

LORNE

Independent

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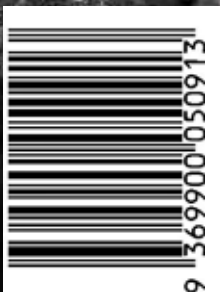
DOLPHINS DIG DEEP FOR FINALS

“FINS UP” FROM FANS!

Photo by Amber O'Meara Nosedo More P3

Optometry in Lorne P9

Council Elections P19



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**Published monthly****The Lorne Independent acknowledges our Team:****Editor:** Janet Goud

Email: editorlorneindependent@gmail.com

Special Writers: Douglas Williams, John Agar, John Ford (Sports Editor), Lillian.**Contributors:** Sandra McComb, Gary Allan, Garry Fenton, Keith Miller, Peter Spring and Harri Muller (Distribution Manager)**Distributors:** Post Office, Shell Service Station, Op Shop and Foodworks.**Design and print:** Stuart Fountain - Mud Group**Treasurer:** David Stribling - PO Box 213 Lorne, 3232

Tel: 5289 5355 Mob: 0408 546 424

Email: treasurerlorneindependent@gmail.com

Accounts: Keri Cachia - Tel: 03 52894277

Mob: 0491033598 Email: Keri@hlgaccounting.com.au

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You can pay electronically: BSB 633 000 Acc 198 744 542

Send your details to Accounts: Keri Cachia

Keri@hlgaccounting.com.au

Any Inquiries and contributions to:

Janet Goud, Editor

PO Box 213 Lorne VIC 3232

Tel: 0412 929 953

Email: editorlorneindependent@gmail.com

IN THIS ISSUE

P3 Sportsbriefs

P5 Arts in Lorne

P7 The Lorne Norton Family History

P9 Eyecare for Healthy Eyes at Lorne Hospital

P10 Where do Toadies go in winter

P13 Men of the Shed John Agar

P15 Reopening of Bowls Club

P17 The Louttit Loop

P19 Call for Candidates for Council Election

P21 From our Councillor

P22 Commodore's Report

P25 Music and Flowers

P27 Letters to the Editor

P28 The Cultivation of Connection

P29 Ocean Mind , Op Shop Buzz

P31 VICSES Lorne Unit

P32 Lorne P- 12 College

P33 We are what we Eat

P34 Lorne Books

P35 Soft Plastic recycling, Art Coast Call Artists



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SPORTSBRIEFS *By John Ford*

Dolphins into Finals!

Lorne's senior football team heads into the finals series in second place on the CDFL ladder despite suffering a narrow loss at home to top team Alvie on 17th August. Both teams played really well, but after Lorne led by 30 points at quarter time the visitors slowly pegged back the deficit to win 12.9: 81 to Lorne's 10.13: 73.

There were many good contests throughout the match, especially where Fraser Balderas and James Hughes had to battle hard against Alvie's dominant ruckman Levi Dare. The Dolphins were also well served by Xavier Huxtable and Jesse Middleton. Lorne will get the chance to avenge this loss to Alvie but may need to make some tactical changes and play more direct football on the larger Central Reserve in Colac.

On 24th August Lorne bounced back with an impressive win over Colac Imperials with the final score being 18.13: 121 to Colac Imperials 9.9 :63. Lorne played with a very good system and had clear winners right across the ground. This was an excellent tune-up going into the finals.

The finals will be played over the weekends from 31st August through to the Grand Final on Saturday 21st September. Lorne should feature prominently in the finals starting with the Qualifying Final on 31st August against Irrewarra-Beeac. The final CDFL Ladder positions after the home-and-away season are as follows:

This gives Alvie a one-week break while the other four teams fight it out to remain in the Finals race.

Alvie 17 wins

Lorne 16 wins

Irrewarra-Beeac 13 wins

South Colac 10 wins

Simpson 10 wins

Colac Imperials 5 wins

Followed by Western Eagles, Apollo Bay, Birregurra and

Otway Districts

I strongly encourage all football supporters to travel to Colac to support the Dolphins in their finals campaign. The team should acquit themselves very well, but our strong vocal support would make a huge difference.

More Dolphins in Finals

Lorne's Reserves football team has finished fourth on the ladder and will meet South Colac in an Elimination Final on Sunday 1st September at midday. It is great to have both the Firsts and Reserves in the finals as the players can all support each other and maintain their fitness.

Lorne has many players with senior experience playing in the Reserves who are pressing for senior selection and many younger players who are in great form.

Lorne's netball teams have had a very challenging season with many players having extended periods of unavailability and injury. However, both Lorne's 15 and under, and 13 and under, teams have finished fifth on their respective ladders.

This puts both teams into Elimination Finals on 1st September and we wish them luck.

Cricket to Return this Summer

As we slowly pull out of Winter, the cricket season probably seems a long way off. However, the 2024/25 season will begin with the first match in mid-October. Keen watchers of cricket will see most of the same players who took Lorne to be Runners-up in the Colac and District Cricket Association Grade 3 competition last season.

However, there will be some important changes behind the scenes. Darren Balderas has stepped down as club President and a new committee has been formed with Peter Bracken being the new President.

Darren's leadership and involvement in cricket has been quite amazing, especially in resurrecting the Lorne team after a ten-year layoff. The team was runners-up last year in their second season back in competition. Darren has written a passionate letter of support to the new committee.

The format of the matches is that all are One Day, Forty Overs per side on Saturday afternoons. This makes for great watching as in the same afternoon you get to see both teams batting and become keenly interested in the run-chase.

Continued page 4

LORNE FNC
FINALS FIXTURE R1
CENTRAL RESERVE, COLAC

QUALIFYING SATURDAY
31ST OF AUGUST

Seniors Football
 Lorne vs Irrewarra-Beeac
 2:00pm

ELIMINATION SUNDAY
1ST OF SEPTEMBER

Under 13's Netball
 Lorne vs Colac Imperials
 8:30am

Under 15's Netball
 Lorne vs South Colac
 9:30am

Reserves Football
 Lorne vs South Colac
 12:00pm

From page 3

Training will begin in mid-September and, being totally inclusive, new players of all ages including girls and boys are welcome. Simon Umbers will be co ordinating training for interested twelve to fourteen-year-olds. As well as the usual Saturday afternoon time-slot, there will be a couple of day/night matches as well as some special matches. These include the Dave Harvey Memorial clash against Deans Marsh to honour Dave's legend status at both clubs, and a match on the Pier to Pub weekend in January.

When you speak with Peter Bracken you will be inspired by his enthusiasm for the sport, and his desire to build upon the great work done by Darren. He hopes to have the bar and kitchen open on match day afternoons and that Thursday night meals will continue. Peter is looking forward to answering any enquiries on 0447 194 600, or by email at louttitbaygardenservices@gmail.com

Women's Golf

Our usual wet, winter golf course is stuff of memories this year - for August, we are still getting a lot of run, and not losing our golf balls as they plug and disappear. However, the winter cold is still seeing many of our players away on adventures and holidays - but, they are starting to return, so the next month, with such good course conditions should see some great golf occurring!

Club Golf results:

July Monthly Medal winner - Helen Lawrie.

SWGA events: With Spring around the corner, the SWGA regional club events are revving up. A team entered the Inverleigh Rose Bowl, with no glory on the day, but renewed admiration for our greens after playing on the sand scapes there!

We have a number of teams registered to compete at events in the coming weeks at Ocean Grove, Queenscliff, Portarlington and Lonsdale Links, and will have some results in next months report.

We are a friendly group of women, at all different levels of golf skill and experience, and we love to welcome new members/golfers to our group, and also welcome back those that may be "lapsed" golfers!

If you are interested in joining our group this year, whether new to golf or with some golfing experience, or if you have any questions, please call Sue Neill on 0418 674 062 or Chris Angus 0439008167

Happy Golfing Danni De Bon

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

CALLING ALL ARTISTS YOUNG AND OLD!

Community Arts Calendar Competition

Entries close Sunday 15 September

Get your entries in now!

For full details go to: surfcoast.vic.gov.au/calendarcomp



ARTS IN LORNE

By Jan Spring



Lorne Community Connect is excited to announce our next art exhibition showcasing local artists curated by Cinnamon Stephens.

Don't miss this wonderful collection of works from September 20-29. Open daily 11-4 pm.

Lesley Goldsworthy - President

Lorne Sculpture Biennale 2025

Dear Supporters of Lorne Sculpture

I am very excited to announce that due to the success of our fund-raising campaign with private donors, we have raised sufficient funds to launch the Lorne Sculpture Biennale 2025! At the last meeting of the committee we agreed that, together with the government grants we had secured, and the funds raised from private donors through our sponsorship programme, we were able to successfully deliver an exhibition in March 2025. This is wonderful news and made possible by the generosity of our wonderful supporters. A sincere thank you again to all of you who have donated to this fantastic event for Lorne.

As I have previously reported, our success with the major government grants has been disappointing and has not met our targets. Whilst we will continue to submit applications to the government through the balance of 2024, we are not hopeful due to the limited government funds available. Consequently, our fund-raising campaign directed at private donors and trusts and foundations and future fund-raising events will need to continue. Our aim is to raise further funds to support a strong promotional campaign to ensure as many people as possible will hear about this wonderful event. This will give our artists the national recognition they deserve as well as promote Lorne as a cultural destination.

Currently our curator Simon Lawrie is travelling through Scandinavia on a holiday with his family prior to commencing his 4-month artist residency in Helsinki, Finland. This is a fabulous opportunity for Simon who has been recognised by the Australian and Finish Governments for this grant. Simon will continue to work on the Biennale during his time in Helsinki whilst also building his international network, some of which may be incorporated into LSB 2025.

In the meantime, our artists are all contracted and producing their works for March 2025. It promises to be another magnificent Lorne Sculpture Biennale.

If anyone would like more information about the event or progress, please feel free to contact me at president@lornesculpture.com.

