

Surf Coast Times



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New
Edition
Inside!



ROOS BOUND HOME

After two cancelled seasons, Anglesea Football Club's senior female side are premiers of AFL Barwon's third division, after defeating South Barwon at Herne Hill Reserve on Sunday.

For more, see Sport.

Photo: VINNIE VAN OORSCHOT



ENVIRONMENTAL FOCUS

Council updates advocacy priorities

BY JAMES TAYLOR

THE Surf Coast Shire's latest version of its advocacy priorities focusses on environmental leadership, and local initiatives from the community that enhance township character.

Adopted by the council last month, the priorities are categorised across three tiers – Strategic, Major and Standard (from highest to lowest) – and are also linked to one of the seven themes in the Council Plan, which is intended to align them with

community goals.

They now include investigating the health of the Anglesea River, Karaaf Wetlands rehabilitation, strengthening planning controls to address climate change, and partnering with the community for major local projects including the Winchelsea Arboretum Trail project.

A new addition to the Strategic tier is support for partners looking to deliver a business case about recycled water use in the Thompson Valley.

The council is also calling for reforms

to address the national housing crisis, including provision of more social and affordable housing and seasonal worker accommodation.

The advocacy priorities are clear signposts for what the Surf Coast Shire will be pushing state candidates from all parties to support in the lead-up to the November 26 poll.

"The council is constantly seeking to advocate with other levels of government in areas including project funding, policy change or partnerships," shire mayor Libby Stapleton said.

"This latest refresh of our priorities brings in some really critical objectives such as actions around climate change and seeking funding for key local projects.

"We know from the responses which shaped our Council Plan that taking action in these areas is of major importance to our community.

"Improving the health of Torquay's Karaaf Wetlands is also a high priority with strong community interest.

"Our advocacy priorities cover many important topics and the coming months

will be critically important for us as we speak to members of parliament and candidates leading into the November state election."

The council says it will continue to deliver actions to attract funding and achieve policy shifts to help realise adopted priorities, and it will engage with parliamentarians and candidates, pursue grant opportunities and campaign throughout the year to help achieve the council's goals.

To read the full list, head to surfcoast.vic.gov.au.



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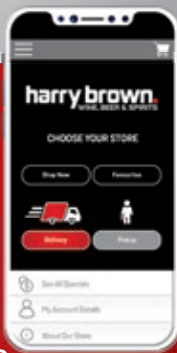


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MP calls for pipeline to fill mine

BY TIM LAMACRAFT

POLWARTH MP Richard Riordan has sided with concerns about Alcoa's use of groundwater to fill its former Anglesea coal mine, saying a pipeline from the Black Rock Water Reclamation plant to Colac was a better alternative.

Alcoa has pumped water from an aquifer to its former Anglesea mine and power station for about 50 years, and has applied for a water licence extension to continue filling the coal pit as part of its site remediation plans.

After half a decade of extracting water from what's known as the Upper Eastern View Formation, Mr Riordan said "there can be no doubt that if you're pumping out of an aquifer for 50 years it will have done some damage".

Mr Riordan is calling for infrastructure to pipe reclaimed water from Barwon Water's Breamlea treatment plant, through to Colac, servicing towns including Moriac, Modewarre and Anglesea along the way.

As well as providing water for industries like aquaculture and high value horticulture such as avocados, Mr Riordan said Alcoa could also use the pipeline to fill its coal mine.

"If we can get a new and separate water source that's the best outcome in the short to medium term," he said.

Alcoa's licence application to regulator Southern Rural Water (SRW) has been formally opposed by the Surf Coast Shire Council, which in its submission said it was "plausible" that decades of groundwater extraction was linked to the poor health of the Anglesea river.

Council was citing a discussion paper from University of Melbourne Environmental Geochemist Professor Ralf Haese that argued "groundwater extraction as part of the mining and power plant operation has lowered the groundwater level far beyond the mine... and has negatively impacted the water quality in the Anglesea River and its estuary."

Prof Haese believes the drawdown of the water table has dried out naturally acidic soils that now flush into the river when it rains.

"The river is now constantly acidic (pH level around 4) and devoid of fish," council's general manager of environment and sustainability Chris Pike said.

"There has been a dramatic increase in mosquito larvae in the river, posing significant local health risks."

Council has called for an urgent investigation into the issue.

Alcoa disputes the link, as do most of the state's planning and water authorities.

SRW, the Department of Environment, Land, Water and Planning (DELWP) and former Minister for Water Lisa Neville are all on the record saying there's "no evidence" that Alcoa's historic groundwater extraction has caused adverse environmental impacts in the Anglesea River and estuary.

While promising to "consider" Prof Haese's paper, authorities such as



DELWP are yet to formally respond to it.

"They haven't once written to us and said you're wrong, what they have said is we're not going to look at it," Dick O'Hanlon said, a member of the Friends of Anglesea River (FOAR) group who commissioned the paper.

"If you leave it to these guys, it's definitely not going to be looked at, it has to be a political response now."

FOAR group members were granted a hearing with Richard Riordan last week, who after the meeting said "the friends have raised genuine concerns".

Polwarth MP Richard Riordan wants a pipeline from Barwon Water's Black Rock treatment plant that would carry reclaimed water through to Colac, servicing areas such as Modewarre and Anglesea along the way.

"I've been banging on about the pipeline for 6 years...it's not a big infrastructure ask, the cost of one level crossing removal in Melbourne," he said.

"Give the aquifer time to heal and recover."



Local coastal destinations including Lorne, pictured, have been shortlisted as some of Australia's top places to visit.

Coasts top travel list

THE Bellarine and Surf Coast continue to top the list of the state's destination drawcards.

Five of the 10 Victorian travel recommendations from website theurbanlist.com list coastal locations in the region.

The popular travel and lifestyle site has shortlisted 61 of the best places around Australia to visit in 2022, and for Victoria that includes Lorne, Queenscliff, Apollo Bay, Johanna, Wye River, as well as Mallacoota, Bendigo, the Yarra Valley, Mount Hotham and Mount Buller.

The Great Ocean Road consistently rates as one of the most visited areas of Victoria; the region received an estimated 3.9 million domestic (overnight and daytrip) and international overnight visitors combined in the year ending December 2020.

Despite severe travel restrictions as a result of the pandemic in that year, the state government's business department estimates that the combined spend of these visitors was \$1.1 billion, equal to that spent in 2018-2019.

While welcoming the news that Australia's borders were reopening to

international travel in February this year, regional tourism lobbies cautioned that it will take years to rekindle the sector.

Great Ocean Road Tourism's Liz Price suggested it could take until 2024 to start seeing the pre-pandemic number of visitors to the region.

The return of travellers to the region has not been helped by the sluggish return of airlines to Avalon airport, where it had been hoped that numerous operators would resume the domestic and international routes they once flew, but many are yet to do so.

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Torquay coach achieves Comms Games success

BY NATHAN RIVALLAND

TORQUAY cycling coach Adam Kelsall had the ultimate moment of jubilation during the Commonwealth Games, watching one of his athletes Zoe Cuthbert win a silver medal in the mountain bike discipline.

The Surf Coast native was full of excitement and held back tears last week, sitting up at 1am on his couch to see the



Kelsall became a coach 10 years ago after a strong junior career, which included riding with Cadel Evans. Photo: SUPPLIED

21-year-old athlete take home her first medal in her inaugural games experience.

After a successful move into coaching from a professional riding career that included competing against Cadel Evans, Kelsall wanted to use his knowledge of the sport and its psychology to help others.

Upon coming across Cuthbert for the first time after being selected on the performance coaching team for the world junior championships, Kelsall said he could see from afar the talent and determination the youngster showcased.

"Without a coach in both world junior championships in Switzerland and Canada respectively, Zoe finished 20th and then 5th in the world which was an outstanding effort," Kelsall said.

"Due to her success, she was then categorised by the AIS which is part of identifying and giving athletes in Australia the support they need to be successful.

"Part of being categorised is that you

need to enlist a coach and luckily enough she reached out to me, and we exchanged what type of people we were and how we could best work together."

Kelsall said his philosophy around coaching is relational, targeted at improving athletes' wellbeing and performance through having strong and positive relationships.

"I remember saying to Zoe that the relationship between the coach and the person is the most important thing and that we needed to communicate and have a strong rapport so that trust could be built over time," Kelsall said.

"It's a pretty big thing to have someone tell you what to do with your life for a couple of hours of each day."

Fast forward through three years of training and preparation, Cuthbert would land in Birmingham for her first Commonwealth Games experience.

"When she got to Birmingham, we were just chatting about how exciting it was to get her uniform and to be there

with the Australian team," Kelsall said.

"We never spoke about a goal, or position or a medal, we just wanted to concentrate on how to go faster on the course.

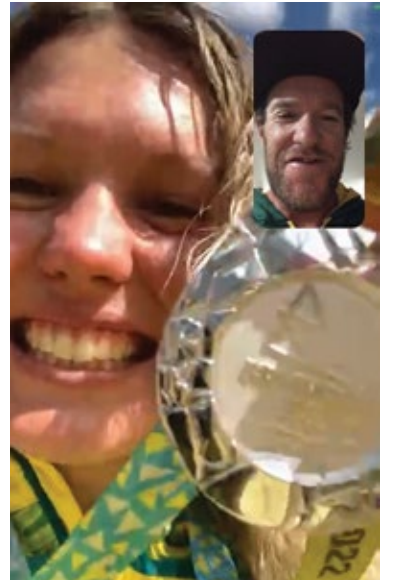
"The result in the end was absolutely amazing, she ended up riding such a mature race that made us so proud.

"There were a few tears and certainly plenty of fist pumps and hugs when we saw her go across the line.

"It was an incredible moment; life is full of these amazing moments, and this was certainly one of them."

By taking Cuthbert's success at the Commonwealth Games as a fuel for further pathways, Kelsall hopes Australia will continue to provide rich opportunities for their cyclists in all domains.

"As a result of Zoe's medal and other successes like Sam Fox, I hope that the pathway can become better for our cyclists and that people realise that Australian riders can be successful on the world stage."



Zoe and Adam minutes after the Commonwealth Games ceremony. Photo: SUPPLIED

Planning for growth on Surf Coast Hwy

THE State Transport department is seeking input on how to best manage future growth along the Surf Coast Highway through a study focusing on safety, accessibility, capacity and sustainability along the highway between Settlement Road and Mount Duneed Road.

As rapid population growth in the region adds pressure to the roadway, local residents, businesses and roads users are being asked to share their priorities for potential upgrades and improvements, and to detail current challenges they face using it.

"The Surf Coast Highway Corridor Improvements Study will have a lasting

impact on how we develop and plan along this busy route for years to come," Minister for Roads and Road Safety Ben Carroll said.

Community input will help inform the study that will then be used to deliver a business case detailing both short and long term infrastructure solutions on the highway that is used by more than 30,000 vehicles every day.

South Barwon MP Darren Cheeseman said it was important to hear from as many road users as possible in order to develop a comprehensive plan, and accessibility to schools and businesses, journey times, and safety along the corridor will all be considered.

"We want to hear from all local residents, business owners and community leaders, so we have a true community-based approach to identifying and shaping the area's future road needs," he said.

Major changes along the highway have already been implemented and others are soon to occur.

In June speed limits were reduced to 60km/h between Settlement Road and the railway crossing at Grovedale, and 70km/h between Boundary Rd and Lower Duneed Road, through Armstrong Creek.

The Surf Coast Highway level crossing will soon be removed following



the recent appointment of a contractor for the South Geelong to Waurn Ponds rail line duplication.

The Department of Transport will be hosting community pop-up stalls in coming weeks and community feedback to the Surf Coast Highway Corridor

A concept image of how the Surf Coast Highway level crossing will be built, looking towards Armstrong Creek. Photo: VICTORIA'S BIG BUILD

Improvement Study opened on Monday, August 15 through engage.vic.gov.au.

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Thomas crowned life saving athlete of the year

BY NATHAN RIVALLAND

TORQUAY Surf Life Saving Club's Sophie Thomas has received the top honour at the Life Saving Victoria Awards of Excellence, taking home the award for Life Saving Victoria's Open Athlete of the Year.

Last Saturday's Life Saving Victoria annual Awards of Excellence in Melbourne celebrated the best in Victorian lifesaving, recognising the outstanding achievements and contributions by lifesaving volunteers, members and those working across the aquatic industry.

Thomas, who is a senior competitor, lifesaver and notable cult figure at Torquay, was honoured to receive the open athlete of the year award, citing that it came as a bit of a surprise.

