, Snapper, Leatherjackets, Calamari and several species of sharks.

BOAT. With the access ramp being closed for a couple of months and will be for another couple, there's been little to report but there has been a couple of boats able to get out when the conditions are right and they have been catching good numbers of nice pan size Snapper, Flathead, Gummies and Schoolies.

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GORH CEO Puts in a shift at the Lorne Op Shop

In June our CEO Brandon Howard gladly put on an apron and did a shift with the wonderful team at the Lorne Op Shop. Rolling up his sleeves, Brandon spent the morning chatting with customers, and supporting the incredible volunteers who keep everything running. Community op shops are more than just retail spaces—they're lifelines that support local programs, sustainability, and people in need. This small but powerful act is a reminder that true leadership is about connection, humility, and showing up where it matters most. We're proud to be part of a community where everyone pitches in—because when we support each other, everyone benefits.

Menopause Information Night in Lorne

Whether you're living it, loving someone through it, or simply want to understand—Menopause affects us all. Join us on Friday 4th September at Stribling Reserve for a night of humour, great company and awareness. Everyone welcome. Our expert panel includes Jean Kittson (Comedian), Dr Bree Lucas (GP Registrar), and Dr Sam Newbury (Obstetrician and Gynaecologist). MC for the evening is Carly Enticott.

Tickets are \$35 each including light refreshments. Purchase by scanning the QR code or online at TryBooking:
www.trybooking.com/DMWAA



Healthy Ageing Assessment

Living well is about staying strong, connected, and thriving at every age. Annual Health checks with our clinical team is one key way to keeping your body and mind strong, helping you stay active, independent, and engaged with the services you need as well as activities you love.

Is there an out of pocket expense for the Health Assessment?

This is a Federal Government initiative to improve the health care available to older Australians. If you are aged 75 and older, hold a valid Medicare Card, and have chosen us as your primary care provider, there is no cost to you to have the Health Assessment as it is fully funded by Medicare.

Who does the Health Assessment?

The initial part of the appointment is carried out by one of our Practice Nurses, then the completion of the Health Assessment is conducted by your chosen, primary GP.

What does it include?

The practice nurse will conduct some simple tests and ask some questions about your overall health and any concerns you may have. Some of the tests may include the following:

- ☐ Blood Pressure
- ☐ Urine sample
- ☐ Blood test
- ☐ Medication review
- ☐ Immunisation status
- ☐ Weight & Height
- ☐ Vision, Hearing, Skin check
- ☐ Questions about your nutrition & diet
- ☐ Questions about your daily activities & social activities

How long will the appointment be?

We like to be thorough so please allow an hour for your health assessment.

To book a healthy Ageing Assessment call the Lorne Medical Centre (03) 5289 4333



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Christos Poetry Prize 2026 – Winners & Runners-up

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JUNIOR (P-4) WINNER

LIBRARY
Athena Tulad

My special place is when the sun lingers in a bright orange.
The smell of fresh books fills the room.
The quietness makes a soft light linger in my eyes,
I see covers of books, the way they're created.
I feel the air slip through my fingers, leaving a long whoosh...
I catch myself slipping into the pages, so smooth...
I walk around, whispers of books wanting to be read.
The books take you to adventures, they said, they were right,
Not only do they take you to adventures, they also make you believe the impossible.
My eyes stick to the words, memorising.
I pick up the book, my eyes scanning the front cover.
I flip the pages again, the dustiness of the book made it so interesting, I brush the dust off, feeling it.
My special place is the library.