Thank you all again for your magnificent support

Warm regards,
Andrew Stobart - President

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THE STORY OF THE LORNE NORTON FAMILY

By Vicki Norton

James Bowden Norton was born in England in 1874. His journey to Lorne started when he heard that money could be made in South Africa in the mines. And there was the lure of fighting in the Second Boer war, when there was a demand for men to enlist.

Both these options held a great deal of appeal, and he is listed as serving in 1899. While in South Africa he met his wife, Ruby; a daughter of a wealthy skin merchant and they married in 1908. Cyril was born 6 months later, obviously a premature baby!

James took his small family back to England and then proceeded to travel to Australia in 1912, leaving his wife to follow two years later with Cyril and the newborn Arthur Norton.

James arrived in Fremantle and made his way to Melbourne where he secured a job on a farm in Winchelsea. Over the next years, five more children arrived. Charles, Robert, Helen, the only girl and always known as Nell, Frank, Ernest and lastly Wilfred, known as Bill.

In 1921 James journeyed to Lorne with his three eldest sons and set up a makeshift camp on the banks of the Erskine River. He had a cart and dray, two draught horses and two pack horses. He built a timber slab hut above the river and Ruby and the three remaining children left Winchelsea to join the family at Lorne in 1922.

James used to cart bricks and supplies from the ships that came to the pier. He also cut and delivered firewood and spent a lot of time in the forest hunting rabbits and ducks to feed his family.

The Norton children were an assorted bunch in colouring, temperament, and physical features. Cyril and Arthur were not as tall as the others and had pale skin. Arthur was known all his life as Fiery, for obvious temperamental reasons, and Ernest was Rusty, for his head of red wavy hair. Frank also had red hair.

They all had very fine strong wills and fine tempers. Nell, as Helen was called, had lovely curls, and grew to be tall and angular. They learnt to be reliable, resilient, practical, and fiercely independent. They hawked their wares of fish, rabbits, and vegetables around the local Guest Houses.



James was a harsh man, and a distant father, who metered out stern punishments and ruled his family with a good dose of harshness and at times, fear. In 1924 he developed stomach cancer. He bid his family farewell and rode his horse over the Otways to the hospital in Colac. He died at the age of 50. He is buried in Colac.

The family were destitute, and Ruby was forced to sell the animal skins that she had brought from South Africa. These were her only assets and her last link to her home. Cyril became a fisherman at a very early age. Mr Hector Stribling owned the Lorne Hotel at the time and bought a wooden fishing boat for Cyril to use and so provide fish for the hotel. Cyril was an independent thinker with definite views of the world. Arthur joined Cyril on the boat. Later Frank, Ernest, and Wilfred also became fishermen.

When Australia joined the British in World War I. Cyril, Arthur, Frank, and Ernest all followed Cyril to enlist, and all served overseas. Ernest was a Rat at Tobruk. Robert, being a carpenter, did not enlist but was assigned to the Civil Construction Corps to build hangers and accommodation for the airmen at aerodromes all over Australia.

Ruby passed away in 1939 and is buried at Lorne.

For all the Nortons sons, there are few boys to hand down the Norton name.

Only Gary, son of Rusty, and Chris and Wendy, son and daughter of Cyril, now live here in Lorne, but James and Ruby's only daughter Helen, known as Nell, married Sam Trickey, and the Trickey name is well known locally, along with some of Nell's grandsons Ian, Brett and Scott Stewart.



Get your trees trimmed in preparation for the Christmas season!



If you are considering having your trees cut or gardens cleaned up before Christmas, now is the time to do it. Our team at Tree Watch experiences high demand in the months leading up to the holidays, so act promptly to secure your spot! Trees that are cut in October get a chance to recover before Christmas and will look their best for the peak season.

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EYECARE FOR HEALTHY EYES AT LORNE HOSPITAL

Eyecare services at Lorne Hospital/Lorne medical centre are provided by a team of experienced Optometrists and educators accompanied by Deakin University Optometry students.

In a world where vision is paramount to daily life, ensuring optimal eye health is of utmost importance.

Comprehensive Eye Examinations

At our Lorne hospital clinic, we believe that proactive eye care is the cornerstone of lifelong vision health. Our comprehensive eye examinations go beyond just checking your vision. Using advanced diagnostic equipment, our experienced Optometrists thoroughly assess your eye health, screen for common eye conditions, and tailor personalised treatment plans to address your unique needs.

Our eye care services range from vision correction using glasses or contact lenses to diagnosing and managing eye diseases that have potentially serious consequences on vision and eye health and identifying eye effects of systemic conditions. With a team of dedicated and experienced Optometrists and high-quality diagnostic equipment, we are committed to providing unparalleled services to our community.

We have the capacity to provide care for all age groups from children to elderly. We understand the importance of, and have the expertise to manage eye conditions that occur on their own or in association with other systemic or eye conditions, especially conditions that occur more frequently as we age, such as Macular degeneration, Glaucoma, Cataracts, dry eyes and eye conditions associated with diabetes, hypertension and autoimmune conditions. We also can organise referral for specialist or surgical services as needed and can keep your GP informed.

Vision/Eye Corrections

Whether you are near-sighted, far-sighted or have astigmatism, our clinic offers a wide range of correction solutions to suit your lifestyle. From prescription glasses to contact lenses, our knowledgeable Optometrists can work closely with you to find the most suitable fit for your visual needs and preferences.

Eye Disease Management

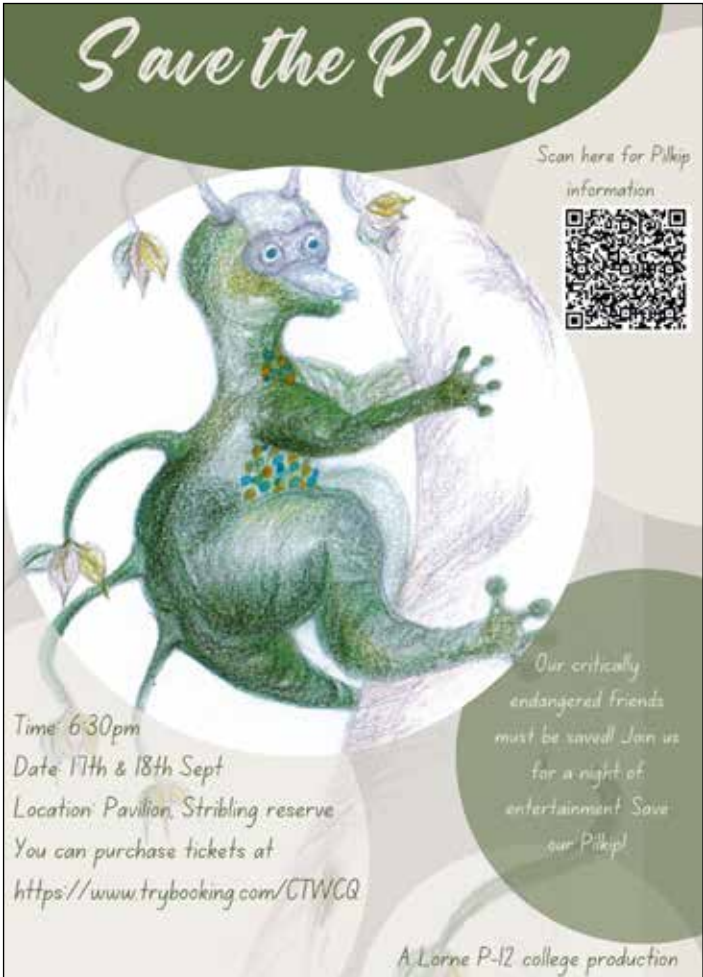
For those having more complex eye conditions and this inevitably happens as we age when regular eye examinations become more essential, our clinic is well equipped with

cutting-edge technology and expertise to provide more comprehensive treatments. We are able to diagnose, monitor, treat or refer conditions such as Cataracts, Macular degeneration, and Glaucoma to name a few. On site, we have equipment such as an Optical Coherence Topographer which is used to assess the internal health of the eye and Visual Field Analyser which maps the central and peripheral/side vision and detects losses due to different conditions such as Glaucoma, stroke, head trauma and other conditions). The images and results are used to help diagnose conditions and monitor for any changes.

Our optometrists and students are committed to serve our local community and provide excellence in eyecare.

For all inquiries please email:
eyeclinic-lorne@deakin.edu.au
or ring: 03 52273370 or 03 52273171
For appointments ring: 52894333

Davut Ulusoy
BSc Optometry CertOcTher(ACO)Dip.Couns
Lecturer in Optometry and a Clinician
School of Medicine, Faculty of Health
Deakin University



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From the Deck WHERE DO TOADIES GO IN WINTER?

By John Agar

In the warmer months, the George and Erskine rivers teem with ‘toadies’—small [10cm], non-spikey, yet poisonous green and yellow toadfish, their snow-white tummies pressing against the sun-warmed sand of the shallows.

Ever alert to a shadow, a footfall—or the measured stalking of a Border Terrier—they quickly dart to the shelter of deeper pools with a flick of tail and a puff of sand whenever danger lurks.

These funny-looking little fishies [think Clarkson’s ‘sheeps’] provide endless joy for Blighty, my Border Terrier, who never tires of chasing, herding, and occasionally catching them ... the latter evoking mixed emotions. While admiring his piscatorial skills, I also fear that when he does latch onto one—his score is now five—he might woof it down whole before I can reach him to prise it loose.

Although not quite as deadly as their larger cousins, the puffer fish [Japanese: ‘Fugu’], toadies are still highly toxic. One in the tummy could quickly kill a small, unsuspecting dog stone dead ... so beware, precious Blighty!

A larger cousin to the toady, fugu is a much-prized Japanese culinary delicacy—though unless the diner has a death wish, it might be fair to ask why! If incorrectly prepared, fugu will quickly kill! While Lucretia Borgia may have been history’s most notorious human expert in applied toxicology, fugu has ‘beat me’ in the bag.