"It was very exciting to win the award and it always comes as a bit of a shock when there are so many amazing athletes in the state who are up for or in the running for the award," Thomas said.

"To be put above amazing competitors from our state and even some at Torquay who made national finals is a bit of a privilege."

Thomas is known at the club as a selfless leader who is prepared to inspire anyone she meets through her personality and prowess in and out of the water.

While boosting a career of accolades and wins in state titles in board racing, swimming, ironwomen and pool swimming, club captain Grant Matthews says she is as humble as they come.

"Sophie is a wonderful competitor and inspiring mentor and role model for our young members," Matthews said.

"All the success that she has had in the sport doesn't come nearly close to the success that she has as a person.

"I don't know of anyone, anywhere that collects as many wins in races and stays as humble as she does about it.

"We are so glad to have Sophie wearing the blue and gold and we can't thank Sophie and her fellow



nominees for continuing to nurture the future of lifesaving among our next generation".

After winning the Jim Wall Ironwomen event earlier this year on her home beach, Thomas is in strong form in the ocean and hopes she can continue to have success back at her home club after a stint at Warrnambool SLSC during her teaching studies.

"It's great to be back at Torquay with all my friends and family who I have grown up with," Thomas said.

"To win that Jim Wall event at the start of the year and be on the same trophy as my dad Bryan is special and something that I have aspired for my whole life.

"This year I was also stoked to win my fourth ironwomen state title, so I hope I can continue

Sophie Thomas crossing the line first at the Jim Wall Ironwomen event earlier this year at Torquay. Photo: SHAUN SHARP. INSET: The Torquay surf lifesaver has chalked up a couple of big wins this year, pictured here after winning the Portsea Swim Classic in 2022. Photo: SUPPLIED

to swim and compete strong in that event going forward."

In the next few months, Thomas will ramp up her training preparations for another big season on the beach at Torquay and looks forward to throwing on the blue and gold cap in competition when summer comes around.

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Thompson becomes new Jan Juc SLSC president

BY NATHAN RIVALLAND

THE Jan Juc Surf Life Saving Club has announced an exciting new board for the 2022-23 season, including incoming president Brett 'Thomo' Thompson.

Thompson headlines a host of changes to the club's board structure that were decided on at last month's AGM, signalling the handover and start of a new surf lifesaving season.

The incoming president brings a lifetime of 'clubbie' experience to Jan Juc, having been a long-term member of the club since being a young nipper at Jan Juc in 1984.

Thompson has taken on a host of roles during his time at the Jan Juc, while also competing in Australian and state league titles in the surfboats, where he is a sweep for several of the club boat crews at all levels.

The 30-plus year club veteran has been a patrol captain, training officer and has run the Nippers program at the club, bringing a very broad knowledge of the surf club system to his new role.

"It's certainly an honour to be nominated as the president and to receive so much support from people right across the club to take on this role," Thompson said.

"I really want to take our club to the next level in season 2022-23 and continue to work hard to improve our connection with our community and our members.

"While honouring our history, I want to make sure the club is in a good position moving into the future and that we can continue to be at the forefront of strong surf clubs down



Brett Thompson is the new president of the Jan Juc Surf Life Saving Club. Photo: NATHAN RIVALLAND

here on the Surf Coast.

"I strongly believe that my broad knowledge across different surf lifesaving roles, particularly at Jan Juc, will help me be a good president for the club and I really look forward to taking up this great opportunity."

Thompson will have a strong team around him to take the club into season 2022-23, with former president and treasurer Peter Smith assuming the vice-president position, Melissa Field extending as the finance manager and Geoff 'Rass' Thompstone embarking on his 43rd year of being club secretary.

Jodie Reyntjes, Grace Lightfoot, Tim Watson and Kate Walsh will also oversee roles on the board, while Anita Craven and Amy Newton are the club's newest admin team.

"We look forward to having another strong and successful season and hopefully we can continue to be a voice of positivity in the local community."

Lorne loses childrens daycare

BY TIM LAMACRAFT

LORNE'S primary day care service for children has closed its doors after months of warnings that staff shortages may force it to cease operating.

Operating from the Lorne Community House and managed by Great Ocean Road Health (GORH), the former occasional care service has advertised for staff since January, but struggled to attract and maintain them.

Management has struggled to keep the centre open for three days a week this year, and capped the number of attendees due to staff to children ratios.

Between 20 to 30 families have been impacted by the ongoing closures, with some saying they were considering leaving town because they had no support.

"Obviously the families are frustrated," Lorne ward councillor for the Surf Coast Shire Gary Allen said.

"It's not a long-term solution and something that GORH are going to have to step in to address."

The Surf Coast Shire has been struggling to fill early years role vacancies across its services since the start of the year and the workforce shortage in the sector is being felt nationwide.

Lorne Community House coordinator Katy Kennedy said the occasional care service will remain closed for the duration of term three as the centre continued to explore staffing options, including recruitment of people on international visas.

The Shire's General Manager of Community Life Gail Gatt said council is providing GORH with "support to



ensure local residents have daycare".

"A family day care operator in Lorne – who is a council contractor – has added two days to the Community House Occasional Care service until at least the end of term three," Ms Gatt said.

"The two extra days will help meet community needs while Great Ocean

The Lorne Community House cannot confirm it will reopen its occasional care service.

Road Health continues its recruitment campaign to fill educator vacancies."

The temporary care now extends to four days a week, between 9am and 2pm, with capped numbers.



Lorne is now without a permanent children's daycare service. Photos: TIM LAMACRAFT



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U/15 netballers loved the new scoreboards which made their debut a fortnight ago. From left, Edie, Amber, Paige, Annie, Tilly, Willow, Belle, Molly and Ava. Photo: SUPPLIED

Anglesea netballers receive new electronic scoreboards

BY NATHAN RIVALLAND

ANGLESEA Football Netball Club was delighted to receive a \$7500 donation from the Anglesea and District Community Bank to put towards the recent addition of electronic scoreboards on their netball courts.

Anglesea FNC has had a long and happy association with the community bank and the new electronic scoreboards were certainly a welcome sight for the under-15 'Roos' netball side who used the asset during their match last weekend.

Community Bank Surf Coast marketing co-ordinator Kelly Turner said they were stoked to provide the club with the new resources, hoping they would be used effectively for many years to come.

"The Anglesea Football Netball Club is a huge part of our local community and we felt it was super important to continue backing them for all the great work they do in keeping our people active and engaged," Turner said.

"To give them the grant and assist in this way is a small way of us giving back to one of our local clubs to say thankyou for keeping our community ticking.

"All clubs were hit hard during the pandemic so to provide this grant makes us very proud, and we hope that the girls get plenty of use out of the new scoreboards which look just great."

Anglesea Football Netball Club President Jamie McKenzie said the club continued to be humbled by the support of the local bank, citing that the establishment had provided long term assistance to the club across a range of projects.

Suns setting new standard of inclusion

BY VINNIE VAN OORSCHOT

THE SURF Coast Suns' All-Abilities netball team is fresh off the final game of its first season and club representatives are saying 2023 can't come soon enough.

Surf Coast Suns president Mike Thomas said it was a massive achievement for the Suns to build a full squad of 10 for 2022, after it could only gather five players in 2021, forcing them to merge with Geelong West.

"Their enthusiasm has been so infectious this season, it has been remarkable," Mr Thomas said.

"You can see it in some of the photos we take, and I witness it first-hand when I check in on the team, it's awesome to see.

"We haven't just put a name to the team, we have made sure that the players are members of the club, and this is something that we will continue to grow."

Four teams are currently in Geelong's All-Abilities netball league featuring Surf Coast Suns, Lara, St Joseph's and Geelong West, but more clubs are being encouraged to create teams of their own.

Each week teams compete in matches at Kardinia Park's netball complex and at this stage only runs during the winter season, but Mr Thomas said there are talks to run a season over the summer period.

"From our perspective, inclusion has always been the main driver for this team," Mr Thomas said.

"Everybody deserves to play sport and the greatest thing about sport is that regardless of what level you can play, there is always a competition for you.

"Leisure Networks ensured that we were able to recruit a few members in our community on the Surf Coast and it has really grown our club as a result, not



The Surf Coast Suns inaugural All-Abilities Netball team has concluded its first season. Photos: MICHAEL CHAMBERS

just in netball but as a whole too."

Isela Bridges was credited by the club as being the person responsible for setting up the team.

"This team doesn't happen without Isela, she works in the all-abilities area, so she has experience in this kind of thing, she just took the team with both hands and ran with it," Mr Thomas added.

The All-Abilities league is facilitated by AFL Barwon, Netball Victoria and disability service provider Leisure Networks.

Interested parties in joining All-Abilities netball at the Suns are encouraged to head to the club's website at www.surfcoastsuns.com or contact the club directly.



The players play competitive netball at Kardinia Park every week against other local clubs.

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Shire seeks feedback on cat curfews

BY NATHAN RIVALLAND

THE Surf Coast Shire is asking the community for feedback on cat curfews across the region.

As part of the shire's implementation of the Domestic Animal Management Plan 2022-25, which aims to guide how people, dogs and cats can live together in safety and harmony, a new council survey will aim to attract feedback on current and proposed curfews and rules.

Rules in the shire require cats in urban areas to be securely confined to their owner's premises between 8pm and 6am, however there is no rules or restrictions on cat activity in rural areas.

Current cat curfews are in response to community concerns about the negative environmental impact of cats on native animals, and the nuisance value of wandering animals for neighbouring households.

According to the Surf Coast Shire, there are currently 924 cats registered as domestic pets across the region, with 50 per cent of registrations for cats being in the Torquay ward.

Council said in 2021 they received a very low number of complaints about cats, 58 in total, however they do acknowledge that free-roaming cats can have a negative impact on the native wildlife and neighbouring pets.

"As well as helping prevent harm to wildlife, cat curfews improve the

health and safety of cats," Mayor Libby Stapleton said.

"A cat curfew can prevent injuries that can occur through fights with other cats, being run over by a vehicle, eating toxic plants or poisons, or from wandering onto neighbouring households where they could cause a nuisance.

During the 10-question survey, residents are asked about their cat ownership status, if they have experienced a cat nuisance issue in the last 12 months, and if they believe the current cat curfew rules are sufficient in both urban and rural areas.

The survey also asks residents if they believe a 24-hour curfew is something that should be considered

and moved towards.

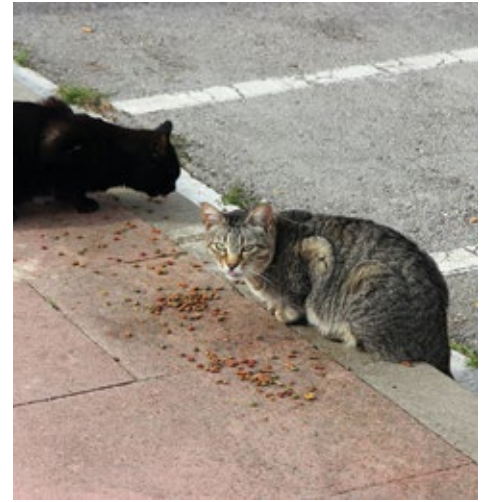
"Ultimately the review of cat curfews will help us create a safer Surf Coast for our community, our cats, and our native wildlife," Cr Stapleton said.

"Whether you're a cat owner or not, whether you live in an area zoned urban or rural, we'd love your input on this topic."

The 'What's your Catitude' survey will be available to submit till Monday September 12.

Visit surfcoast.vic.gov.au/About-us/Your-Say/Whats-your-CATitude.

The Surf Coast Shire is seeking community engagement on cat curfews. Photo: SUPPLIED



Ultimate Frisbee is played in more than 100 countries worldwide and is a sport at the World Games. Photo: SUPPLIED

Ultimate Frisbee to fly into Torquay

BY NATHAN RIVALLAND

THE Victorian Mixed Ultimate Championships are set to fly into Torquay next month, bringing the premier Ultimate Frisbee players from Victoria and Tasmania to the Surf Coast.

An expected 300 players from 16 clubs across Victoria and Tasmania will participate in the tournament on September 3 and 4 at Banyul-Waari Fields and Quay Reserve in Torquay, with the mixed gender championships serving as the major qualifying event for the national event which is to be held in October in Shepparton.

Ultimate Frisbee is known as a non-contact team sport played with a frisbee, combining elements of netball, touch football, and grid-iron into a fast paced, athletic sport.

It is said to provide a unique offering, due to the sport being self-refereed - due to the 'Spirit of the Game', where players are responsible for adhering to and overseeing the rules themselves.

The game is played in more than 100 countries worldwide, is a sport at the World Games, and has a strong presence in universities and high schools.