JUNIOR (P-4) RUNNER-UP

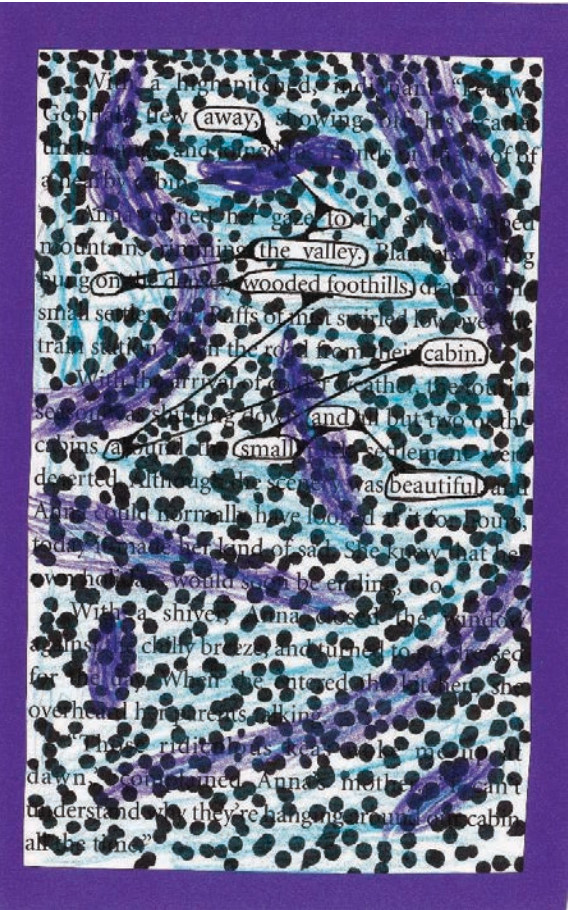
MERMAID
Xanthe Harris

I enter the water with grace and beauty as glowing bushes and sparkly rivers fly by.
As I can see the little corals dancing, the river itself is singing.
Not like a human, but as if it was trying to get my attention.
All of a sudden, I am seized by an arm and see a swishy tail.

Now as murky water gives way, I can see something.
I am speechless, the swishy tail flutters up.
I can see the light, oh, she is a mermaid, as graceful as the ocean itself.
I climb and cling, the 'maid is gone, but I will never forget her song.

MIDDLE-YEARS (5-9) WINNER

UNTITLED
Fynn Veldhuis



MIDDLE-YEARS (5-9) RUNNERS-UP

THE OCEAN
Tay Webb-Barlow

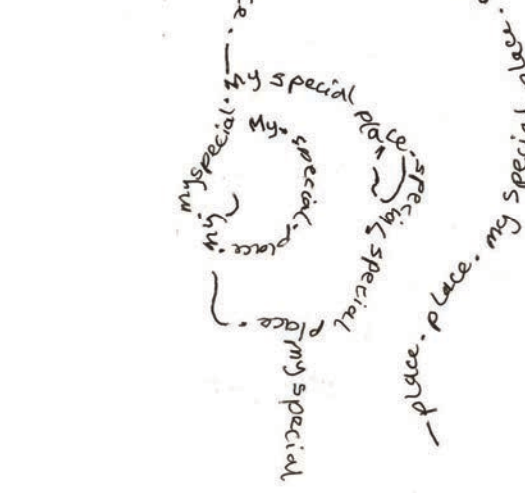
The calm of the ocean
warm sun reflecting gently, warming my back
like fresh bread straight from the oven
the smell of the sea
like cut grass after summer rain
lightning dances across the sky
thunder, growling deeply like a whale's call
echoing through the water
rocking the calm ocean back to sleep
The ocean my special place

SNORKELLING
Paddy Gray

the loud silence
the chirp of the scaled monsters
the pressure of the world above me
the sinister depth
the endless echo

SENIORS (10-12) WINNERS

UNTITLED
Eva Phan



MY BODY IS A CALENDAR OF LOSS

Paris Provan

i had a dream where I held your hand
it felt solid. human. tender.
i always go back to it
like it's a location
it was once real
i know the trembling of your hands, the glow of your eyes, when your voice softens — and
how it is silent
yet it stays quiet even when the world doesn't.
dissipating behind my eyelids, your face blurs into grey
and every return, your features dissolve into a haze
I learnt grief in the way your silence fit in my palm
somewhere between holding you and losing the sun
and although I tried to forget, everything ordinary feels incomplete
in days that have stretched too long
in how warm rays hit against starved skin
or winters that yearn for how the light felt in our faces
now we learn — after blooming so briefly and beautifully, we spend the rest of our lives
trying to forget how golden beams felt against us
how it pleased our rotten souls
in places that comfort forgot to reach
but those rotten parts in our body
can still remember
like dying flowers that mourn where the sun used to be.
love isn't secure
it's supposed to stay in between the lines of envy,
sorrow, and warmth
because once something special is etched into you, it stays there trembling — because
beautiful things are rarely built to last.