Wikipedia [my edits] describes fugu as: ‘... possessing a potentially fatal poison—tetrodotoxin—that requires meticulous preparation to eliminate the poisonous components. While the liver is reputedly the tastiest part, it is also the most poisonous, and a 1984 law requires its removal before cooking. Serving fugu is strictly controlled by Japanese and Korean law, and chefs who serve it must undergo at least three years of rigorous training in preparing the fish’.

In winter, Blighty cuts a forlorn and dejected figure at the George River bank as he endlessly paces the sandbanks, paws the water, and seeks a tell-tale swirl of sand ... but finds none. “Where have all my playmates gone?” his doggie-eyes ask.

Not knowing the answer, I sought one—as much for myself as for him. It seems that it lies in that well-known word—brumation.

Hibernation ... we all know many animals hibernate in winter ... but brumation? The word was new to me ... and there is quite a difference between the two. It all depends on whether a creature is warm-blooded [endothermic] or cold-blooded [exothermic]. Endotherms [like us] control body temperature from within, while the environment governs the temperature of an ectotherm.



Photo: Courtesy Fishing Tasmania

Hibernation describes the physiological survival techniques used by endothermic mammals—animals with fur or hair—to survive cold periods when food is scarce and chasing it taxes limited reserves of strength. Most will know how northern hemisphere bears fish till their bellies are overflowing ... of note: the annual Canadian ‘Fat Bear’ contest filmed as salmon swim upriver to spawn and bears seek to build up their body fat before their no-food winter cuddle-up.

Less well known, however, is that some Australian mammals snuggle down in our winters, too. Pygmy possums regularly hibernate in our Alpine regions, while some bats, other possum species, and our own Otway echidnas also wind down, tuck up and sleep off winter for a couple of months in July and August.

Hibernation is a way to survive cold winters without having to find food. Everything slows down ... heart rate and respiratory rate all slow, while bowel function and urinary frequency diminish as all energy is redirected to maintaining body temperature.

On the other hand, brumation describes a cold-blooded animal’s parallel answer to warm-blooded hibernation. Reptiles and amphibians—creatures without fur or feathers but with smooth, scaly skin [like frogs, lizards, snakes, and turtles] descend into a state of physiological torpor [or brumation] during cold weather as their internal temperature falls to match the temperature around them.

Brumating animals can slow down so much that they may not move, eat, drink, defecate, or pass urine—they may even appear dead—and can sustain this state of ‘living death’ for weeks or months. As an extreme example, burrowing or ‘water-holding’ frogs of central Australia have learnt to adapt to the extreme, dry heat by burrowing deeply underground where they brumate, emerging once or twice a year [or even less frequently] when it finally rains.

As for Blighty’s George River toadies and many other fish species ... they begin to brumate when they sense that the water temperature is falling. Lacking the ability to control their body temperature, they enter a state of ‘torpor’ or ‘dormancy’ ... two other words that describe brumation.

Continued page 11

From page 10

As its metabolism slows, a fish needs less energy to remain 'matched' to the surrounding water temperature. Appetite-suppressing leptin hormones [NB: leptin not lectin ... for there is a world of difference between the two] are released—a discovery of great interest to weight control researchers [see: <https://tinyurl.com/wkb2e4ab>]. Calorie requirements drop, protein synthesis and new tissue growth slows—most ectothermal fish stop growing in winter—and oxygen demands fall ... all necessary changes to sustain life when there is less food about. While fish may take a little nibble at algae or water plants, any substantial food intake is avoided during this period as it may rot in the intestine as all biological processes—including gut absorption—come to a virtual standstill.

Common examples of fish that brumate include koi, goldfish, freshwater bass ... and estuarine toadies ... though in contrast most marine species remain active all year round.

So ... Blighty ... where do your beloved adversaries go in winter? They are still out there but have wiggled down [burrowed] into the sandbanks to wait out the winter months.

But, if you listen carefully as you pace the sandbanks, you may just hear them swapping their new and fiendish plans for tormenting you when they re-emerge as the water temperature rises at the coming of spring.

SENSES

YOUTH ART EXHIBITION

Anglesea Art Space

September 1-15

Exhibition open: Thur-Sun, 11am-4pm

Featuring artists aged 12-25 from
across the Surf Coast.

Shop 2, 103 Great Ocean Road
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**Theme:
Senses**

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With an expansive open plan kitchen, dining, lounge area that gives the sense of being suspended dramatically over north Lorne's rocky beach and Louttit Bay. You are immediately immersed in the aura that is provided by arguably one of the best views in Lorne.

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RENTAL



LORNE

OCEAN BREAK

Experience the ultimate summer getaway in this beautiful 4 bedroom, 3 bathroom holiday home in Lorne. This stunning residence offers breathtaking views, making it the perfect place to relax and unwind.

The house features spacious living areas, ideal for spending quality time with family and friends. The open-plan kitchen, living, and dining area is fully equipped with modern appliances and stylish furnishings, ensuring you have everything you need for a comfortable stay.

Each of the four bedrooms is designed for comfort, providing a peaceful retreat after a day of exploring Lorne's attractions. The three bathrooms are elegantly appointed, with all the amenities you need. Step out onto the full-width balcony to enjoy the spectacular ocean views that this home offers. It's the perfect spot for morning coffee, evening drinks, or simply soaking up the sun and sea breeze.

Located in arguably the best spot in Lorne, you'll be close to local shops, restaurants, and the beautiful beach. This holiday home is your perfect escape to experience the best that Lorne has to offer. Make unforgettable memories this summer in this exquisite holiday home!

www.greatoceanroadholidays.com.au

LORNE HOLIDAY RENTAL

From the team at Great Ocean Road Real Estate

Men of the Men's Shed

JOHN AGAR

By Garry Fenton

John's grandmother moved to live in Lorne in 1915 and lived here until her passing in 1967. John's mother lived with his grandmother whilst his father was away for over six years as a "Rat of Tobruk" during the war.

Henry Love lived behind the family, and he was what was known as a "Tweeny". Too young to be a soldier and go to war, but too old to sit on the beach making sandcastles! "Henry was a surrogate brother to my sisters. He taught them to swim and fish and do all sorts of things in the river", John remembered.

When John's father came back from the war, he set up his medical practice in Geelong and the family came down to Lorne almost every weekend to stay with John's grandmother. "My earliest memories were sleeping on her open veranda with the spiders and open blinds".

All John's schooling was at Geelong Grammar. He went to Monash University and graduated in 1970. Spent another seven years in post graduate study learning to become a Nephrologist, a kidney specialist. "I go out like a light when I see blood, so I was never going to be a surgeon. A bit like that bloke on TV from Cornwall, Doc Martin."

John was a physician and went to Boston for two years where he did graduate research, then returned to Geelong which was his long-term plan. John started the Renal Unit at the Geelong Hospital (aka: the Department of Renal Medicine, Barwon Health) and ultimately after thirty-four years gave his 'seat' to another specialist. He was appointed a Professor of Medicine at Deakin University. In the same year, he was awarded an OAM for services to renal medicine. "It was a wonderful and satisfying career", he commented.

John was aware of the Men's Shed starting in Lorne, but he didn't fully retire until 2020, which coincided with the onset of Covid. Consequently John, being a member was very supportive but found it difficult to attend regularly. He does enjoy the times he attends and has a coffee with the boys, and he has been quite involved in the yacht regatta, last year doing a wonderful job as the broadcaster on the day.

"I was never great with woodwork although I know I could learn at the Shed, but my interests have moved to writing. I have just written a four-hundred-page novel which went to the publisher a few days ago. (It was published in 2023) I also write a monthly article for the Lorne Independent, and I think I'm up to number eighty-four now. I also work with Pete Spring doing the 'Committee for Lorne' page for the Surf Coast Times."

John's past hobby has been model boats and he has built twenty-two. They are not boats that go in the water, but models that go in glass cases on mantelpieces.



"I had no space for them so have given most away as wedding or birthday presents, or just gifts."

John said he was still a relatively young man, so there was still plenty of time to be more involved with the Shed.

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REOPENING POPULAR BOWLS CLUB VENUE

The McIldowie- Holloway family (Simon, Anna, Erin, Robbie and Marian) are returning to the Lorne Bowls Club

“We ran the Bowls Club restaurant, alongside Janet and Jeff in the bar, for one great albeit short season in 2019-20 until the pandemic hit.

Four and a half years, two more children and one gallery business experience later, we were in the right place at the right time to seize the chance to return to this wonderful venue. We are thrilled and grateful to the Committee to have been given this opportunity for our (big, extended) family and we hope to do the Club and community proud for years to come.

Our plan is to create a warm, friendly, casual restaurant, bar and sporting club venue where the atmosphere is great and everyone feels welcome - where you don't have to think twice before dropping down to have a drink, a barefoot bowl, a snack, a cup of tea or a bowl of pasta - knowing you will be greeted by friendly faces, run in to people you know, meet new people or just find a spot to relax and watch the bowling/world go by.

Our food menu will be Italian inspired, designed by our chef Simon to share and relax with family and friends - yet versatile enough so as to appeal to those who just can't be bothered cooking and feel like popping in for a simple, quality meal.

Certainly, one of our favourite things about the Bowls Club last time was that it was a place where people felt welcome to come in on their own to relax in a friendly atmosphere or to meet new people.

We value this unique aspect of all good local pubs and sporting clubs and take seriously the social responsibility to ensure they are inclusive and welcoming community spaces for people to gather, socialise and feel belonging and a sense of ownership over.

We look forward to working with the Bowls Club committee and the bowlers to promote barefoot bowls and pennant bowling to the wider community.

We also hope to build on the Club's reputation as a place where holiday makers, travellers and people new to town can find a welcoming place to connect in with the community and place. And of course, we are very excited to continuing the Club's proud history of being a friendly and accessible restaurant, bar, function venue and sporting facility for the local and regional community to utilise, enjoy and benefit from.