Simon Talbot from Ultimate Victoria, state sport association for Ultimate Frisbee, said Ultimate Victoria was excited to bring the event to the Surf Coast for the first time in 2022.

"With a focus on developing the sport throughout the state of Victoria, we believe that this event will go a long way to towards building the culture and awareness of Ultimate Frisbee within the Surf Coast," Talbot said.

"We encourage everyone to come along

throughout the weekend to the Banyul-Waari Fields to view what Ultimate Frisbee has to offer as a sporting opportunity and the amazing culture it has.

"We would like to thank the Surf Coast Events for their tremendous support with hosting the event in Torquay and look forward to a fantastic display of Ultimate Frisbee over the weekend."

The Victorian Mixed Ultimate Championships will be open to teams of all ability and experience levels.

Games will be on the run on Saturday and Sunday between 9am and 4pm, with the grand final of the tournament set for 2.30pm on the Sunday.

For more information about the event or the sport of Ultimate, you can contact UV General Manager Simon Talbot via simon@ultimatevictoria.com.au or visit ultimatevictoria.com.au.

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visitvictoria.com

Pilot youth camp a success for Wombat's Wish

BY VINNIE VAN OORSCHOT

A NEW camp for bereaved children has completed its pilot run at Queenscliff's Cottage by the Sea with promising results.

Child bereavement organisation Wombat's Wish held its first youth camp for a dozen children last month and manager Nicki Dunne said she is already advocating for more.

"I'm investigating the viability of potentially running these camps every six months, as opposed to annually," Ms Dunne said.

"After attending the camp myself, I saw that it had a really good impact on the kids who attended.

"We're going to need an extra camp quite simply to meet the demand. People are becoming more aware of Wombat's Wish and what we offer across

the state.

"But children seeking to take on the Youth Camp will need to attend our Family Camp first."

Funded through the Anthony Costa Foundation, the weekend camp facilitated group work for participants alongside other bereaved children without parents in attendance, which is a different approach to Wombat's Wish's Family Camps held throughout the year.

The workshops held at the camp allowed children to learn new techniques to deal with grief and develop healthy coping mechanisms without taking on risky behaviours.

A doctor also attended the camp to address questions that participants wrote down, informing young people of different solutions while going through difficult times.

"It was certainly a safe space which was one of the sole purposes of the camp, in addition to teaching the kids healthier ways to deal with grief," Ms Dunne said.

"We had a bunch of fun activities planned as well, things like a boat trip to see the seals and dolphins, but unfortunately due to weather, that particular activity was cancelled.

"Instead we implemented several beach walks, a bit of "chill-out" time, cards, board games and some additional counselling as well. It was a great venue to conduct a camp like this."

Funding provided by the Anthony Costa Foundation has confirmed the Youth Camp to run for two more years.

Families are not charged to have their children attend a Wombat's Wish camp.



Campers got a lot of opportunities to go for therapeutic beach walks in Queenscliff.



Group work and team exercises were also a part of the camp. Photos: SUPPLIED



Card games and "chill-out time" allowed campers to unwind over the weekend.



Even art provided benefits to the children.

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Mayor
Cr Libby
Stapleton

Free parent information sessions

Calling local parents and carers of primary and secondary school children. Council is proud to present a series of education sessions with leading child psychologist, author, broadcaster and parenting specialist Dr Michael Carr-Gregg.

While the first session was held last week, there is still time to register for the next two: Coping with alcohol, tobacco and other drugs (29 August) and De-mystifying and managing adolescent risk (5 September).

Titled 'Raising Happy and Resilient Young People', the series will equip attendees with valuable information to support them on their parenting journey.

The events are being held at The MAC – 77 Beach Road, Torquay. Register via surfcoast.vic.gov.au/youth.

Draft Nature Strip Policy

We know that community members have been seeking clarity on residential nature strips and how they can be used. The Draft Nature Strip Policy will help provide more certainty on a range of topics, with

people invited to view the policy and share their feedback from 22 August.

The policy and guidelines aim to provide clear direction for property owners and residents about permitted uses, including approved surface treatments, plant heights, growing of edible plants, installations and maintenance responsibilities.

The policy is based on five principles. That nature strips:

- Provide a public space which contributes to sense of place and community.
- Should be safe and accessible spaces.
- Contribute to healthy environment for people, plants and animals.
- Can play an active role in supporting Council's Climate Change response.
- Play a role for location of essential services.

Have your say on the policy via surfcoast.vic.gov.au/yoursay between 22 August and 22 September.

Opt out from printed bin collection calendar

Ratepayers: do you still use a printed bin collection calendar? If not, please opt-out at surfcoast.vic.gov.au/optout before 31 August.

Everyone who opts out goes into the draw to win a JOCO reusable cup – a Surf Coast product. The reusable cup giveaway is in conjunction with Council's

partnership with Responsible Cafes.

Still need some help remembering which bins go out when? Check out the Surf Coast Rubbish and Recycling App (SCRRApp), or visit our website surfcoast.vic.gov.au/waste to download a PDF of the calendar or enter your address to see when your next bin collection is.

If you don't opt-out, you will still receive a printed calendar this year. If you opted out from receiving a calendar last year, you don't need to do anything. Opting out from the printed calendar doesn't impact on receiving waste vouchers, as these are mailed out separately.



Riding towards bike safety

A group of Torquay College students showed their pedal power last week, as we celebrated the Bike Ed Challenge. The challenge will be an opportunity for young people to learn about safe riding and road rules.

I joined Member for South Barwon Darren Cheeseman and Labor candidate for Polwarth Hutch Hussein, Department of

Transport acting Director Barwon South West Region Jozef Vass, along with local Community Bike Hub representatives and Torquay College staff and students, who will participate in the challenge.

Council was a successful applicant in the Victorian Government 2023 Community Road Safety Grant Program. The program provides funding to empower communities to prevent and reduce the number of lives lost and serious injuries on Victoria's roads. Part of the grant we received will help deliver the Bike Ed Challenge to local students.

Science Week event at Torquay Library

If the pandemic has made you wonder what it takes to be an epidemiologist, Torquay Library has the perfect event for you. Part of National Science Week celebrations, The Disease Detectives at Work will welcome Professor Catherine Bennett who will share her motivations, passions, and experience in the field and in the lab.

The event will be held today – Thursday 18 August – from 4.30pm to 5.30pm at Torquay Library. The library offers a wonderful events calendar for people of all ages. To check what's coming up, visit events.grlc.vic.gov.au.

Libby

Councillor *update*



Cr Mike
Bodsworth

We're most of the way through winter. Wattles and Pink Heath are flowering like mad and a pair of Wood Ducks are sitting outside my window, chatting to each other, as I type.

Most days, a cat or two will pad quietly through the front yard.

Last year Council revised its Domestic Animal Management Plan, setting aside cat 'curfew' rules for separate review. Currently, cats must be confined between 8pm and 6am, but they're allowed to roam during the day. In rural areas, there's no curfew.

Now we're seeking community views on the cat-curfew question. You can find the survey on our website surfcoast.vic.gov.au/cattitude or phone (03) 5261 0600. Surveys must be completed by 5pm on Monday 12 September.

I've spoken to cat owners who already confine their cats full-time, to protect native wildlife. I've seen a stunning enclosed cat run, where a flap from the house opened into an amazing outside run full of features, starting at ground level then wrapping and climbing around two walls.

Whatever your views on cat confinement, we want to hear from you. The more people engage, the clearer picture we'll get. If you live in a rural area, do you support the current rule allowing cats to roam? If you've built a cool cat-run at your place, send us a photo!

With Australia's 3.8 million pet cats estimated to kill up to 390 million native animals per year, and feral cats a staggering 1.4 billion, there's no denying it's a critically important issue.

If you'd like to contact me about Council issues, you can email mbodsworth@surfcoast.vic.gov.au or phone 0427 337 558.



CALLING ARTISTS FOR THE 2023 SURF COAST ARTS CALENDAR COMPETITION



Roominating Sarah McLeod More
REGISTRATIONS OPEN 22 AUGUST
surfcoast.vic.gov.au/artscalendar2023

Artists within the Surf Coast Shire can submit works from **22 August until 18 September** for the chance to feature in the Council's annual community calendar.

The 12 winning entries will be selected by a panel, with the cover awarded by People's Choice.

The exhibition of works will be held from Friday 14 October to Sunday 30 October at Anglesea Art Space.

Have your say on our communications and engagement strategy

Council has put a draft **Communications and Engagement Strategy** on exhibition and is seeking community feedback.

To view or make a submission go to surfcoast.vic.gov.au/CCEstrategy

Feedback is welcome by **5pm Tuesday 23 August**.

For a hard copy submission form, please contact us at communications@surfcoast.vic.gov.au or (03) 5261 0600.



Upcoming meeting

Council Meeting

A Council meeting will be held in the Council Chambers, 1 Merrijig Drive, Torquay at **6pm on Tuesday 23 August 2022**.

The public is welcome to attend this meeting.

The agenda will be posted prior to the meeting at surfcoast.vic.gov.au/CouncilMeetings.



You can view the meeting via live streaming at the above website. A recording will be posted after the meetings.

The live stream will include live captions. The recording will have captions and a transcript available.

Don't want a printed bin collection calendar?

Ratepayers: Opt-out from receiving a printed waste collection calendar by **5pm Wednesday 31 August** and go into the draw to win a Joco reusable cup



surfcoast.vic.gov.au/Optout

CATTITUDE



Tell us about your Cattitude

In the spirit of keeping cats safe at home we are seeking your views on our current cat curfews and some proposed curfews.

The project aims to improve care for pet cats through responsible cat ownership and to protect wildlife from cat predation.

We hope to keep cats safe from harm, especially from car accidents, disease and attacks from other animals, as well as to prevent predation of native wildlife.



Here are some quick facts about cats in the Surf Coast Shire:

We have **924** registered cats

We only had 58 complaints about cats in 2021

Our cat owners are generally mindful of the environmental impacts

All registered cats are de sexed

A lot more of our pet owners are keeping their cats inside or in cat enclosures

Tell us more about your 'cattitude' and read more cat facts at surfcoast.vic.gov.au/YourSay

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The Great Victorian Bike Ride will explore the beautiful Great Ocean Road this November.

Great Vic Bike Ride to explore Great Ocean Road

BY NATHAN RIVALLAND

THE GREAT Victorian Bike Ride is back in 2022 and will explore the iconic Great Ocean Road as part of three different riding options.

November 26 will be the event's return since 2019, giving riding enthusiasts the opportunity to see the beautiful and diverse scenery of the Great Ocean Road, while riding alongside like-minded people from across Australia.

Beginning in 1984, the ride has gathered a reputation among cyclists of varying abilities as being more than a cycling event and rather a chance to catch up with friends and family to soak up an experience full of entertainment.

Each day the bike festival will pedal into a new town, setting up camp where visitors can enjoy an afternoon and evening of entertainment and activities including live music, comedy, yoga, an outdoor cinema and much more.

In 2022, the event will consist of three different trails, a three-day 212km course that explores the GOR and the Golden Plains Shire, a five-day 310km ride which takes riders along the Volcanic lakes and through the Otway rainforests, or a full nine-day experience that explores all the beautiful parts of

Victoria across 522km of bush and coastline.

"The Great Vic is Australia's most iconic riding holiday," Bicycle Network General Manager of Events Caitlin Borchers said.

"This will be an iconic Great Vic with riders enjoying the best parts of Western Victoria, charming host towns and incredible scenery."

Riders can ride any sort of bicycle for the event, including road bike, hybrid bike or mountain bike with average daily riding distances depending on which course is being chosen.

During each of the three courses, camping, meals, luggage transfers, entertainment and full-on race support will be included, making it a fun and inclusive experience for all.

Event staff are preparing for the event with the health and safety of riders, volunteers and spectators at the forefront with special layouts designed to keep people safe during meals, camping and throughout the riding experience.

The last event in 2019 gathered more than 3000 people and Bicycle Network hope that the event is bigger and better this year with all safety measure in mind.

To find out more, visit bicyclenetwork.com.au/rides-and-events/great-victorian-bike-ride.

Wadawurrung take part in Commonwealth games handover

WADAWURRUNG Traditional Owners (TO's) were present for the closing ceremony of the 2022 Birmingham Commonwealth Games and the official handover for the 2026 event that will be hosted regionally by Victoria.

The ceremonial transfer of the Commonwealth flag between host nations set a historic precedent this year by being the first time the flag was handed over to First Nations people.

Aunty Joy Oldaker and Macaylah Johnson were there representing Wadawurrung Traditional Owners Aboriginal Corporation and each expressed their pride and thanks for being able to take part.