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Sportsbriefs

Sports Editor, **John Ford** is on holidays

The Lorne Dolphins are off to a flying start for season 2026. As we near the halfway mark all the football teams are showing great potential. The Reserves continue their undefeated run and the Seniors are second on the ladder on percentage. The Junior teams are also trending well. Our Under 12’s continue to amaze as they sit in 4th position on the ladder. They continue to grow and improve week by week. The Under 15’s are 3rd with some very strong performances and the Under 18’s are on also top of the ladder.

Over the King’s Birthday Long Weekend, the interleague games were played and last weekend we had 4 representatives playing in Ballarat. Congratulations to Banjo Exton, Archie Rowe and Jarrah Pickering in the U13’s, Paddy Gray, Zay Hollmer, Elroy Spiteri and Tully Exton in the U15’s and Tommy Van Maasydk and Jack Curran in the U18’s.

Keep up the great work and we are looking forward to September!

Lorne Netballers have played some challenging games and had some thrilling wins. The 15 and unders and the 17 and unders continue to improve.

Asha McNaughton (right) was the LorneFNC rep in the 13 and under netball interleague where she won the ‘Best on Court’ – congratulations Asha.



AROUND THE GREEN at the Lorne Bowls Club

By Brendan Tunstall

Well, our spirits can only improve from now! The Winter Solstice has passed and our members who swim can now put their bathers back on-please. Daylight hours will get longer. More time to practice.

Bowls conditions have been variable recently at the Club. To paraphrase one prominent Aussie- “it’s the weather st..id”. However Social Bowls matches are still played on Tuesday and Wednesday when suitable.

During this off season it is interesting to see how our members prepare for the October competition season. Surfing in Indonesia, swimming and sunning in Upper Lorne (Noosa) and fishing/sailing in Boreen Point aka Upper Upper Lorne. All tried and proven preseason routines.

Other members are still in town. Witness Allan

Walls and David Lawler sporting fresh haircuts. Next up they appear on National television spruiking uninvadeable red lid bins. The Cockies will surely now be licking their feathers and retreating to their natural habitat.

Following our recent AGM, our new Committee comprises a well-qualified Executive with Peter Steven (Machine) as President, Peter Barraclough (Bags) as Secretary and Paul Staley (Stack) as Treasurer. All long-standing playing members with a wealth of Bowls Club experience. You, yes you, will be a welcome addition to the sub committees being formed.

A thank you is extended to the retiring committee members. Our indefatigable former Secretary Marilyn McKenzie has stepped down for a well-deserved break. Similarly, has Immediate Past President Jeff Reddie. Jeff won’t miss his seemingly daily travel from Colac to the Club. Thanks also to Heather Olney, Karen Ridgeway, Jane Purdie and Brendan Tunstall.

Our “In the Skies” restaurant is one of the favourite dine outs in Lorne. So, very pleased to see other Lorne “Clubs” frequenting our venue. The healthy looking “Frozen Few” Pier swimming group were noisily enjoying the ambience over the King’s Birthday Long Weekend.

Jason has for a short time packed up his coffee cart and will return in August and remain until he is lured back to the Anglers. Jason has provided a great service to the Club by barista ing “world’s best “coffee coupled with worldly advice”.

Why not chance your arm at Bowls if you are used to balls going in the wrong direction. Golfers seem to adapt quickly to this equally ancient game.

- Due to wet and cancelled games there is no Women’s Golf Report this month.

King’s Birthday tennis tournament Sat. 6th June

From Kevin Diviny, Tennis Captain

A fantastic day with 20 players filling the available courts. Thanks to Suzi Diviny for the wonderful sandwiches, cakes and sausage rolls.

WINNERS

Women: First – Eleanor Robinson
Second – Steph Fry
Third – Ros Jonas

Men: First – William McKinnon
Second –Chris Purbrick
Third – Wayne Jonas

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



Op Shop Buzz

By Karen Pitt

Who doesn’t love shopping? OK, a few people. But for those who do enjoy shopping, our Lorne Op Shop is Fun Central. On weekends, it often feels like a party as locals and visitors walk in and choose between \$5 and \$100 of items they didn’t know they had to have.

However, most of us have enough stuff and some of us have too much. While we celebrate that some of Lorne’s surplus stuff ends up with new owners via our op shop, much of the world’s unwanted stuff is exported to poorer countries and ends up as landfill or garbage islands.