Our plan is to open the full restaurant and bar late September, 4-5 days a week, opening for drinks and tea/coffee in the mid afternoon and the restaurant for dinner, plus Sunday Lunch.



Anna McIldowie and Jeff Reddie, President of the Lorne Bowls Club with the signed lease

After Boxing Day, for the peak summer season we plan to be open every day and night.

Barefoot bowls will be available during bar business hours or by appointment and functions and special events, including live music, will happily unfold as we get into the swing of things.

For all bookings and enquiries our direct line will be 0474260746 (text preferred but calls welcome) Can't wait to see you soon!

Anna and family Lorne, Gadubanud Country 07/08/24"

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THE LOUITT LOOP

August was dominated by the wonderful Paris Olympics! Channel 9 did an amazing job and so say all of us! Great viewing, amazing results for Australia, lots of fun, and the usual couple of out-there dramas. Quite sad when it was over – Paralympics are about to get under way as I write!

FYI - venturing out of town all the way to the Surfcoast Shire Offices (almost in Geelong) to register the new dog - found a park and left said dog in car, only to find a notice on the self opening door – “Dogs Welcome”!

The front of house are always fantastic at the Shire – albeit on the phone or in person. I asked about the Soft Plastics Collection Trial they were running as it seemed the only place to leave the rather large bag I had collected was - The Tip! Well at least that’s where the designated collection bins were located. “But that trial has ended!” I resisted the urge to scream or faint! “Oh Yes, it only went for THREE DAYS!” And so for a 3 day trial they had printed brochures, generated media announcements, produced collection bins and taken them to various Tips, and four days later collected them all. But also had got us collecting all that scrunchable light plastic. To no avail. Note to Shire: Stick to roads, rates and rubbish for goodness sake!

In the early 1900’s music bands would compete during the footy half time break in the Battle of the Bands! In the late 60s this event boomed at more classy venues. It has always been a free event, and grog, drug and fag free, and show cases young upcoming artists of all genres and can include solo performances as well. Three songs – originals or covers – in a max. of 20 minutes. The winners were often decided by votes from the audience, or maximum applause volume, but in our area late in August at the “Come Together Battle of the Band Contest” the winning group from the previous year chose the talented trio Lorne’s “Strange Brew” with a superb set of psychedelic soul which showcased their unique style and musical depth! Isabella Reynolds (electric guitar and vocals), Amelie Osta-Meier (Bass guitar) and Phoenix Dixon (drums) from Lorne’s school have secured a coveted spot on the “Foot-in-Door” stage at Queenscliff Music Festival 2024. Big thanks to Steve Mcewan (FReeZA, APRA, and Queenscliff Music Festival) for his support and organisational skills, and to our school’s amazing John Waller who obviously brings out the very best in his students and proudly and promptly produced most of the above words when asked!

Having seen the 13 and under Netball team so proud of their brand new uniforms, it was very exciting to read the results of the Saturday netball vs Alvie games! These keen young lassies were the only netball winners for Lorne on the day: Lorne 18 defeated Alvie 14. Go Girls!!

Have you heard of Pickleball? Sue Everett reckons this would replace our doomed trampolines, whilst still leaving the little Mini Golf happily alone. Late in Feb ’24 two Anglesea locals (Michael Castaldo and Bart de Vries went to Waurin Ponds to try out this newish game. Based on badminton it is tennis without the running, table tennis without the table badminton without the high net, and no pickles to be seen!! Been around for 60 years, and arrived in Oz in 2014. Scoring is to 11, with points only won

on the underarm serve, and ball must be hit off a bounce on each side of the court once before it can be volleyed. One cannot volley whilst standing “in the kitchen” an area closest to the net. Bring it on!

Thanks to punters who informed me that acknowledging road manners with a flash of the emergency lights is common in other countries – especially South Africa! Keep it up please. One very Australian acknowledgement which is more noticeable the further one ventures outback is the lifting of a finger or even two, or a wave, as an oncoming car passes you. Maybe we should have a Lorne signal of mateship as we zoom round our dear little town.

And the big ‘new’ apartment construction in Armitage St near the Pier turns out to be a major refurb and reno to the entire building. Guess they are exposed to some harsh but spectacular weather in that spot!

One of my readers has drawn my attention to the cluster of flags outside our Hospital. No wonder. There is a huge amount of rigamarole around the flying of flags. For example, when flying the Australian National Flag at half mast with other flags, all flags should be flown at half-mast together and flags flown at half-mast should be positioned a third of the distance down the flagpole (would that be third-mast?), and under no circumstances are flags to be flown at half-mast after dark, even if illuminated. Anyway, if all flagpoles are the same height and positioned in a straight row, the Australian National Flag should always be positioned on the far left (meaning the left of a person facing the building). The correct precedence or order for flying flags in the community is: Australian National Flag/National flags of other nations/State and territory flags/Aboriginal Flag and Torres Strait Islander Flag, or other flags prescribed by the Flags Act 1953/Ensigns and pennants (including local government, private organisations, sporting clubs and community groups). If there are two Australian National Flags, one can be flown at each end of a line of flags. When flying the Australian National Flag alone at a building which has more than two flagpoles, the Australian National Flag should be flown in the centre, raised first and briskly, and lowered last with dignity and no later than dusk. The flag should be raised to the top of the flagpole briefly, and then lowered slowly and ceremoniously. All very interesting so as a reasonable reporter should – I drove to the Hospital to check out how they have upset one of our revered residents by flying their four flags out of order. Guess what? No flags flying at all. So what to do? Don’t worry, we will keep a good eye on this and make sure it is done proper!

All Lorne’s walkers must be angry at the Graffiti relating to Assange. All over the town. Sometimes using the word hero. An oxymoron if you ever heard one. And now he bloody IS free, there are still more Free Assange graffiti statements than ever. Doh! He is effing free. But now the same d-head has decided to take up a “new” plea and daub it on a seat on the town to pier walk! . You would never guess it. “No Vax”. We’re quite interested in this law breaker who thinks he/she speaks for all of us. My dog-walking mate thinks it is a woman. That had never crossed my mind. Anyway, it would be great if you could desist, and if anyone would like to out this silly billy, feel free. Name and shame on our Facebook Noticeboard. It’s gone on too long.

The Lorne Surf Life Saving Club were recipients of the Nipper Program Award after the Program saw remarkable growth with over 450 Kids now involved highlighting the Club’s commitment to fostering skills and friendships in Lorne’s coastal community.

Over and OutLillian.

Moonah

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CALL FOR CANDIDATES FOR SURF COAST SHIRE COUNCIL ELECTION

Candidates ready to stand in the upcoming Surf Coast Shire Council postal election are urged to use the Victorian Electoral Commission's (VEC's) newly refreshed Candidate Helper to get their applications ready for submission when nominations open on Monday 9 September.

Electoral Commissioner Sven Bluemmel reminded candidates that there are several important steps they must complete before nominating.

'If you want to represent your local community, make sure to confirm your eligibility and complete the mandatory online candidate training through Local Government Victoria before lodging your nomination. This rule applies to all candidates, including those who are currently or have previously been a councillor,' Mr Bluemmel said.

The VEC's online Candidate Helper at vec.vic.gov.au/council-candidate allows candidates to pre-fill their nomination forms before submitting them at their nomination appointment.

Candidates can also watch a series of videos on key topics such as the nomination process, including the rules and procedures that apply. More information is available online at vec.vic.gov.au. The Candidate Handbook is also available on the VEC website.

Prospective candidates are also encouraged to attend the candidate information sessions being held in each electorate before the opening of nominations.

Prospective candidates must make an appointment to submit their nomination forms and pay the \$250 fee in person during business hours. They must provide evidence that they have completed the online candidate training, as this is required by law and will be shown on each candidate's nomination form.

Candidates must make an appointment to submit their nomination form in person at the election office by calling the Candidate Helpline 03 8620 1316 between Tuesday 20 August and Monday 9 September. From Monday 9 September candidates can call 131 832 and they will be directed through to the relevant election office.

Nominations close at 12 noon on Tuesday 17 September. Late nominations will not be accepted.

More information on nominating is available at vec.vic.gov.au

Requirements for candidates under the Local Government Act 2020

Under the Local Government Act 2020 candidates must meet the following requirements in order to nominate as a candidate.

Requirements for candidates under the Local Government Act 2020

Under the Local Government Act 2020 candidates must meet the following requirements in order to nominate as a candidate.

Under the Act, a candidate must:

- be an Australian citizen (or eligible British subject) and enrolled on the voters' roll for the Surf Coast Shire Council election
- be eligible to become a councillor should they be elected
- have completed the mandatory online local government candidate training before lodging their nomination with the election manager.

Training

The Act requires candidates to complete the mandatory online local government candidate training before nominating.

All candidates must complete the online training – even if they are currently or have been a councillor.

Information on the mandatory online local government candidate training is available from Local Government Victoria at <https://www.localgovernment.vic.gov.au/council-governance/candidate-training>

Further information is available on the VEC website at vec.vic.gov.au/candidates-and-parties/becoming-a-local-council-candidate/local-council-candidate-resources, where prospective candidates can download a copy of the Candidate Handbook to familiarise themselves with the key requirements and responsibilities of nominating.

Elected candidates will represent their community on the council until the next general election in 2028.

Ballot draw and candidate information

The final list of candidates in ballot paper order for all councils holding elections, except Melbourne City Council, will be available on the VEC website on the afternoon of Wednesday 18 September following the ballot draws.

Where lodged, candidates' personal statements, photographs and answers to the optional candidate questionnaire will be published on the VEC website from Wednesday 18 September (Tuesday 24 September for Melbourne City Council elections).

Your Great Ocean Road

OUR PEOPLE ARE YOUR PEOPLE



An open letter to the Great Ocean Road community,

As your neighbours and fellow community members, please help us create a safer and more respectful environment for our dedicated team at the Great Ocean Road Coast and Parks Authority.