"This is the very first time that a host nation is handing over the flag to First Nations people in preparation for the next Commonwealth Games," Ms Oldaker said.

"This says so much in terms of recognising and acknowledging First Nations people - our culture, our heritage and our stories.

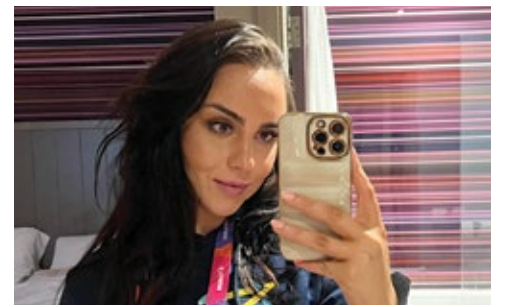
"These may be small changes, but changes none the less, and hopefully in time it will only become greater and more prevalent."

A board director of the Wadawurrung TO's corporation Macaylah Johnson described the event as a "huge step towards acknowledging First Nations peoples as the Traditional Custodians" of Australia.

"We will use this platform to share our Cultures, encourage people to broaden their knowledge and acknowledge our Nations past and its repercussions," Ms Johnson wrote on social media.

"We hope it motivates systematic change to aid the journey of reconciliation and bridge the inequity gaps."

The 2026 Commonwealth Games will be the first time the event is predominantly staged regionally, with events staged across multiple cities and regional hubs including Geelong, Bendigo, Ballarat and Gippsland.



Wadawurrung Traditional Owner Macaylah Johnson before the closing ceremony. Photo: FACEBOOK

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CALLING ARTISTS FOR THE 2023 SURF COAST ARTS CALENDAR COMPETITION

REGISTRATIONS OPEN 22 AUGUST
surfcoast.vic.gov.au/calendarcomp



Roominating Sarah McLeod More

Artists within the Surf Coast Shire can submit works from **22 August until 18 September** for the chance to feature in the Shire's annual community calendar.

The 12 winning entries will be selected by a panel, with the cover awarded by People's Choice.

The exhibition of works will be held from Friday 14 October to Sunday 30 October at Anglesea Art Space.



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This year, rate payers will still automatically receive a paper collection calendar if you haven't opted out by 31 August.

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Everyone who opts-out is in the draw to win a Joco reusable cup, in conjunction with Council's partnership with Responsible Cafes.

surfcoast.vic.gov.au/responsiblecafes



COVID surfers

BY TIM LAMACRAFT

THE Australian Sports Commission (ASC) has estimated there's nearly 200,000 more surfers at the nation's beaches than before the pandemic, and the majority are women.

Motivated to take exercise outdoors and further influenced by the sports inclusion at the Tokyo Olympic games, the ASC's latest annual snapshot of how Australians participate in sport and physical activity shows surfing ranked third behind basketball and fitness/gym for increased participants between 2019 and 2021.

Surfing Victoria CEO Adam Robertson said the study backed up increased wetsuit sales numbers and confirms what many surfers have been saying for years about more numbers of people in the water.

"In all line ups, not just your typical towns but all coastal communities... we're seeing a growth in surfing that is similar to the surfing boom that came through the 1980s," he said.

He agreed that COVID has bolstered participation in the sport, given the heavy emphasis of health advice to maintain physical distancing from others and where possible do it outside.

"It fit the bill in terms of exercising and being socially distanced from others, and not being an organised sport.

"When we were under COVID restrictions it was clear that surfing was growing, especially for Victorian coastal communities."

Surfing's maiden inclusion in the Olympics was another pull factor, Mr Robertson said, citing data that suggests sports grow by around 25 per cent when they're included in the games.

But he believes other factors are boosting participation numbers such as the growth of the World Surfing League (WSL), and that as the sport ages more generations of families are finding their



More women are now taking up surfing than men, inspired by the locals like 21-year-old India Robinson who's made it to the peak competition level of surfing. Photos: ANDY ROGERS

way in.

"Surfing is more a family sport than what it has been before... now there's whole families at the beach."

It's also becoming a more gender balanced sport, as revealed by the ASC's data showing that of the 196,000 people who took up surfing in the last few years, 118,000 were women and 78,000 men.

"I think the growth in women's surfing is off the back of leaders in the sport, leaders in the community... it's a combination of family, friends, support networks, surf schools and organisations, WSL and those role model surfers fronting up and promoting equality in the line-up," Mr Robertson said.

"It's fantastic, surfing is for everyone, no matter what age, race or gender you are."

While acknowledging that newcomers have not always been welcomed with open arms, the Surfing Victoria CEO suggests many are here to stay.

"You can't argue with why people want to surf... people will continue to surf because they've seen the benefits it can have in their day-to-day lifestyle, and because of those benefits they'll continue to chase the surf."

Boardriders clubs get chance to win a share in \$10,000

BY NATHAN RIVALLAND

SURFING BOARDRIDERS CLUBS in Victoria will have the opportunity to win a share of cash to help them fund and support their members thanks to a new initiative created by Surfing Australia and Surfline Australia.

The Surfline Next Wave Grant will call on clubs in our region to submit a video entry explaining why their club is the most deserving of a share in \$10,000.

The campaign, which launched in late July, will assist boardriders clubs in setting themselves up for summer, while helping them support their various grassroots programs and fundraisers.

Surfing Victoria CEO Adam Robertson said the partnership between Surfing Australia and Surfline presented a great opportunity for Victorian boardriders clubs to get a financial leg up before their busy summer season.

"Boardriders clubs are integral to our community down here in Victoria, with all offering grassroots and developmental programs for all surfers," Robertson said.

"These clubs are apart of the framework of our surfing culture and are integral for the development of our surfing stars in and out of the water.

"The grant provides a great opportunity for our local clubs and I am sure whoever wins the grant Australia-wide will no doubt use the funds to continue supporting their athletes and their pathways going forward."

With over 200 boardriders clubs in Australia and over 20,000 members, Surfing Australia Head of Partnerships, Clarissa Pike said the competition is set to be fierce for the grant funds.

"Clubs are not only the breeding ground for tomorrow's surfing superstars, but they also create an important community of like-minded people," Pike said.

"Australia's grassroots boardriders culture is a major factor in our historical dominance of professional surfing, yet BRCs tend to be under-resourced and mainly run by volunteers.

"The Surfline Next Wave Grant is designed to recognise the importance of our BRCs and to help improve their resourcing so they can continue their vital work."

Surfline Director of Marketing, Oceania, Ella Risby noted that Surfline was thrilled to give back towards the surfing communities and that the company looked forward to seeing how the winning clubs used their prize money.

First prize for the Surfline Next Wave Grant will take home \$5000, second place will be rewarded \$3000 and third place will earn \$2000.

Victorian boardriders clubs are invited to participate and apply for the grant till September 9, 2022.

To do so, visit surfingaustralia.com/surflinewavegrant.



Victorian boardriders clubs will be racing to get their entries in for the Surfline Next Wave Grant. Photo: LIAM ROBERTSON/SURFING VICTORIA

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nwm.vic.gov.au

Quality groceries AT A FRACTION OF THE PRICE

A new business in Belmont is quickly becoming Geelong's secret to combatting rising grocery costs, offering huge discounts on a wide range of big brand consumables.

Food Factory Sales Geelong, which is located at 107 High Street, is the third instalment in SPC's food outlet stores, joining the likes of the SPC Factory Sales in Shepparton and the Food Factory Sales outlet in Bayswater.

Food Factory Sales offers quality, name brand products

at a fraction of the normal retail price.

The business understands that groceries are a big part of people's weekly spending, and the store helps members of the community to cut costs while retaining quality.

"With rising fuel prices and the general cost of living going up each week, it's no secret our daily groceries prices are also adding considerable pressure to consumers," proprietor Sam Prentice says.

"However, many people are becoming creative in how they

go about their weekly grocery shop, so our new discount grocery store is an affordable option."

The outlet offers a huge range of products including canned fruit and vegetables, rice and noodles, ready-made meals, condiments, snacks, bread mixes, biscuits and crackers, drinks, tea and coffee, smallgoods, cheese, frozen seafood, pies, pasties and sausage rolls.

It has even diversified into cleaning, health and beauty products, with prices slashed on laundry detergents, dishwashing tablets, deodorants, cling wrap, baking paper, aluminum foil, toothbrushes and paste and garbage bags.

About half of the items at Food Factory Sales is considered clearance stock, which means though it may have been deleted from major supermarket lines, it makes your shopping experience much more exciting, as you never know what you might find.

The team at Food Factory Sales are friendly, welcoming and always ready to



Food Factory Sales offers quality, name brand products at a fraction of the normal retail price.



The outlet offers a huge range of products including canned fruit and vegetables, rice and noodles, ready-made meals, condiments, snacks and more.

lend a hand.

Mr Prentice says customer service is a key focus in their business philosophy.

"We are big on offering multi deals and box pricing to reduce

prices even further," he said. Food Factory Sales is open regular trading hours, and for more information, visit foodfactorysales.com.au/geelong.

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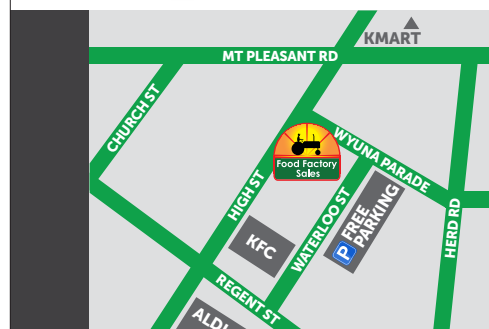
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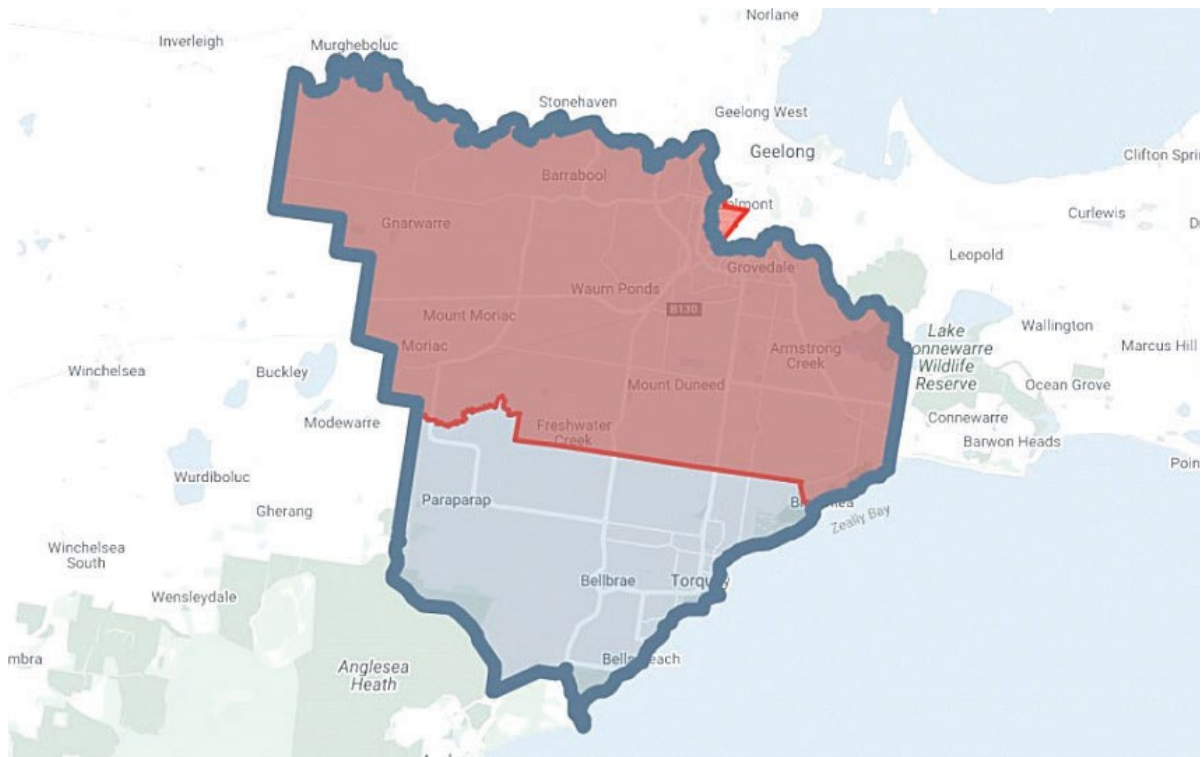
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Hot races tipped for Polwarth, South Barwon



Changes to boundaries of the Polwarth and South Barwon electorates, shown as light blue, is expected to impact results at the next election. Photo: SUPPLIED

BY BILLY HIGGINS

GEELONG region seats could go down to the wire at the upcoming state election following a boundary redistribution, according to recent Victorian Electoral Commission findings.