So, indulging your enjoyment of shopping at our op shop is way better for the planet than making a market for more garbage islands. And when you do buy something new, please be kind to the planet by buying clothing made of sustainably resourced fibres that will last for years and that can be recycled.

We love your donations, and we do receive some fabulous items. But it is sad that some of those donations are garments made of synthetic fabric bought from an online fast fashion outlet, many unworn and with the labels still attached. The bad news is that if you don’t want to wear that Temu or Shein viscose thingy, then chances are that no-one else wants it either. Not even in an op shop half-price sale.

So, when you are indulging in a bit of online shopping, we urge you to choose carefully and remember that Retail Therapy is more effective as therapy when done in a real shop surrounded by friendly people.

The Good News: Thanks again to our fabulous donors. Some of you may have been lucky enough to purchase [and fit into] the Camilla dresses and designer leather trousers we have sold in the last month. And I can report that on at least two June weekends, we sold almost every donated big wool jumper on the weekend of donation.

Sales on the King’s Birthday Long Weekend were substantial – many of those Camilla dresses left the building then. We also offered much of our unsold summer stock at half price that weekend, but our customers were keener on jackets, big jumpers and books and puzzles to enjoy inside.

And all that revenue continues to support the community. At the time of writing, Lorne Op Shop donated a whopping \$350,165 to the community in the 25-26 financial year. That is the highest amount ever, so huge thanks and congratulations to all our customers, volunteers and donors.

Who did we help? Our usual beneficiaries plus a few new ones: Over \$157,000 to our hospital and Great Ocean Road Health, almost \$75,000 to our excellent school and over \$15,000 to our local heroes in the CFA and SES. New beneficiaries included the Lorne RSL and the Victoria Farmers Federation Disaster Relief Fund.

We will publish a full list of recipients in the August *Lorne Independent*, when the last round of grants for this year has been approved.

One final comment: Thank you to the customer who offered us her Lorne tip voucher for hard rubbish. If anyone else has tip vouchers for hard rubbish that they will not use, we would be delighted to receive them. ①

“The Good News: Thanks again to our fabulous donors. Some of you may have been lucky enough to purchase [and fit into] the Camilla dresses and designer leather trousers we have sold in the last month.”



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UPCOMING BOOKS, INSPIRATION & EVENTS!

Caroline and Palila have just returned from attending the Australian Bookseller Association Conference in Canberra. The Australian Booksellers Association represents and supports local bookshops across the country and the conference brings together booksellers, publishers and suppliers for three days of connection, learning and celebration. For us the conference was a great opportunity to meet other booksellers and gain valuable advice to keep your bookstore improving!



BROOKE DAVIS AND FAVEL PARRETT IN
CONVERSATION WITH PUBLISHER
VANESSA RADNIDGE

A highlight of the conference were the author panels. In these panels the authors gave us insight into the stories behind their upcoming books and we can't wait to get these books in store and be able to talk to you about them. We were particularly excited to talk to local authors Brooke Davis and Favel Parrett. You might remember their previous books; *Lost & Found* and *Past the Shallows*. Both those books were absolutely brilliant and won numerous prizes so we know their new novels, *No One's Looking* and *One for Sorrow*, will be worth the wait. We're planning some events with authors that we met so keep an eye on our socials in the next few months for more info.

Books of the Month

Fiction: Where the Truth Ends
by Mark Smith

Meg Maher thought she was doing the right thing. Now she's on the run. When a peaceful climate protest ends with a violent explosion in the city centre, every member of the protest group becomes a suspect. The incident is declared a terrorist attack. A twisty psychological thriller by acclaimed novelist Mark Smith.

Non-Fiction: Touching the Sky
by Deborah Lawrie

Deborah Lawrie didn't just break the glass ceiling - she flew right through it. In this candid, cheeky, jaw-dropping memoir, she explains her journey from being a young girl in 1950s Australia who was determined to fly to taking Ansett Airlines to court in a landmark High Court battle - and winning.

Children's Fiction:

Luna Roo the Kangaroo Baller
by Adam Jackson & Adrian Lloyd

Rookie captain Luna Roo leaves nothing on the pitch as she leads FC Outback in a thrilling face-off against Bush United. Faced with a spider goalkeeper, snakes in attack and bubbling nerves, Luna must trust her skills and her teammates to soar to victory. Perfect for little soccer fans.