From Point Impossible to Warrnambool, we serve the 21 unique communities along this iconic coastline. Our mission is to make informed and balanced decisions that benefit everyone, ensuring these benefits can be enjoyed now and for generations to come.

We understand that from time to time, some decisions may not align with everyone's views. However, there is absolutely no excuse for abuse of any kind.

This expectation of respect extends to our teams working on the ground across the region's beaches, parks, and playgrounds, as well as to team members attending in-person community events. In today's digital age, anonymity can embolden harmful behaviour, often without realising the profound impact it has on individuals.

No one should have to put up with this.

Our team members are part of the Great Ocean Road community too - they live here, their families are your neighbours, and they work tirelessly to protect our coast. They have a right to feel safe and deserve our respect.

We welcome diverse opinions, constructive feedback and open dialogue in all engagement forums - in fact we rely on it. However, we must draw a clear line against abuse. Respect and safety are non-negotiable.

Let us remember that we are all part of this community, united by our love for this beautiful region. Our people are your people.

Thank you for your understanding and support.

Sincerely,

Libby Mears
Board Chair

Sincerely,

Jodie Sizer
CEO



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FROM OUR COUNCILLOR

For the Lorne Ward - Cr. Gary Allen gallen@surfcoast.vic.gov.au 0438 637 274



Important Dates

Council Elections

Nominations open on September 9 for residents wishing to nominate for the Council. The nominations close on September 17 at noon.

Dust Suppression Unsealed Roads

Nominations for the Council's dust suppression program for unsealed roads are open until 13 September 2024.

Health Matters Road Show for Womens Health Week – 12 September. Register at communityreception@gorh.vic.gov.au

August Council Meeting

The contract for the construction of the Surf Coast Aquatic and Heath Centre was endorsed at the August meeting, detailing the funding options for the shortfall, arising from the tender price exceeding the available project budget.

The shortfall will be bridged by:

- Borrowings, to a maximum of \$6 million, approved with the passing of the Revised 2024/25 budget.
- Continued value management
- Seeking further external funding, and by
- Re-programming other project delivery.

I have long been an advocate for the Torquay and district community (the main beneficiary of the project) bearing some of the cost of providing the Centre. I have frequently referred to the contributions required by the Lorne community for the Stribling Reserve Pavilion redevelopment and the two-staged construction of the Lorne Historical Society Façade.

However, although not making a direct contribution to the project budget, the reallocation of funds from the Open Space Reserve to the Spring Creek Reserve and

by redirecting renewal funds to the pool, the Torquay community will be contributing to the pool by foregoing any future works within the township from this allocation.

There are further forgone opportunities in the short to medium term.

For example, the realignment of Wadawurrung Way and the deferral of our 25/26 contribution of 1.376 million dollars to the Torquay/Jan Juc DCP, will push-back projects over the next five years – this will inevitably be a complex mix and how the adjustments will be made is not fully known, but it will be at a cost, in the short to medium term, to the amenity of the Torquay and Jan Juc communities.

Referring back to the Stribling Reserve pavilion redevelopment in Lorne, the Council borrowed \$3.25 million dollars, without which the facility would not be the magnificent council asset that it is today.

Authorizing borrowing to a maximum of \$6 million for the Aquatic and Health Centre is, I believe, justified. Our level of debt will still be manageable and within the local government prudential guidelines.

The Centre is a significant facility that will meet the needs of the largest population density in the Shire, where future growth will provide both the rate base and the patronage. It was too difficult for the Council to turn down \$39 million dollars of Commonwealth and State funding.

The Doug and Mary Stirling Cup

I wish to congratulate Clive and Lesley Goldsworthy upon their selection, by the community, to be the 2024 recipients of this community service award. There are many residents who volunteer, but I believe that there are few whose combined contributions to our community are their equal.

The presentation will be made at the Committee for Lorne luncheon at the Stribling Reserve Pavilion on September 20, starting at noon. Please book for this significant community event through Everbrite.

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Commodore



CLUB NEWS

Everything is ticking along nicely at the club with winter coming to an end. Not that we actually had a winter this year. Our old clubhouse is hanging in there while we wait for GORCAPA to get the latest redevelopment plans sorted. It's been about 17 years now since the decision to redevelop Point Grey began.

We will be firing up our live music and many other events over the next few months so watch this space for the details.

Remember our facilities are available to any member for weddings, parties or anything.

UPCOMING EVENTS:

Winter Cup Fishing Competition Number Four
Sponsored By Surf Coast Gardening - Rob Dalziel

Sunday 8th September 2024, this is the last one for the year and the scores are close.

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 mixed grill 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.



Youth Fishing Day
In conjunction with the Surf Coast Shire we are running a Youth Fishing Day. We will be putting on a free sausage sizzle for all involved.

You can sign up by emailing youthdevelopment@surfcoast.vic.gov.au.

One of our Gun Junior Anglers Angus Hunter with an extremely rare Southern Rock Flathead. Plentiful elsewhere just rare here.



Free Live Music

Friday 11th October, student band Side Effects will be performing. They performed at the club last year and were so good, we've invited them back. Mark it in your calendars, more details to come.

AFL Grand Final Day

As usual we have a big day planned for this year's Granny with free hot dogs and other snacks. \$2 pots during the quarter and half-time breaks plus a free sausage sizzle. We will have 3 big TVs, and everyone will be able to hear it all with our new sound system. Come along and join in the fun.

Lazarus Lounge Re-Opening

We weren't allowed to use the Lazarus over the last few months but it's all go again later this month. This will make things much more comfortable for our upcoming functions.

RECENT EVENTS:

Winter Cup Fishing Comp Number Three
Sponsored By Hillec - Steve Hill Electrician Camperdown
It was sunny but cold with a 15-knot northerly. We had a good number of Anglers considering the conditions with some nice fish caught. A big thanks to Ray Sutton who ran the comp with the utmost efficiency and David and Ann McCormack who cooked the mixed grill without killing anyone.



The Senior results were:
 First - Rishi Williams with a Flathead, 2562 points
 Second - Mal Hunter with a Garfish, 2515 points
 Third - Ciara Ennis with a Mullet, 2404 points

Sorry no photos available for the seniors. In the Juniors the Dawson Family cleaned up the lot with first, second and third. A sensational effort. Junior Winner Dusty Dawson with a Flathead 2550 points

Fishing Report

Boat

Not a great deal to report. The weather in July and early August was magnificent so there were a few boats getting out amongst it. Snapper are scarce but if you can find a school they are hungry and biting well. Plenty of big Flathead about, King George Whiting are scarce, a few Gummy Sharks and School Sharks being landed. Lots of Salmon in close.

Pier

The Pier is still fishing well with decent catches of: Salmon, Trevally, Snapper, Calamari, King George Whiting and Grass Whiting.

ANGAIR WILDFLOWER & ARTS WEEKEND



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Barwon Water Community Update

Barwon Water is Victoria's largest regional urban water corporation.

We have a proud history of contributing to regional prosperity by providing water and sewerage services that support community health, sport and recreation, gardens and agriculture, the economy, cultural values and the environment.

Learn, share, and get involved! We're working together with the community to enhance our region.

Learn more and have your say on our projects and activities. Scan the QR code to find out more.



Lorne: Water, Your Say

Get involved and learn how you can contribute to a sustainable, resilient water future for Lorne.



We're here to help

If you're concerned about your water bill, we offer support to suit your situation. Get in touch to find out how we can help.



Be waterwise every day

Learn more about how you can be more waterwise in your home or business. Plumbing programs, grants, advice and resources are available to support you.



MUSIC AND FLOWERS By Doug Williams

“The Song of Songs” or “Song of Solomon” is an ancient Hebrew poem dealing with love and desire between a woman and her lover.

‘I am a rose of Sharon, a lily of the valleys. Like a lily among thorns is my darling among the maidens. Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste’, she says to him. Raunchy stuff. She invites him to come to her ‘like a gazelle or a young stag upon the mountain of spices.’ (This might be the ever so fragrant lily of the valley which can be successfully and quite easily be grown here in Lorne.)

Not unsurprisingly, most songs are and have always been – you know it, about roses. Songs about lost love, unrequited love, never ending love and fleeting love, forgotten, remembered, eternal and enduring love there is a rose variety for all of these.

Flowers in music generally represent romance, regardless of whether that romance is blossoming or wilting.. (There are even a few songs about dead flowers.) Music and flowers have been intertwined since the beginning of song so that there is a rose called Melody Parfume and a dahlia known as Melody Dora. (Have you pruned your roses and prepared your dahlia beds for spring planting by the way?



These tasks should have been completed by now although there’s still time.) The viola is named after the musical instrument of the same name and the clerodendron is shaped like a musical note – but you really have to view one from a favourable angle to recognise this. An orchestra can be described as a bouquet –yet another musical/floral association.

‘For most plants playing classical or jazz music caused growth to increase, while harsher metal music induced stress. Sound waves stimulate the plant's cells.

When the cells are stimulated by the sound, nutrients are encouraged to move throughout the plant body, promoting new growth and strengthening their immune systems.’ (PISTILS NURSERY US CHAIN, Brittany Oxford). They grow more quickly and are healthier. A great deal of research has been undertaken on this subject as written about in earlier columns.

When I hear Eastern Spine bills or a new Holland honeyeater, I know that native plants are in flower. Their visit in the season is in response to the flowering period and this is why they move from one location to the next at different times of the year following the progression of flowering zones.

When you plant grevilleas and banksias in your garden these visits will begin in mid winter and continue until the supply of nectar dries up.

The other day there was a wattle bird on a newly planted banksia in my garden which had produced its very first flower spike. There is not a song I like particularly but then not all music is to everyone’s taste any more than every flower is enjoyed by every one of us. Like some feathered romance the most telling connection between flowers and music is birdsong.