Polwarth and South Barwon are tipped to become marginal seats at November's ballot after last year's redivision of electoral boundaries.

New boundaries take effect from November 1, when writs for the 2022 state election are issued.

The VEC released a report this month

that showed results under the new boundaries using voting patterns from the 2018 election, to provide a better indication of the balance in redrawn electorates.

The seat of Polwarth, held by Liberal MP Richard Riordan, appears on course for one of its closest battles ever due to the redistribution.

The traditionally conservative-voting rural seat will take in Torquay at the 2022 vote at the expense of farming communities such as in Golden Plains Shire, which the VEC predicts will boost the prospects of Labor candidate Hutch Hussein.

Under the redrawn boundaries, the VEC said Mr Riordan holds the seat on a two-per-cent margin, instead of the 5.4 per cent from the 2018 vote.

Meanwhile, South Barwon's redistribution is also set to favour the seat's challenger.

Labor MP Darren Cheeseman won the 2018 count by 4.6 per cent, but the loss of Torquay would cut the buffer to three per cent from the Liberal party, to be represented this year by Andrew Katos.

The redistribution is set to have negligible impact on three local Labor-held seats of Geelong, Lara and Bellarine.



Brownbill Ward councillor Sarah Mansfield will contest the state Upper House election this year. Photo: SUPPLIED

Mansfield nominates for state tilt

GEELONG councillor Sarah Mansfield will lead the Greens ticket for Western Victoria at this year's state election.

Cr Mansfield announced her state tilt this month after close to five years as a councillor with the City of Greater Geelong, where she has previously nominated as a Greens candidate.

She will take top spot for the party on the Upper House ballot paper at November's election.

"As a GP, councillor and parent, I'm driven to build a healthier and more sustainable community," Cr Mansfield stated.

"I'm proud of what we've achieved since being elected to the City of Greater Geelong in 2017.

"Together, we've set ambitious climate and waste targets, committed to social housing initiatives, and

pushed for safer active transport routes.

"I care deeply about my community, and I will continue to work hard as a councillor while I am in that role."

Cr Mansfield said securing state investment in public transport, affordable housing, rental affordability and healthcare were among her top priorities ahead of November's vote.

She said a commitment to tackling the climate crisis by replacing coal and gas with renewable electricity by 2030 and stopping drilling near the Twelve Apostles was also a focus of her campaign platform.

"Western Victoria is one of the most desirable places to live in Australia - and I'm proud to call it home for me and my young family," she said.

"But without urgent action we face critical threats to our livability."

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THE COMMITTEE FOR LORNE

A Letter from FNQ: A degustation to end all degustations

Pleasure or test? Privilege or indulgence? Culinary experience or rampant gluttony? Right and appropriate... or just plain wrong?

While in FNQ, I attended an overly-generous lunchtime degustation created, choreographed, and cuisine'd by two internationally renowned chefs. The meal [perhaps, better, the feast] that brought these dichotomies into such sharp relief contrasted the tastefully crafted elegance of their exquisite tastes and flavours—and they were exquisite—with an over-abundance that bordered on the obscene.

Good food is meant to be a joy—indeed, good food is a joy. But as each new course inexorably arrived, hard upon the removal of the last, the flood of food simply tarnished that joy and raised questions of fairness, justice, and decency—questions we should ponder.

Adding to the unseemly surfeit of food, the girth of many participants [embarrassingly, myself included] appeared to have far outgrown any 'off-the-rack' option offered in most clothing stores. Here were some serious 'eaters' with tummies seemingly unaware of the adage: 'less is more'. Though, for once, my own burgeoning girth was in size-comfortable company—I felt 'simi-bellied' and 'girth-matched'—it did make me think!

The extraordinary excess of this degustation posed serious questions about the morality of and ethical justification for the over-indulgence of our westernised 'eating out' practices. The UN food production cognoscenti regularly warn that global food production is struggling to match the worldwide rise in population. To date, the response has been to rape our seas and resume the land habitats of native species while, in parallel, we deny the ever-more wildly-swinging climate pendulum. As ever-widening climate arcs oscillate from too hot to too cold, from too wet to too dry, we eat on like there is no tomorrow. However, a meal such as I have just eaten [or, rather, have only part-eaten] does help to focus the mind... Some restaurants—and more strength to them—get meal portions right. However, many do not. For example, most pub meals come oversized... do we really need servings of chips piled so grossly high or such a mound of slaw or salad? Yet out they come, we tuck in, and our waistlines expand! At least some of our local Lorne venues get it right—dare I name Ipsos and Qdos as two, without seeming to curry favour? Others do too, but some don't. In truth, I have rarely attended a degustation, but when I have, the serving sizes have been delicate, tiny things—a single mouthful on the plate—yet well-judged at summation to replete but not over-fill. This menu appeared to suggest six courses, with each split into two or three 'choices'—fifteen options all-up. "Aha..." I thought, "... I can choose one option from each of the six". But no... 'choose one or



the other' was not the idea at all: rather, each of the fifteen items was a 'live' course, each jostling the next in a relentless cavalcade of food. I felt full by the end of the fourth. Guilt assailed me by the end of the sixth [thinking of those who go hungry], yet there were nine still to come! Feeling sick and racked with self-reproach, I gave up as course eight arrived! I returned plates nine through fifteen un-sampled... not that any were individually unappealing, but the thought of 'more' induced raw physical discomfort!

Meanwhile, the sturdy wooden floor of the venue trembled and groaned as another remarkably buxom 'serveuse' brought yet another batch of oversized courses from the kitchen... and yet another outsized diner thundered past on the way to the loo!

To be fair, I had booked a table for one while all the other diners were in pairs or multiples of pairs. Perhaps the kitchen had not computed that a single diner might need a half-serve. But, given the notable venue, the cost of the luncheon, and that they were clearly expecting a single diner as my table was set for one upon my arrival, perhaps that should have rung a ½ serve bell! As it was, I was leaving each plate half-finished after course three.

Ultimately, the culinary adventure I had so eagerly anticipated devolved into a regrettable experience that under-delivered by over-delivering. Don't get me wrong... the food was magnificently cooked and presented—as one might expect from the chefs' international status and the venue's national renown. But, each of my servings could have been a 'share' plate for a football team, let alone a lone diner. "Would you like a 'doggie' box?" my server asked, as the two mid-80s occupants of my adjoining table stacked six into a satchel "... for a later family dinner". How, I wondered in awe, could they countenance fitting more in 'later'? "No, thank you", I said politely, suppressing a burp [and more]. What I had wanted to suggest was "as the expansionary capacity of

the human stomach is finite, next time a more size-compassionate meal would be better". I also refrained from adding [in parenthesis] that there would likely not be a 'next time'.

While 'the experience' was undoubtedly disappointing, its morality is even more troubling. The room had all the hallmarks of a modern-day Sodom and Gomorrah—two ancient Mesopotamian cities 'destroyed by God' for their wickedness—with me a 21st-century Caligula. OK... that may be an over-call, but many restaurants do now seem to adopt the 'more must be better' mantra.

But more than just 'food on the plate'—the even greater horror is wastage. As I watched dozens of full [or near full] plates returning to the kitchen, I found myself musing about where those mountains of beautiful, unused, and wasted food might go. To farms as animal feed?... perhaps. To land-fill?... probably. Where else?... who knows. The same [often unanswered] questions apply to supermarkets where pre-packaging, plastic-wrapping, and size-mismatching commonly force either over-consumption or profligate waste.

Historically, portion sizes began to grow in the 1970s and have continued ever upward—in parallel with increasing body weight. So... here's a challenge to our local Lorne venues: consider your serve sizes. We don't need [nor commonly actually want] a mountainous plate of food, but human nature dictates that many will simply eat it 'because it is there'. Encourage small-plate dining. Have your staff promote the option of smaller plate sizes. While indicating that while more is available for those who want more, encouraging smaller side options at a reasonable cost will save your expenditure on ingredients, diminish your prep-time, minimize wastage, and contribute to ensuring a healthier, thinner town. Might Lorne lead the way and slowly turn back the portion-size clock? To be honest, that would not be a bad thing.

John Agar

A word from the Chairman

The last half of the last month of winter is always a good time of the year whether its knowing our coldest season is quickly closing, local netball and football finals quickly coming to an end, AFL finals fast approaching or the whale season in full swing, there is never a dull moment on the coast. And this year there is one event that appears to have slipped under the radar of many.

The Trailsplus Wonderfalls Trail Run is on this weekend and consists of 5, 13, 25, 42 and 52km runs through some of the most spectacular natural scenery you could ever wish to experience. The event starts at the Cumberland River Holiday Park and takes in some awesome single trails, visiting up to 6 waterfalls for the longer distances.

All distances start with 3 river crossings within the first 2km, with depths varying from ankle to knee deep, depending on rainfall over the days leading up and with what we have seen over the past week it's bound to be a challenging course. Last year there were 231 competitors and I have heard that entries are well up for 2022 with a set amount from each entrant being donated to Canteen, the Australian organisation for young people living with cancer. If you want to know more, go to www.trailsplus.com.au

And for those that may not have noticed, the coloured flags along Mountjoy have been erected for Amy's Gran Fondo. The countdown is well and truly underway for the weekend of September 10 and 11. With cycling events both Saturday and Sunday and the event expo village open 10am to 4pm Saturday and 7am to 4pm Sunday, this will be a huge weekend on the coast. Again, for further info go to www.amysgranfondon.org.au

I updated last week on the local sporting front and unfortunately not all good news with our senior footballers going down to Simpson and failing to secure a spot in the final series. Our girls shone through with the B Grade netballers finishing the year well and looking a good chance to go deep into the finals. Likewise, our reserve grade, U/18 and U/14.5 all made it though to the finals action—Go Dolphins.

"Up on the hill" our local golfers have been slugging it out in heavy conditions throughout the winter with Peter White and Geoff Balderas claiming victory in last Sunday's doubles knockout in very heavy conditions. Likewise, our lady golfers, although reverting to 9 holes, keen to keep their Tuesdays locked in and if it was too wet for golf the camaraderie at Lorne Central kept their spirit alive.

Ian Stewart
Chairman

Lorne Ward Events Calendar

- 20 **Wonderfalls Trail Run**, A trail running event for all levels. 5km - 13km - 25km - 42km - 52km. From Cumberland River Holiday Park. trailsplus.com.au/wonderfalls
- 21 **A conversation with Valerie Britton-Wilson**, as she talks

about her latest book 'A Touch of India', weaving a colourful trail of history, travel, textiles, along with humorous and touching anecdotes and so much more. 3pm at Lorne Community Connect

September

- 11 **Amy's Gran Fondo**, cycling event on the Great Ocean Road www.amysgranfondo.org.au
- 17-8 Oct **Exhibition Graeme Wilkie 50 Years**, Qdos Arts Lorne

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LOCAL SCHOOL nurtures creativity

Lisieux Catholic Primary School has earned itself a reputation as a learning community committed to fostering the full potential of its students, exploring best-practice ways to build life skills and resilience through authentic, hands-on experiences.



Lisieux educators actively teach about building a growth mindset, rather than a fixed mindset.

Foundation principal, Dr Susan Ryan, explains the school's focus: "Since our opening in 2018, we have explicitly committed ourselves to creating the conditions for young people to thrive".

"We integrate a positive psychology approach into our practice, have a strong focus on outdoor learning and on fostering ways for students to express themselves."

Susan explains that while many people think of creativity in terms of a finished outcome, "creative expression is really about the process, and the great learning and problem solving that grows through the messiness of creation".

At Lisieux, the opportunities for creative expression come not only in explicit Arts-based subjects such as 100 Languages, but also in Maths, Science, Literacy and Religious Education where critical thinking and problem solving are encouraged and individuals find various means to express themselves.

Mr Ron Dando, who facilitates

a specialist intervention program at Lisieux, known as Shin-rin Yoku, says "creativity exists in every child and there is no right or wrong way for a child to be creative".

"We have a range of programs and initiatives, whole class or small group, where our task is to provide the right resources, encouragement, time and space.

"The students then take risks and develop new ways of thinking and expressing themselves."

The school also runs small group Atelier (art therapy) sessions and Sports Academy intervention groups, led by trained specialist educators.

Lisieux educators actively teach about building a growth mindset, rather than a fixed mindset, encouraging students to have a go, enter the 'learning pit' and face challenges that lead to growth and



At Lisieux, the opportunities for creative expression come not only in explicit Arts-based subjects such as 100 Languages, but also in Maths, Science, Literacy and Religious Education. INSET: Mindfulness, Christian meditation and regular brainbreaks are timetabled parts of the school day at Lisieux.

understanding. Mindfulness, Christian meditation and regular brainbreaks are timetabled parts of the school day, supporting students to be reflective, boost their creativity

and to build a toolkit of life skills for success.

More information about the way Lisieux supports the full flourishing of students can be found on their website or by contacting the principal.



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Sponsorship quest begins for Licola

BY VINNIE VAN OORSCHOT

LIONS Club of Ocean Grove Barwon Heads is calling out for financial sponsors to help send the area's brightest young students to the annual Licola Camp.

Local Lions club member John Claringbold is signing up sponsors, aiming to provide 12 children with the opportunity to attend the January camp.

"I've acquired three sponsors so far, a few friends and family members, but I'm hoping to obtain 15 all together for each child the club intends to send," Mr Claringbold said.

"We're mainly looking for businesses to contribute. If anyone is looking for a way to help out in the community, this is a fantastic way to do that.

"The camp aims to extend a participant's



comfort zones by having them away from home for five days and the result is gaining a bit more independence and a bit more confidence.

"It's a good learning curve for them and it's a chance for them to learn a whole bunch of new skills."

Each child, aged between eight and 11 years old, costs \$320 to send to the Lions Licola Wilderness Village, located 254 kilometres east of Melbourne in East Gippsland.

Ongoing sponsor of the Licola Camp and Ocean Grove business Piping Hot Chicken and Burger Grill is again raising money to send as many children as it can.

Owner Tammy McAdam said her business has helped send children to Camp Licola in recent years.

"We've probably sent between seven and eight children to the camp in the last four years," Ms McAdam said.

"We also have a little yellow lion on our counter which anyone with loose change can put money into. Once that fills up, we give it to John and he takes it to the bank.

"People invest into the camp because it's run by the Lions club, it's a not-for-profit that does really good work.

"We had a young guy come into the shop recently and he said he really enjoyed the camp growing up, so he just put \$50 in, which was awesome."

Mr Claringbold said he has until November 1 to acquire funds, otherwise placements will be reduced.

For more information about sponsoring and volunteering contact John Claringbold on 0425750387 or claringjohn48@gmail.com.

Owner of Piping Hot Chicken and Burger Grill in Ocean Grove Tammy McAdam holding the Licola Camp container used to raise funds for local students. Photo: SUPPLIED



Torquay Lions club raised \$7,500 for Torquay SES during the past year. Pictured are SES volunteers Mark Heaysman and Melanie Gil showing Lions Bill, Allen, Peter and Colin the "Jaws of Life". Photo: SUPPLIED

Lions club funding helps community

BY VINNIE VAN OORSCHOT

TORQUAY Lions Club is celebrating a successful year of giving back by providing more than \$45,000 to community groups and initiatives.

Club treasurer Brian Kane said despite the challenges COVID-19 threw at the group, the local Lions maintained their objective of thinking "community-first".

"Given the prevalence of COVID-19 and the circumstances we've had to deal with through that, whether it be for fundraising event or markets being cancelled, we had to be innovative this past year," Mr Kane said.

"Events like our Torquay Duck Cup, which raised close to \$2,000, and our annual Charity Bowls Day, which was moved to a later date, are just a couple of examples that spring to mind."

Torquay Lions top donations for 2021-22, included fundraising for the Royal Children's Hospital Good Friday Appeal (\$13,120), the Ocean View Garden Project (\$7,816) and Torquay SES (\$7,500).

Primary school scholarships totalled \$2,500 over the past 12 months and \$4,000 went to Australian and International Disaster Relief Funds.

Funds allocated to Sun Dial Repairs, the

Edenhope Lions Club Bushfire Support fund and Foundation 61 were the remaining allocations awarded sums of \$1,000 or more.

Other recipients included Jan Juc and Torquay SLSC, Anam Cara Hospice, Torquay Food Aid and more.

"I would say this has been a successful year as a whole because we've been able to do things differently," Mr Kane said.

"We've been able to think a little bit differently this year, so it's a great outcome to donate the \$45,310 that we did.

"We have a very enthusiastic leadership team who are full of great ideas and are looking to do things differently.

"However, our membership in an overall sense is ageing, so we can't necessarily rely on the 40 or so members that we've had in the past to be able to remain as energetic as in the past.

"That's why we're encouraging men and women to think about joining the Lions and start giving back to our community."

The Lions Club is encouraging local businesses and community groups to think about the upcoming round of allocations during 2022-23.

Those interested in becoming a member can do so at torquaylionsclub@icloud.com.

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Bev McArthur and Joe McCracken will push for Western Victoria seats at the state election. Photo: SUPPLIED

Liberals confirm Upper House ballot

COLAC Otway Shire councillor Joe McCracken is set to join incumbent Western Victoria MP Bev McArthur as a Liberal candidate for the Upper House.

Cr McCracken is the Opposition's recommended pick for pre-selection in the 2022 election for the region.

The councillor is a Colac teacher and is originally from Beaufort in the Western Victorian region, and said he hoped to make the region a better place if elected.

"I have always taken community representation seriously, and I look forward to the opportunity to serve," Cr McCracken stated.

"Thank you to all my friends, family and supporters in the community.

"I'm so proud of what we have achieved together. And what we will achieve in the future."

Cr McCracken announced his intention to take a leave of absence from the council last month while

he contests the election.

Meanwhile, Ms McArthur's re-election chances received a boost as she is likely to take top spot on the Liberal Party ballot for the region.

Ms McArthur, a former Corangamite Shire councillor, will try for a second term in the next Parliament after winning a first stint in the Upper House in 2018.

Ms McArthur said securing infrastructure and service investment for the region's "vast array of entrepreneurs and enterprises" would be among her priorities ahead of this year's vote.

"If the Liberal membership in Western Victoria sees fit, I look forward to continuing my work for individuals, families, small business and farmers," she stated.

"I am humbled by the support I receive from so many impressive, talented and hardworking Victorians.

"I get up every morning to fight (in) their corner."

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Students excited to feature in Queenscliff Art Prize

BY VINNIE VAN OORSCHOT

YOUNG artists in schools across the region have scored an opportunity to showcase their work at the Queenscliff Art Prize, which begins on November 1.

Surf Coast Secondary School's Luca Voss (Year 11) and Mackie Colledge (Year 10) are two of almost two dozen students selected from local schools to have their works featured in the annual exhibit.

Mr Voss' sculpture, which featured in this year's Lorne Biennale will be photographed for the exhibit.

"It's an amazing opportunity," Mr Voss said.

"This is a great stepping stone in getting my name out there as an artist and getting good exposure.

"I haven't fully decided what my medium will be moving forward, but I've been doing art for pretty much most of my life.

"I love the creative side of art, putting pencil to paper and just making something out of it and to be able to feature in the Queenscliff Art Prize is awesome."

Miss Colledge said she was surprised

to hear her painting had been selected.

"I was stoked to be honest because I never really considered myself to be able to do something like this," Miss Colledge said.

"It made me feel a bit proud, that I was able to do something that someone else recognised as worthwhile showing to the public.

"Art for me is an expression of creativity and freedom, just being able to do what you want.

"It's art, it's individualised to you, the only opinion that really matters at the end of the day is your own."

Surf Coast Secondary College art teacher Susan Barlow said it was positive the Queenscliff Art Prize extended its exhibit to local students, particularly during the early stages of their careers.

"It's fantastic because it gives students the opportunity to broaden their audience, and at the same time seek some sort of recognition for the effort and processes they are going through," Ms Barlow said.

"The Queenscliff Art Prize is so exciting because it's site specific and thoughtfully presented, it's going to be a beautiful exhibition, that's why we've chosen Luca and Mackie, because their



works fit wonderfully into that context." Other schools announced to feature students in the Queenscliff Art Prize include Kardinia International College Apollo Bay P-12 College, Lorne P-12

College, Sacred Heart College Geelong, Saint Ignatius College Geelong, Bellarine Secondary College, Christian College Geelong and Geelong High School.

Surf Coast Secondary College students Luca Voss and Mackie Colledge will feature in November's Queenscliff Art Prize. Photo: VINNIE VAN OORSCHOT

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Geelong parent centre on track for 2023 opening

BY BILLY HIGGINS

A NEW Geelong Early Parenting Centre has kicked off construction, with local families to have access to the service from the end of next year.

Premier Daniel Andrews was in Geelong last week to break ground on the multi-million-dollar facility to be co-located with Barwon Health's McKellar Centre in North Geelong.

The EPC is designed to help families with children aged up to four with specific health concerns and broader programs to help parents achieve their goals.

The Geelong EPC will include 10 residential family units, four day-stay places, a kitchen and dining area, and play areas, and is modelled on existing facilities in Melbourne.

Mr Andrews said the facility would provide specialist care for local families close to home,

while supporting around 30 ongoing jobs once operational by the end of 2023.

"Families ought not to have to travel all the way to Footscray for instance to get the care that they need at the exact moment that they need it," the Premier said.

"That's much, much better than having to travel away from your local community to get care and support, or indeed what I suspect is more likely, that because there's nothing local families don't get that support at all.

"We can do much better than that."

Supporting parents with sleeping and settling will be among the key services provided at the new centre.

The state government reported that half of Victorian parents attending EPCs across the state report problems with their child's sleep.

The issue can also lead to post-natal depression for parents and impact the child's development.

Mr Andrews said the aim of the new facility was to provide holistic care for young Geelong families.

"It's more than just sleep school, as important as that is. It's about tailoring support and care to parents and our smallest Victorians," he said.



Premier Daniel Andrews joined Lara MP John Eren, Geelong MP Christine Couzens, and Barwon Health board chair Brian Cook to mark the start of construction of Geelong's Early Parenting Centre. Photos: BILLY HIGGINS

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The three-day festival of historic and modern aircraft explores the very early days of flight to today's fifth generation military jets. Photo: SUPPLIED

Airshow to touch down at Avalon

BY NATHAN RIVALLAND

THE Australian International Airshow is back February next year and the callout is on for volunteers to get involved in the most comprehensive aviation, aerospace and defence exposition in the southern hemisphere.

Back for the first time since 2019 at Avalon Airport, the airshow will deliver aviation enthusiasts and volunteers with a three-day festival of historic and modern aircraft display flying, from the early days of flight to today's fifth-generation military jets.

"We absolutely can't wait to have our show back in 2023 after what has been a tricky and difficult four years with the pandemic interruptions," Aerospace Maritime Defence and Security Foundation's Sandy Paterson said.

"Volunteering at the event is a fulfilling way for people to experience the various aspects of operation at an airshow all the while meeting some amazing people and learning plenty of new skills.

"Volunteers get to work across many parts of the show, from events operations to aviation to media and PR to hosting the chalet lunches.

"Often our volunteers utilise the free camping and catering services to make a full week of the event and it certainly is plenty of fun all round."

The event will give volunteers the opportunity to get up and close with an array of sport and recreational aircrafts, business jets, helicopters, unmanned aerial vehicles and the latest military aircrafts.

Paterson said the volunteer positions are usually snatched up fast due to the freedom and vast experiences that each person is given during the festival.

Previous years' events have drawn interest and a strong contingent of interstate travellers who have ventured down to take up the enriching experience at Avalon Airport.

"Our volunteer program is always really popular and so far people have been chomping at the bit to get back to Avalon to help out," Paterson said.

"Our volunteer co-ordinator Heidi is in constant communication with the team of volunteers that we have had in the past and they are all very eager to get down to assist once again.

"Each volunteer gets full catering, camping, parking, uniforms, an appreciation certificate and a special thankyou function at the end, so it's certainly an experience that people enjoy."

Registrations are now open to become a volunteer for the event so get in before all positions are gone.

For more information, head to airshow.com.au/airshow2023 or email volunteering@amda.com.au.



The callout is on for volunteers to get involved in the most comprehensive aviation, aerospace and defence exposition in the southern hemisphere. Photo: SUPPLIED



The Australian International Airshow will be back for the first time since 2019. Photo: SUPPLIED

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Boost to provide more bill relief for Victorians

BY NATHAN RIVALLAND

THANKS to a \$205 million boost to the Andrews Labor Government's Power Saving Bonus, more Victorians can receive immediate bill relief and cut their household energy costs.

Since July 1, one million Victorians have applied for the \$250 one-off payment, which has provided



Minister for Energy Lily D'Ambrosio with Member for Southern Metropolitan Region Nina Taylor and a resident of Albert Park Housing Estate. Photo: SUPPLIED

immediate support and assisted with driving down the cost of living right across the state.