Hamstra Bathroom Renovations

Apollo Bay

Bert Hamstra | phone 0418 840 699
email albertphamstra@gmail.com

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member to sign up

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LETTERS TO THE EDITOR

Good afternoon, Janet

Some feedback from Lillian's "The Louttit Loop" article about the 'slow driver's' 'turnouts'. This is a common courtesy practice throughout South Africa. I have likewise been utilising my emergency flashing lights since my 2008 relocation to Lorne. It's a nice way to acknowledge and thank the slower driver. Another thing Janet. In South Africa, once the slower car has been passed, they flash their headlights in acknowledgement and appreciation of the 'emergency flashing lights.' Basically, talking to each other as they pass.

Best regards, Perry Childs

Hi

Just wanted to say how much I loved Doug Stirling's article in Lorne Independent.

It was a wonderful walk back in time and I could picture the walk with him as a young boy. He explained everything so well. He is amazing. Can't believe he's 102 years old !! Guess growing up in beautiful Lorne has helped him reach that milestone. Well Done Doug

Regards Roz Ireland

BOOK WEEK



A huge thank you to our wonderful Lorne community for making Book Week so special!

Your support during the parade—whether you were cheering from the sidelines, tooting your horns as you drove by, or simply offering a smile—meant the world to our students. A special shoutout to the families, shopkeepers, and workers who joined in the fun.

We're also incredibly grateful to the op shop for the generous book donations that stocked our Book Swap Shop and to the Lorne Book Shop for offering book discounts to our students. Your kindness and generosity have truly made this Book Week unforgettable!

Jungle Body Dance Class

THE JUNGLE BODY
With Kara

For Women's Health Week

DATE: WEDNESDAY 4TH SEPT
TIME: 10:00 A.M.
WHERE: UNITING CHURCH HALL, LORNE
BRING: COMFORTABLE SHOES & WATER

Jungle Body GET LOW® is a LOW intensity exercise dance class, uniquely designed for those who prefer gentle exercise. This is a 45 minute full body gentle workout where you can expect to do a mixture of dancing, boxing, aerobic movement, meditation, bodyweight exercises and strength training with dumbbells.

No experience necessary.
All ages and all abilities welcome.

25 Entry

WOMEN'S HEALTH WEEK
2-6 September 2024

For more information
communityreception@gorh.vic.gov.au
(03) 5289 4360

GREAT OCEAN ROAD HEALTH

Stay Well - Feel Well - Age Well

Health Matters Road Show

Womens Health Week

Your Health Matters! GORH are here to help you improve and maintain a healthy lifestyle.

GORH Allied Health Team will be presenting:

- Nutrition guidance for staying well and feeling well
- Exercise tips to keep you moving better, for longer
- Guidance on sleeping soundly and stressing less

Cost: \$5
10am - 12noon
Morning tea provided

Dates and Towns

2nd September: Wye River CFA Station
3rd September: Forrest Community Hall
4th September: Beech Forrest Community Hall
5th September: Airey's Inlet Community Hall
9th September: Deans Marsh Community Hall
11th September: Apollo Bay Gym Shed
12th September: Lorne Community Connect

REGISTER OR EXPRESS INTEREST

communityreception@gorh.vic.gov.au
(03) 5289 4360

GREAT OCEAN ROAD HEALTH

The Cultivation of connection

By Mae Harper

Lorne P-12 College

I stare into the mirror, peering on teary eyes

I squeeze your hand, love may grow or die

Whether our relationship will end, or be eternal seems a
mystery to me

So, I look to the future of our world, aiming to settle the
discrepancy.

Catastrophic biodegradation, forests burned at the stake

Women beaten and murdered, children lie crying and
afraid

Birds fly towards freedom, to be shot by our guns

The Madonna abused, the bleeding of our nuns.

Babies born to a world of bombs, sweet surrender my
innocent soul

People left broken, money, whole

Indigenous existence, destroyed to be displayed

The masses left starving, mistreated and betrayed.

Violence runs rampant

Portrayal and reality, left deeply discrepant

The rape of the land, the rape of the people

Brutality takes shelter within the steeple.

As I stare into your eyes, I drop your hand

A tear runs down my cheek, my palms like arid sand

I look to the world, in all of its despair and decay

Then you smile at me and say love can exist anyway.

Vast ocean floors, mirror forest canopy

A whole new world, possible in fantasy

Bodies full of millions of cells, all humming in unison

Gentle prayers uttered, as tears run.

River rapids rushing, as the water dances with sun beams

Connection with the past, the lucidity of dreams

Dandelions sprouting through concrete stare back at me

The connection of us all branching out like tendrils on a
tree.

Babbling brooks, like a baby laughing

Grasses, reads, and pastures in the wind dancing

Our land is walked by people of many cultures

Religion as an example of connection through structure.

I raise my hand to your cheek and wipe away your tear

How can we look to the future, surrounded by joy, but
also fear

You put your hand on my chest, and you speak from the
heart

By cultivating our connection, rather than tearing what
surrounds us apart.



Image by Marcos Chin

OCEAN MIND NEEDS YOUR HELP

Ocean Mind is a charity delivering therapeutic surfing programs for young people aged 8-18 who may be experiencing mental health challenges, social isolation, and/or disabilities.

Using a unique mix of 1-1 mentoring, fun, and surfing, Ocean Mind strives to support young people to develop new skills, build confidence, self-efficiency, and resilience, and foster a sense of purpose and belonging. With the 2024/25 season due to begin in September, we are looking to recruit more incredible Mentors to join the crew! As a Mentor at Ocean Mind, you will support young people throughout their journey as they learn to surf, in a fun and supportive environment, alongside our team of skilled surf coaches.

We are seeking volunteers to support our programs in Anglesea for a 6 week commitment on a Sunday morning and ad hoc on a weekly basis on a Saturday morning, both 9:30am - 12:30pm. By giving some of your time you will contribute to improving a young person's confidence, social skills and overall, well being so they can live their best lives, while improving your own wellbeing in the ocean with fellow staff and Mentors. You do not need to be a surfer; however, it is beneficial to be comfortable in the surf and be a confident swimmer. Volunteers also need to be 16years and older, attend a training session with us and be able to obtain a Working with Children and Police Check (free of charge through Ocean Mind).

Upcoming Mentor training sessions:

Our next training session is on October 5th in Anglesea and is where you will learn all there is to know to support a young person in and out of the water. It really is just an all-round fun day! If you hold a strong connection with the ocean and are available for a few hours on a Saturday or Sunday morning, we would love to hear from you!

Stay fit and healthy, meet new people, give back to your local community and join Ocean Mind's mission to make a positive impact on young people's lives.

Register through our website here www.oceanmind.org.au/ volunteer, email volunteer@oceanmind.org.au or call Hannah Oosttryck (Volunteer Coordinator) on 0458469811 for further information.

Volunteers really are at the forefront of what we do, and without them out in the water (and on the beach) supporting our participants, we would not be able to deliver the programs that we successfully run throughout the year. Ocean Mind welcomes individuals of all ages, gender, and cultures to apply and look forward to welcoming new members to the team!

Hannah Oosttryck - Volunteer Coordinator

Ocean Mind
03 4210 0408
volunteer@oceanmind.org.au
www.oceanmind.org.au

OP SHOP BUZZ – BEHIND THE WALL

By John Ford

The building renovations are progressing very well at the Op Shop. A variety of specialized trades are happening behind the mural wall, so that for the casual passer-by it might seem as though the project has stalled – but far from it!

Piping, concreting, and electrical installations are among the tasks being undertaken at present, as well as works at the rear of the shop. So do not be deceived by the wall.

The mural has depictions of many aspects of life by the seaside, and includes a small area set aside as a community noticeboard.

When I went past recently there was a “Go Dolphins!” notice that had been written wishing the football and netball teams luck as they head towards finals.

Meanwhile the Op Shop is still trading very well at its temporary location at 6 Mountjoy Parade. At present there is a broad range of winter clothes including coats, woollies, and boots. In fact, last week a pair of ski boots was donated – which were sold within 24 hours!

No wonder some locals pass by the shop daily to peruse the ‘new’ stock being displayed.

Staffing the shop can be a little bit difficult during the colder months with the usual bouts of colds, and worse, doing the rounds.

In addition many of our volunteers take the opportunity to escape Victoria's winter and head to warmer climates – often Queensland, Western Australia and sometimes even Europe. Upon their return almost all remark that Lorne's beach is the best – if only the water could be warmer!

A great credit to the volunteers is the willingness to cover shifts, often by doing additional hours or by working with those on the emergency list.

The Op Shop is remarkable in the way the volunteers team together so well, but credit also to the public who donate such a variety of good, clean saleable items. Well done to all.



GREAT OCEAN ROAD HEALTH NEWS

LORNE
medical centre

What's On At GORH

2-6th Sep: Women's Health Week
12th Sep: R U OK? Day
12th Sep: Health Matters Roadshow
10am-12pm @ Lorne Community Connect
19th Sep: Skin Care Clinic at Lorne Medical Centre

A Message From Our CEO

Thanks once again for your wonderful support of Great Ocean Road Health.

You may have seen in the media the announcement of further funds in State Government budget for health. We are awaiting advice on how that will impact our budget, and will be delighted with any increased funding. The long awaited Health Services Plan has been delivered which outlines changes to the way individual health services will operate as Local Health Services Networks are created. The Department of Health have created a new department, Hospital Victoria, with a new CEO, who will oversee the changes and lead financial improvement planning. This model is a partnership model and although amalgamations are encouraged where they make sense, they are not mandated.

Great Ocean Road Health Board and leadership team are committed to providing services to our communities they need and maintaining our well needed existing services.

We were delighted to pass National Standards accreditations recently with flying colours, with no standards not met and no recommendations. This accreditation covers acute care at Lorne and acute and aged care at Apollo Bay, our Multi Purpose campus. We were delighted with the result which reflects our dedication to quality improvement and safe care.