To meet the program's popular demand, the Labor Government is adding another \$205 million on top of the initial \$250 million of funding, continuing to provide all households in the state with the bonus until June 30, 2023.

According to user data, Lara, Ocean Grove and Grovedale residents have been leading the way in applying for the scheme, with over 2500 households taking advantage of the payment so far.

Torquay, Belmont and Armstrong Creek also rank in the top 150 postcodes in the state, with over 2000 household applications being completed.

All Victorian households are eligible for the \$250 payment, including nearly 400,000 concession card holders who previously claimed the payment under an earlier phase of the program.

"We know Victorian families are doing it tough, so we're topping up the \$250 Power Saving Bonus program to make sure no one misses out," Minister for Energy Lily D'Ambrosio said.

"Three weeks after launching this bill busting bonus, we are proud to have supported one million Victorian households with their energy bills while helping them find the cheapest deal available."

Households can claim the \$250 payment by heading to the Victorian Energy Compare website and comparing energy offers to see if they can get a better deal, or by engaging with a participating community outreach partner.

The Victorian Energy Compare website is the only free and independent online energy price comparison service available to Victorian energy consumers.

To apply and for more information go to, compare. energy.vic.gov.au.



Bonza Airlines hopes to be flying between Avalon and Sunshine Coast by the end of September. Photo: SUPPLIED

New airline eyes September take-off

BONZA Airlines is aiming to hit the runway at Avalon Airport late next month and open its travel route with the Sunshine Coast.

The discount carrier is hopeful it is close to securing regulatory approval to take to the skies and adding a new low-cost route to the Geelong region airport.

"Whilst respecting the regulatory process, we are working towards wheels up as soon as late September by progressively rolling out routes using our Sunshine Coast based aircraft first – of which Avalon is part of," the airline's CEO Tim Jordan said.

The September target is the clearest indication the carrier has provided on its flight timeline since its launch earlier this year.

The company indicated it hoped to provide a

more specific timeline by the end of August.

Bonza announced itself to the Australian market in February, with its Sunshine Coast-Avalon route among its first rollout of 27 flight paths across 17 destinations on the eastern seaboard.

Meanwhile, Bonza's first aircraft has touched down at its Queensland base this month.

The airline will apply interior finishes to its new Boeing 737 MAX onshore at Australia as it prepares for its take-off date.

"We are now one important step closer to connecting more Australians with convenient low cost travel options to more destinations for holidays and to visit loved ones," Mr Jordan said.

"It seems only right that we bring home our first aircraft to have its final touches put on by Australians locally."

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More than wine at Torquay's newest wine bar

NESTLED in the heart of Torquay's main street is one of the town's newest and only bars.

Torquay Wine Store owners Mick and Sarah Dowling have set out to create a unique experience, where their clientele can choose from around 400 carefully selected wines, 80+ beers, ciders and seltzers to drink in their relaxed wine bar, or to stock up to take home. There's also beer on tap and a great cocktail list with the classics well represented.

Opening to the public in December 2021, the husband-and-wife duo endeavoured to create a warm and inviting venue.

The industrial-styled interior paired with warmer tones and beautiful reclaimed timber features create a cosy yet sophisticated feel to the Gilbert Street venue. But it is the access to wine professionals which sets apart the Torquay Wine Store.

Mick's expansive knowledge comes from around 20 years of experience in the industry, during which time he's sold wines across every segment of the market from \$10 a bottle to over \$30,000.

He says the idea behind the Torquay Wine Store was about creating a relaxed, unpretentious environment where people can get great wines and beers with staff

who are passionate and educated on hand to help.

"People just want a nice glass of wine and a good time," Mick said.

Torquay Wine Store carries a great selection of local wines and boasts a wide range of Australian and International wines from both iconic producers, to some of Mick's favourite small wine makers.

"There is no other bar anywhere on the Surf Coast where you can come in and pick from 400 wines," he said

"It is the biggest list on the Surf Coast."

The duo say the best part about being a bar and a retailer is being able to provide access to amazing wines and a great space to run events, including tastings, wine education evenings, and wine dinners.

They've also just launched a monthly wine subscription, delivered free to 3228 post codes, all hand picked by Mick with tasting and cellaring notes.

After six successful months in business, the couple say they are most proud of the way in which their Gilbert St venue has become a meeting place for locals.

"We only take walks-ins so you can pop in for a quick drink or linger if you prefer. You'll probably see someone you know, and if not, Mick's always up for a chat," said Sarah.

"We've got some great regulars and have made some great friends so far.

"There are other bottle shops in town but if you want something different, are looking for something special, or you



ABOVE: Torquay Wine Store owners Mick and Sarah Dowling have set out to create a unique experience.



Torquay Wine Store offers a relaxed and unpretentious environment.



The team provides access to amazing wines and a great space to run events, including tastings, wine education evenings, and wine dinners.

want advice about what to buy, or to drink then this is the place to come."

Great wines love great food and you can't mention Torquay Wine Store without mentioning the menu.

It's designed to work with the wines and allows flexibility whether you want something small like a cheese plate or some charcuterie, or something more substantial like Pork & Fennel Meatballs or their large Sharing Plate. There's also specials that come and go depending on

the season.
"We love Torquay, and we're really proud of what we've created", Mick added, "and it's gratifying to see the locals enjoying it as much as we are".

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BLUE: THE SONGS OF JONI MITCHELL HITS COSTA HALL STAGE FOR ONE NIGHT IN SEPTEMBER

With just two performances on Saturday 3 September, Geelong Arts Centre is thrilled to welcome Australia's very own Queenie van de Zandt at Costa Hall, for *BLUE: The Songs of Joni Mitchell*, to showcase a beguiling night of melancholic songs, poetic storytelling and haunting vocals.

Starring celebrated Australian cabaret chanteuse and musical theatre star, Queenie van de Zandt, accompanied by a live band, *BLUE: The Songs of Joni Mitchell* explores van de Zandt's love of all things Joni.

Renowned for her artful storytelling and raw emotive vocals, through this enchanting show, van de Zandt brings audiences the songs, stories and art of musical legend, Joni Mitchell; a renaissance woman, painter and poet who created a soundtrack for the Woodstock generation.

Using voice overs and intimate storytelling, the show creates a sonic journey through Joni's life with affectionate reinterpretations of her music and intimate revelations of the stories behind some of her most haunting songs.

BLUE: The Songs of Joni Mitchell has been touring to sold-out venues and rave reviews across Australia and the US since 2017. The show has received a slew of theatre awards along the way, including a nomination for the prestigious Helpmann Award for Best Cabaret Performer and the Sydney Theatre Award for Best Cabaret Production.

BLUE: The Songs of Joni Mitchell is presented by Neil Gooding Productions and Amazon Woman Enterprises. Performances will take place at 1pm and 7pm on Saturday, September 3.

Tickets are on sale now at geelongartscentre.org.au/ourseason-2022/blue-joni-mitchell



Starring celebrated Australian cabaret chanteuse and musical theatre star, Queenie van de Zandt, accompanied by a live band, *BLUE: The Songs of Joni Mitchell* explores van de Zandt's love of all things Joni.

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CREATIVE VICTORIA



Artists given space to flourish

THE Geelong Arts Centre is giving six of the region's creatives free studio spaces to help them develop new works.

After years of enduring what was essentially an industry shutdown, the Creative Engine grant packages have a combined value of over \$50,000 and are designed to foster new works from the regions mostly performative artists.

"There is nothing we love more at Geelong Arts Centre's Creative Engine than watching the early seeds of local projects develop and flourish," the centre's head of programming Penny McCabe said.

Under the application criteria of connection, innovation and thoughtfulness, artists will be given in-kind studio access to the Ryrie Street centre so they can develop their works.

These include Marta Elizabeth Lopez whose Geelong Latin American Movement seeks to expand interest for her community through stage, theatre performances and audio-visual art, and Caroline Meaden whose *Mouse in the Room* continues her practice of blending dance, language and acting alongside five collaborators.

Accompanying her studio access, Belle Hansen's *The World According to Dinosaurs* was also awarded \$1,000 to develop the work that interrogates the fact and fiction of human existence.

Ms Hansen was similarly granted \$1,000 to develop Project Connect, that seeks to bring theatre makers together to explore themes of connection in the modern world through exploration and play.

The final two Creative Engine grant recipients are each given \$5,000, in-kind studio access and mentoring opportunities to



Creative Engine grant recipient *The World According to Dinosaurs* by Belle Hansen. Photo: GEELONG ARTS CENTRE

bring their works to life.

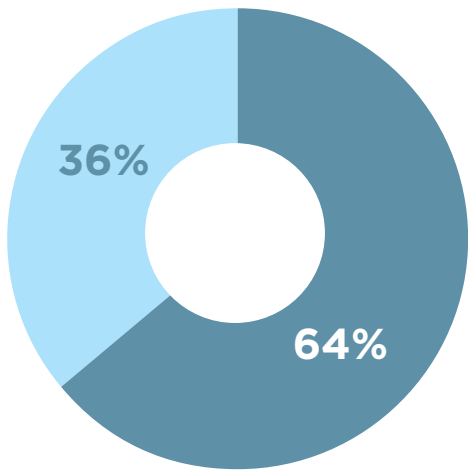
Cabaret artist Miss Cairo's work *Breast Become Her* asks at what point is the queer transgendered cabaret artist of colour, considered a woman?

Christian Cavallo's work *The Mentor*, explores varying perceptions of sexism, ageism, respect, consent and mental health when one time Hollywood star Amanda Redfern begins tutoring young actor Jordan Ridley.

"We have so much creative talent connected to our region, and we are thrilled that these grant recipients will not only receive project-specific support, but also join a community of like-minded creatives who will have a lasting impact on their broader artistic practice," the Arts Centre's Ms McCabe said.

have your say

Are you working from home at least once a week?



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Your letters should not exceed 250 words. Please provide your name, address and telephone number; only your name and town will be published with your letter. As publication space is limited we may not be able to publish all letters received. We also reserve the right to edit letters that we publish.

Waiting on answers

Dear Editor,

I've been patiently waiting for the Great Ocean Road Authority to respond to my enquiries about what approach they are taking to the wooden Torquay groynes: whether they are to be repaired/preserved or instead, left to continue to disintegrate and eventually disappear; and whether the groyne 'technology' is now considered (technically) to be helpful or not in terms of the maintenance of the sand supply and the prevention of erosion.

Despite two phone calls, two emails - one to the CEO - and an in-person visit to the authority's new offices, no response has been received to date.

FYI, the authority is now located at 25 Baines Crescent, Torquay.

A/Prof Misha Coleman
Torquay

Article hits the right note

Dear Editor,

What a fantastic article on the futility of bureaucracy - a tongue in cheek spectacular.

The only problem in the whole exercise was that you didn't set up a committee to do it, didn't receive a government grant to do the study and didn't get a permit to do an unauthorised study.

Well done, John.

Phil Robbins
Anglesea



Groynes at Torquay Front Beach.

Unite for Assange

Dear Editor,

We've lost some great Victorians recently: Shane Warne, Johnny Famechon, Judith Durham, Olivia Newton John.

Let's not lose another. Julian Assange is currently rotting in an English prison, awaiting to be hand-

balled to their (our) North American masters to endure further cruelty.

His crime?

Well, he hasn't committed any.

Except if you define highlighting the censored brutality of some Western governments a crime.

One reason why we can write to you freely, without the fear of losing our livelihoods, family

or lives, is because of the courage and sacrifice of people like Julian Assange.

Let's not let them 'kick this Vic' anymore.

Let's unite as Victorians, and get Julian Assange home.

Geoff Leury
Torquay

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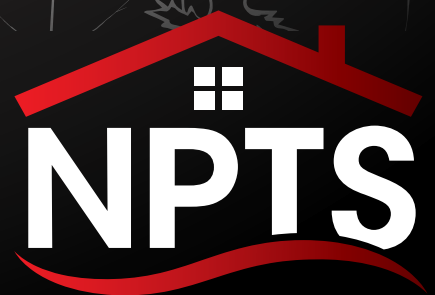
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BUSINESS

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Our region is blessed with an outstanding business community run by people who have both the expertise and passion to ensure their customers get the best advice, service and product.

In this feature we celebrate our local businesses – and the faces behind them - across many industries, including health providers, law firms, real estate, pet care, retail outlets and more.

See inside to read about some of the quality local businesses who excel at what they do and truly care about their customers.