I am on leave for the next four weeks, Andrea Russell, Director of Clinical Services will be acting CEO whilst I am away. Andrea has been working at GORH/Lorne Community Hospital for 10 years and works across both our sites.

Sandy

Masks Are Now Optional At Great Ocean Road Health

Masks are now optional for our patients, visitors and consumers. You are no longer required to wear a mask at our facilities. This includes aged care where you will be checked for cold, flu or COVID symptoms upon arrival.

Lorne

Albert Street, Lorne VIC 3232

Phone: (03) 5289 4300

Email: enquiries@gorh.vic.gov.au

www.greatoceanroadhealth.com.au

Skin Care Clinic—September 19th

Spring is here, beautiful sunny days are on the rise, the warmth of the sun is getting stronger, makes your realise summer is just around the corner. Have a skin check before summer. For peace of mind book into our Skin Care Clinic with Dr Dave at Lorne Medical Centre in the afternoon on September 19. Please book your appointment with the Lorne Medical Centre, by phoning our great team on 03 5289 4333.

Health Matters Roadshow

Stay Well — Feel Well — Age Well

This Women's Health Week our great Allied Health Team are on the road to engage with you about nutrition, exercise, sleeping soundly, stressing less and feeling well. Join us for morning tea and stay for a chat with our Dietitian, Exercise Physiologist, Social Worker and more.

Lorne Community Connect
12th September 2024
10am—12pm

To learn more, express your interest or to register please contact communityreception@gorh.vic.gov.au or phone (03) 5289 4360

In the event of an emergency please call 000
24/7 On-call After Hours Service
Urgent Care Phone: (03) 5289 4300
Lorne Medical Centre Phone: (03) 5289 4300

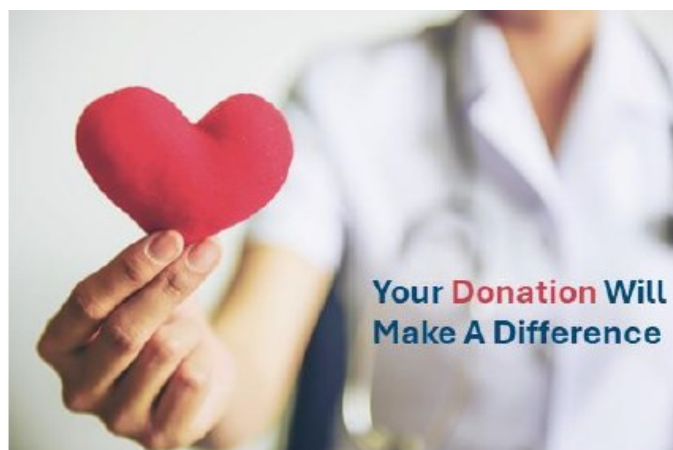
Stay Up To Date

Check our Website and Follow Us On Social Media

www.greatoceanroadhealth.vic.gov.au

Facebook: www.facebook.com.au/greatoceanroadhealth

Instagram: www.instagram.com.au/greatoceanroadhealth



**Your Donation Will
Make A Difference**

VICSES LORNE UNIT

By Chris Jones

VICSES Lorne Unit Members Receive Long Service Awards

On the 31st of July in the Lorne Hotel Club Room, it was with great pleasure that we could present long service awards to current and past members by Nicholas Cowham ACO VICSES Western Region. Recipients on the night included:

Adrian Sleep.	20 Years
David McKenzie	20 Years (unable to attend, presented at Lorne Unit)
Pakitu Henry	10 Years
Phil Walsh	10 Years
Paul Bloink.	5 Years
Kevin Diviny	5 Years
Diane Solomon	5 Years
James Staley	5 Years
Paul Staley	5 Years
Wyne Bryant	5 Years (past member award received by Carolin)

Congratulations on your commitment and for making a real difference to the Lorne Community, VICSES, and our Unit.

THE Plight of VICSES Funding is Independently Recognised

The recent nine-month Victorian Parliamentary Inquiry into the 2022 Flood event made several recommendations. Key amongst them was the need for VICSES to be better funded to meet its statutory obligations as the Control Agency for Flooding.

The final report recognised the plight of VICSES funding when it stated, 'Despite the invaluable contributions of volunteers, VICSES faces significant funding shortfalls. The reliance on volunteer-led fundraising to maintain equipment, facilities and replace ageing vehicles is unsustainable'.

At the 2024 VICSES State Controller Conference, we learnt that:

The frequency and intensity of extreme weather events have increased over recent years. This will continue exacerbating pressure on VICSES financial, volunteer and staff resources.

VICSES faces rapidly escalating service demands and growth with decreasing revenue and reserves base.

VICSES covers 227,600 square kilometres, servicing 6.92 million people in the State of Victoria. In comparison, CFA covers 150,000 square kilometres and services four million people with other fire agencies (FRV, FFMVic) across the remainder of the State.

2.7b cost of emergencies to Victoria – VICSES responsible for 74% as Class 1 control agency or \$1.998b – VICSES net general appropriation \$55.469m or 2% of overall State cost

of emergencies.

4,869 volunteers (2,101 new Expressions of Interest (EOIs), of which 32% were onboarded) supported by 222 staff. 222 employees undertake multiple roles in core and emergency management. Training demand exceeds supply – delivered \$5.4m training outcomes against \$9.0m minimum demand.

Largest provider of Road Crash Rescue (RCR) – 104 of 134 primary sites – 73% of service

33,000 requests for assistance each year.

287,000 volunteer hours provided for response (equivalent to \$504m p.a. median VPS wage)

o 130% increase in flood incidents in 2022-23

o 77% increase in support to Police over 10 years

o 300% increase in support to Ambulance Victoria over the past 10 years.

VICSES rely on volunteer units to fundraise 63% of the fleet

The State funds only one (1) red-plated vehicle per unit.

51% of the fleet will reach the end of life by 2028 and 88% by 2036 increasing out-of-service/off-road.

The state needs to consider an alternative savings allocation urgently. We are the only state with a fire services levy. Other states add an SES component to the Fire Services levy to create the Emergency Services Levy. This levy has a potential revenue source to top up VICSES \$33.3m.

How can you Assist?

Write to your local member of parliament. You can easily do this by accessing the Fund VICSES website at <https://fundvicses.org/>. Please talk about the situation to raise awareness in our community.

Thank you to our various community groups that raise essential funds and support your local Lorne Unit. We need your support more than ever.

Lorne Unit to welcome replacement Support Vehicle.

Our unit is replacing our aging and out-of-mandated VICSES service life Mazda BT50 Support vehicle with a Toyota Hilux Crew Cab. This is not a new vehicle, as these cost around \$150,000 to purchase and fit out. We have arranged with VICSES Fleet Management to swap for a vehicle with a longer remaining service life. This will allow us to continue servicing our community and acquire a new vehicle with the assistance of co-funding with the Victorian Emergency Services Equipment Program (VESEP) in about three years.

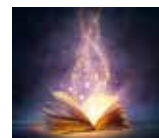
Continued page 33



LORNE P-12 COLLEGE

*Inspiring Excellence
by the Sea!*

BOOK WEEK!



This year's Book Week at Lorne P-12 College was nothing short of magical, as students, staff, and the wider community embraced the theme "Reading is Magic" with enthusiasm and creativity. The week was packed with fun activities that highlighted the wonder of reading and brought the school together in celebration.

Mountjoy Parade burst with colour and creativity as Lorne P-12 College primary students took to the streets in a lively celebration of their love for books. The annual parade featured an impressive array of literary characters, with students dressing up as everything from "Where's Wally" and Minions to Darth Vader and Bananas in Pyjamas. In a whimsical touch, even the school's Principal joined the fun, appearing as a magical unicorn.

In a special inclusion, our youngest learners from the kindergarten joined in the festivities, adding their own touch of magic to the week. Their excitement was contagious as they participated in the vibrant parade down Mountjoy Parade. The parade was a joyful celebration of creativity and imagination, drawing smiles from everyone who lined the streets to watch.

Poetry Competition

Our school is excited to announce a poetry competition open to **students, staff, parents, and the entire community!** This inclusive event invites everyone to showcase their creativity and love for words. Whether you're an experienced poet or just beginning to explore the art of poetry, this competition is a fantastic opportunity to express yourself and share your work with others. We encourage everyone to participate, celebrate the beauty of language, and contribute to a vibrant literary culture within our school community.

Please send your entries to

lorne.p12.co@education.vic.gov.au.

Be sure to write your name and which of the categories highlighted above you are entering!

Student Poem

It's always a pleasure to share the incredible talents and high-quality work our students produce here at Lorne P-12 College. One of our exceptionally gifted Year 11 students has graciously agreed to share a poem she wrote, which she recently submitted as part of her Year 11 English assessment.

The poem, titled "Cultivation of Connection," is featured in this month's edition of the Lorne Independent. Written by Mae Harper, a passionate and enthusiastic author, the piece focuses on the significance of human connection and our relationship with nature.

You can scan this QR code for the authors reflection of this piece.



Read Student's reflection!



This much-anticipated event, a highlight of the school year, gave students the opportunity to proudly showcase their costumes while participating in a day of cross-age activities that spanned multiple disciplines. It was a joyful and educational experience that united the school community.

The Lorne Book Shop supported the event during book week, and the school extends its heartfelt thanks for their contribution.

From page 31

The timing is not guaranteed as the VSEP process is competitive and prioritised across emergency services.

The vehicle has the enhanced safety features of a newer vehicle. It has given us (thank you for donations from the community) the opportunity to fit out the rear cabin area with fit-for-purpose storage shelving and more equipment and focus on modular event-driven equipment loading.



At the same time, we are implementing additional shelving in the Vehicle Bay at the Local Headquarters (LHQ) to facilitate greater storage by event type and quicker access to equipment.

Donating to SES and helping the environment

CDS Vic is part of the Victorian Government's \$515 million investment to transform the state's waste and recycling sector. Funded by contributions from the beverage industry, the scheme will contribute to Victoria's target of diverting 80% of all material away from landfill by 2030 and represents a significant milestone in our journey towards a circular economy. Find out more about the scheme at <https://cdsvic.org.au/>

You may have noticed the Victorian Container Deposit Scheme (CDS Vic) refund station at the Lorne Foodworks. CDS Vic provides a 10-cent refund for every eligible drink container returned at refund points. When you register with the scheme, you can direct your refund to a registered charity.

Our unit has been registered, and you can donate your refund to us through the VICSES LORNE UNIT 2024 Fundraising Campaign.

Every little bit helps.

Chris Jones SES Lorne Unit Controller

E: Christopher.jones@members.ses.vic.gov.au

M: 0425753402

Stay safe from the SES Lorne Unit.

For VICSES emergency response, call 132500

If your situation is life-threatening, call 000

Follow us on our Facebook page - SES Lorne Unit.

WE ARE WHAT WE EAT

By Vet Liz Brown

We all know we are what we eat, and we have all heard that we treat our pets like family and feed them like stock, so how can we approach this issue?

The multi million-dollar pet food industry began as a great way to dispose of our processed human food chain waste and has now gathered its own momentum. Veterinary schools were brought on board to validate the products and our pets certainly seem to be living much longer but there may be a cost.

Most of our pets are carnivores so although they can survive on vegetable diets they don't tend to thrive on them. There's a push for them to be fed a palio diet of at least 70% protein based on what their wild wolf ancestors eat. Research of the wolf microbiota as compared to the domestic dog microbiota has shown that they have completely different gastrointestinal biomes so we don't need to treat our domesticated dogs as tame wolves. Cats, on the other hand, are obligate carnivores and there are some proteins that they can't create in their guts so they must be given them in their diet. There's one amino acid that dogs must get out of their diet and there are a number of fatty acids, vitamins and minerals that both cats and dogs must eat to function normally.

These are the nutrients we know about. The science of nutrition is still in its infancy so there are many essential vitamins and minerals still to be discovered and we are not sure how different foods interact with each other and each individual pet's requirements.

What a mine field! To make matters worse we then look at the processing of these pet foods. It is horrifying to think of the amount of heat and pressure used to produce the convenient kibble or tins that we now call pet food. The dry kibble mixture needs to be mixed, cooked, extruded, dried, cooked, expanded, coated and vacuum packed. The mixture for the tins gets mixed, baked in flat trays, cubed, gravy added, poured in to tins and ultra heated under pressure. I wonder what happens to the nutritional value during those processes. We are just becoming aware of adverse chemical reactions that occur during processing and the unnatural products that are stored in our bodies after eating processed food. Why subject our pets to the same ordeal?

Agreed the larger pet food companies do run control tests to ensure their foods are nutritious but even these tests are flawed. There only need to be 6 animals in a trial which only needs to run for up to 12 weeks and they only test about 6 parameters. If the animal puts weight on during the trial this is of no interest to the company. Obesity is one of the gravest problems affecting our modern day pets and has been linked to many cancers.

It looks like fresh is best but that has its own problems. More than half the chicken on the shelves of Tesco supermarkets, tested a number of years back, were found to be contaminated with salmonella which causes nasty gastroenteritis to man and beast so hygienic food preparation is important. The biggest problem with creating our own meals for mutts, though, is that getting the balance right needs a thorough knowledge of their nutritional requirements. Maybe variety is the answer; fresh, dry, warm and all parts of the carcass with a wide variety of fresh vegetables and fruit. A reputable multi vitamin supplement may help balance the nutrients but nothing will replace the convenience of dry kibble.

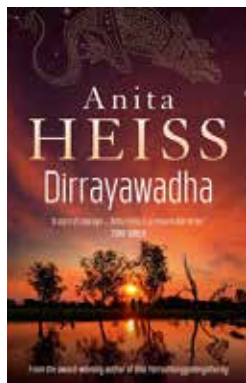


lorne books

Picks of the Month



FICTION: Dirrayawadha (Rise Up) by Anita Heiss



From the bestselling author of Bila Yarrudhanggalangdhuray (River of Dreams) comes another groundbreaking historical novel about resistance, resilience and love during the frontier wars.

Anita Heiss is breathing new life into the Australian historical epic. Dirrayawadha (Rise Up) shows the resistance leader Windradyne as the remarkable figure he was and surrounds him with fascinating figures otherwise lost to history. With irresistible imagination and verve, as well as a deep desire for truth telling, Anita Heiss's novels are re-peopleing our past.

CHILDREN'S NON-FICTION: Play the Game: Aussie Rules by Bernie Blackall

Play The Game: Aussie Rules is the perfect primer for young AFL fans. The book features profiles of star Aussie Rules players, and an overview of the sport's history, rules, equipment. There are even key skills and warm-ups to learn and practice. It is ideal for young players who are being introduced to the sport for the first time, as well as enthusiasts who want to hone their skills. Readers will bring to the field a grasp of the basic principles and the confidence to participate.



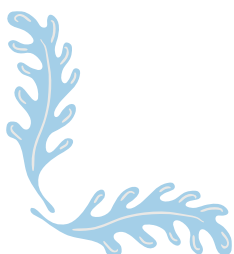
CHILDREN'S FICTION: The Land of Lost Things by Andy Griffiths and Bill Hope



Buckle up for an adventure full of thrills and spills with Andy Griffiths's newest series, Adventures Unlimited: The Land of Lost Things!

"Remember when we went looking for my lost lucky rabbit's foot and we ended up getting lost ourselves in the Land of Lost Things? What? You don't remember? But that was one of our most exciting-and confusing-adventures ever! Let me remind you how it all happened . . ."

Part chapter book, part graphic novel, all humour and playfulness, the Adventures Unlimited series will delight existing Griffiths devotees, and win new ones.



www.lornebooks.com
108a Mountjoy Parade, Lorne
 Free local delivery
 Ph: 5289 2489



HUNDREDS TAKE PART IN SOFT PLASTICS RECYCLING TRIAL

Surf Coast Shire

Surf Coast Shire Council ran a soft plastics collection trial over the past month to reduce waste to landfill and maximise resource recovery, resulting in a positive circular economy outcome for our community.

Soft plastics are 'flexible' plastic packaging that can be easily scrunched in your hand, like bread bags, chip packets, bubble wrap, zip lock bags, which are not accepted in kerbside yellow-lid recycling bins.

Community members were encouraged to collect their clean and dry soft plastics during July and drop off them off for free at drop off sites located in Anglesea, Lorne, Torquay and Winchelsea over the first weekend in August.

"Soft plastics are one of the hardest types of waste for householders to deal with, so we decided to trial a once-off drop-off collection to help residents recycle them and to collect data to inform possible future programs", Mayor Cr Liz Pattison said.

"We had a great response with hundreds of residents taking up the opportunity to recycle the soft plastics they'd been collecting. The total customers through the drop off sites for the trial period was 487, with 339 of them visiting the Torquay drop off site," she said.

"A total of 1,328 bags full of soft plastic were deposited with bag sizes could varying from a bread bag up to a 25kg dog food bag."

"The plastics will be baled and sent for processing in Melbourne to be converted into new soft plastics packaging and recycled road products."

"We would be very keen to hear from the community about their experiences with this trial, and encourage people to complete our soft plastics collection trial survey to help with our evaluation."

"We're lucky to have an environmentally conscience community and it was great to see so many people getting involved in this circular economy initiative. We will continue to work closely with our community through implementing actions from our recently adopted Circular Economy Action Plan 2024-2027 to reduce waste going into landfill and increase resource recovery," she said.

The soft plastics trial is now complete, and Council are evaluating the results. If you still have soft plastics and need to dispose of them, please put them in your red lid landfill bin, not in your yellow lid recycling bin.

Avoiding waste in the first place is always a better action than recycling waste, so residents are encouraged where possible to try to avoid soft plastics, for example, bring your own bags and containers to stores, avoid single-use plastic films, buy loose produce, and choose items with zero or minimal packaging.

To provide community feedback on the soft plastics collection trial please complete the survey at surfcoast.vic.gov.au/softplasticsurve

CALLING ALL ARTISTS:

Surf Coast Community Arts Calendar competition opens *Surf Coast Shire*

Entries are opening for the Surf Coast Shire Community Arts Calendar competition, offering local artists chances to shine.

Works from artists of all ages will be in the running to be among the 13 chosen to feature in the 2025 calendar, and all eligible entries will be included in a special exhibition at the Anglesea Art Space during October.

Entries open on Friday 23 August and close on Sunday 15 September. The competition will again feature the categories of open 2D, open 3D, youth and child.

"We encourage eligible aspiring and established artists from across the shire to enter their works," Cr Gary Allen said.

"Even if they are not among the 13 chosen for the calendar, being featured as part of the exhibition can provide a substantial thrill and valuable exposure.

"One of the best things about this competition is that it offers accessibility to artists of all ages and across diverse mediums. We love seeing the variety in works submitted, and getting a feeling for the inspirations behind them.

"We are particularly hoping to see more entries in the 3D category this year, which includes sculptures, ceramics and textiles. Works already installed in private or public spaces can be submitted via photograph."

A panel of judges will select the 12 works which will accompany each calendar month. Winners will be announced at a community event to launch the exhibition at 6pm on 11 October.

The exhibition will run until 26 October and visitors will be able to cast votes in a People's Choice Award which will determine the work to grace the calendar cover.

Each of the 13 artists to be featured will receive a \$300 cash prize, and acknowledgement in the calendar.

Artists must be Surf Coast Shire residents or ratepayers to be eligible for judging and inclusion in the exhibition, and must not have featured in the past two calendars.

Artworks must be no larger than 100cm x 100cm and must be ready to hang. Entries are restricted to one per person.

People can find full entry details via surfcoast.vic.gov.au/calendarcomp