Celebrating local business success

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OCEAN GROVE REAL ESTATE

Locally-owned and operated, Ocean Grove Real Estate offers a boutique real estate experience to clients across the Bellarine Peninsula, Geelong and Surf Coast.

The professional and experienced team offer a complete real estate service from buying or selling, investing and property development to exclusive land sales for Kingston Ocean Grove.

With more than 20 years' experience providing real estate service to the community, the team value honesty and communication with their clients.

A truly collaborative experience is what Ocean Grove Real Estate pride themselves on; their clients' opinions, needs and emotions are valued above all else.

Providing a boutique service guarantees the team can be flexible to serve each individual client exactly as they are, individual.

Communication and understanding are at the core of Ocean Grove Real Estate's business.

Maintaining a professional reputation is important to the team, you can rely on them to deliver honest and transparent service to the highest ethical standards ensuring the client comes first.

Recognising and pivoting with the ever-changing property market takes a knowledge base Ocean Grove Real Estate



A truly collaborative experience is what Ocean Grove Real Estate pride themselves on; their clients' opinions, needs and emotions are valued above all else.

has built with years of experience and skill.

The team can deliver the most relevant and up-to-date market information to their clients, harnessing new technologies and the latest data to support them on their property journey.

The team is committed to real estate and their clients, they are readily available to discuss property needs and goals to ensure their client's property matches their lifestyle.

Wallington's WRG has it all

WALLINGTON'S WRG

If you're looking for high-quality home, garden, pet and pantry supplies, Wallington's WRG is your one-stop shop.

Established in 2004 by local husband and wife team, Ed and Win Corless, Wallington's WRG has gone from strength to strength.

With almost 20 years' experience servicing the region, Wallington's WRG staff's expertise is second to none.

The store is always introducing new and exciting items across their departments.

The Home Brewing department has grown from small beginner hobby kits to now stocking major home brewing equipment brands and almost every flavour essence!

They even stock wine kits so you can make your own chardonnay or cabernet from home.

The team opened Wallington's Pantry in 2020, in an effort to support local producers in a rather difficult time.

Not only do they stock a large range of pasta, sauces, meats and essentials from the Otways to the Bellarine, you can also grab a coffee in store too.

This fresh produce initiative has been well received and supported by the local community.

The Pet Supply range at Wallington's WRG remains vast, and includes premium pet food and accessories for cats, dogs, equine and small animals, all the way though to birds, fish and reptiles.

Dogs are welcome in the store and there is even a dog wash on site. Bulk landscaping is a passion for the business.

They have everything you need to complete your backyard-landscaping project.

From pavers, garden pots, and fresh ANCO turf, to delivering sand, soil and turf to homes across Geelong and the Bellarine seven days a week.

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ARMSTRONG CREEK WHOLEFOODS

The concept of Armstrong Creek Wholefoods is a simple one; keep it local.

From muesli to honey to candles to coffee, they source as much as possible from local business - why wouldn't they? They're located in one of the most beautiful regions in Australia!

Armstrong Creek Wholefoods stocks local producers and products including; Neat Nutrition (Torquay), Ocean Grind Coffee (Torquay), Fire Tonic (Torquay), Love Tea (Geelong), Olive Oil (Mt Moriac), Adelia Fine Foods (Ocean Grove), Sea Haus Soaps (Ocean Grove), Otway Pasta (Colac), Dog Stinger Honey (Winchelsea), Tea Thief (Anglesea), Schulz Organic Dairy (Timboon) and Grounded Pleasures (Ballarat).

The store showcases and celebrates the hard-working Australians who are right on our doorstep.

As well as being a place of local celebration, Armstrong Creek Wholefoods is dedicated to providing customers with a zero-waste shopping experience.

They have more than 150 items which can be purchased in bulk, by filling your own containers or using the paper bags provided.

Not only does this reduce the amount of single use plastic being wasted in our homes, but it also allows customers to



Visit Armstrong Creek Wholefoods in the Armstrong Creek Town Centre today for quality products and a quality experience.

save money as you are only paying for the amount of food you need.

When shopping at Armstrong Creek Wholefoods, you can be confident each product has been carefully researched to ensure it is ethical, natural and/or local.

The team at Armstrong Creek Wholefoods cares about how they nourish their bodies and wish to help the community value this as much as they do.

Shopping sustainably and organically can be intimidating, but at Armstrong Creek Wholefoods it doesn't have to be.

Staff are always happy to share their knowledge and aim to provide a stress-free shopping experience.

You can also shop at their sister store, Winchelsea Wholefoods, or via their website armstrongcreekwholefoods.com.au

Is back pain preventing you from doing the activities you love?

KIESER GEELONG

The initial causes of back pain vary greatly but regardless of the cause the result is the same – the pain triggers a natural protective response.

The body immediately inhibits the muscles closest to the pain and we modify our movement patterns and posture to avoid painful positions.

In as little as 48 hours these important stabilising muscles begin to weaken and atrophy. It is this weakness that leaves us more susceptible to suffering recurring episodes of pain and eventually chronic pain.

"As a physiotherapist, I see the frustration in clients who seemingly 'tried everything' for their back pain," Torquay physiotherapist Richard Wallace said.

"From massages to braces to creams and heat packs, they all seem to temporarily relieve pain, but the pain tends to reoccur if they don't address the source, which is often muscular weakness in the supporting muscles of the spine."

The Kieser method is designed to effectively break the cycle of deconditioning using the clinical reasoning and skills of their team of physiotherapists along with their targeted equipment.

At Kieser, your treatment will begin with their physiotherapists who will address your pain and begin your

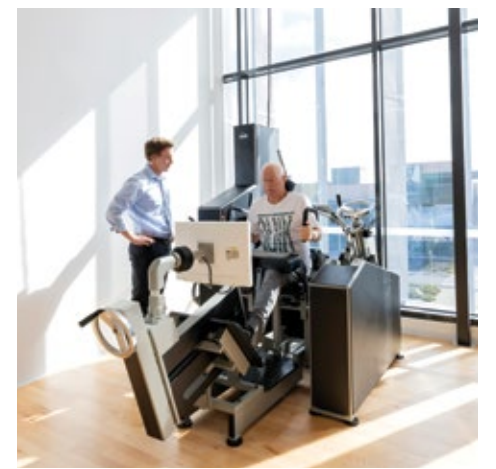
rehabilitation - preparing you for a long-term strength program.

Their exercise scientists prepare your individualised strength training program, which incorporates activity goals.

The Kieser method is designed to identify and assess the source of your problem and strengthen your body to reduce pain and prevent recurrence of the issue.

Kieser has 18 clinics across Victoria, including clinics in Geelong, Ocean Grove and Torquay.

To learn more about Kieser or to book an initial assessment, visit kieser.com.au.



The Kieser method is designed to identify and assess the source of your problem and strengthen your body to reduce pain and prevent recurrence of the issue.



Armstrong Creek Wholefoods NOW OPEN!

Bring your containers and shop sustainably with our range of bulk wholefoods, health food pantry products and handmade gifts

We are passionate about showcasing the best products of our region!

Located in the Armstrong Creek Town Centre,

Monday – Saturday 9am-5pm

Sunday 10am-4pm

Follow us @armstrongcreekwholefoods

Shop Online at www.armstrongcreekwholefoods.com.au

Clinics in Geelong, Torquay and Ocean Grove

BACK PAIN? NOW'S THE TIME FOR KIESER

Our physios are dedicated to helping people to keep doing the activities that they love. Don't let pain get in the way, stay active and strong with Kieser.

50% OFF* AN INITIAL PHYSIO ASSESSMENT



Scan the QR code to book your initial assessment.



*Only available to new Kieser clients who are paying privately. Offer only available on an initial physiotherapy assessment. 1/2 price initial physiotherapy assessment will be \$57.50 (RRP \$115).

KIESER

Access to critical health services on the Bellarine

BELLARINE RESPIRATORY CLINIC

The Bellarine Respiratory Clinic is a critical specialised health infrastructure located in Ocean Grove.

This infrastructure has been established to ensure the safety of the greater community, through managing those who have tested positive to COVID-19, as well as those who are presenting with respiratory symptoms.

The Bellarine respiratory clinic houses both doctors and nurses, who are equipped to appropriately respond to the array of respiratory related health concerns that are frequently avoided by others in the industry.

The clinic allows those who have tested positive to COVID-19 to maintain access to fully-trained and qualified healthcare professionals.

Thus, providing an avenue of support



The clinic is welcoming of all individuals over the age of three months old.

to safely manage their health along their trajectory of testing positive to the virus.

Additionally, those presenting with respiratory symptoms are offered a PCR test and/or face-to-face assessment by a General Practitioner (GP) at the clinic.

There are two available swab rooms, as well as GP assessment rooms in the Bellarine practice, ensuring a 24-48 hour turnaround of PCR test results.

This time frame will differ due to the load of testing at the time your swab is taken. Negative test results will be delivered via SMS directly to the patient.

The delivery of positive test results varies depending on how the patient has booked their appointment at the clinic.

Should the patient have arrived at the clinic through a referral from their regular GP, test results will be returned to this doctor, otherwise they will be delivered directly to the patient.

GP assessments take slightly longer, however per each room there are more than 15 appointments available on any given day.

Should a patient prefer to remain in the comfort of their own home, the Bellarine respiratory clinic offers telehealth consults.

The clinic is welcoming of all individuals over the age of three months old.

Offering all of the available respiratory and COVID related services free of charge to eligible members of the community.

Your dream golf trip awaits

COASTAL GOLF VICTORIA

There is no other game that promotes friendship and fraternity like golf does. Golf is as much about the chit and banter between shots as it is about the game itself.



Customised golf trips is a specialty Coastal Golf provides.

And what better way to foster those friendships than by organising a few days away to play the game you love?

Coastal Golf Victoria appreciates that social golf trips are an important part of a golfer's life, and that men and women alike look forward to that time of year when they get together with friends and spend a couple of days playing the game they love.

That's why they try to make it as easy as possible for golfers to be able to experience an enjoyable and memorable golf holiday wherever their wish list may be.

Based in Geelong, for the past six years, Coastal Golf Victoria has specialised in bringing golf groups to the Bellarine Peninsula, Surfcoast and Mornington Peninsula.

However, they are also well-equipped to organise golf trips to the other amazing golfing destinations in Australia, such as the Sunshine Coast, Murray River, Adelaide, Perth, Gold Coast and Tasmania/King Island to name a few.

Customised golf trips are their specialty, and along with exceptional customer service, Coastal Golf's personal touch is often the trigger that sees clients coming back year after year to have a golf trip organised.

One happy group's list of destinations includes the Bellarine Peninsula, Mornington Peninsula, Yarrowonga, the Gold Coast and most recently the NSW South Coast.

"Australia is abundant in great golfing destinations, with top rated courses within a stone's throw of each other," Owner Heidi Shaw said.

"We love being able to come up with an itinerary for our groups that checks every box of their golf trip wish list - comfortable accommodation, enjoyable courses, easy transfers and of course value for money."

All Coastal Golf needs is a few details, including proposed dates, the approximate number of guests, a list of preferred courses and they can come up with a package to suit any group.

If you love your golf and have a destination in mind that you are keen to visit but you don't know where to start, call Coastal Golf Victoria - they will have you teeing off in no time!

For more information, head to coastalgolfvictoria.com.au, call Coastal Golf on 0448 904 934, or email heidi@coastalgolfvictoria.com.au.



Bellarine Respiratory Clinic

CALL OR BOOK ONLINE

Bellarine Respiratory Clinic

03 9044 0200

www.bellarinerespiratoryclinic.com.au

Services free to everyone

PCR COVID Testing for Symptomatic patients

No referral needed, just book online or call
Appointments available on the day
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Covid Testing for - Symptomatic patients

COVID Positive treatment services

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Telehealth for COVID Positive Patients
Antiviral Prescribing (where you have no GP or can't access your GP)

COVID Vaccines

Separate location - Shop 18 - Marketplace shopping centre

Bellarine Respiratory Clinic Open 7 days

8.00am - 5.00pm Monday to Saturday & 9.00am - 1.00pm Sunday

WHAT'S ON YOUR AUSTRALIAN

GOLF DESTINATION BUCKET LIST?

#1 Gold or Sunshine Coast

#2 Tasmania/King Island

#3 Mornington Peninsula

#4 Adelaide

Where ever it is, we are here to make it as easy as possible for you and your group to have an enjoyable golf getaway. Let us coordinate your tee times, accommodation, transport requirements and more, so that all you have to do is turn up.

www.coastalgolfvictoria.com.au

email heidi@coastalgolfvictoria.com.au

ph 0448 904 934



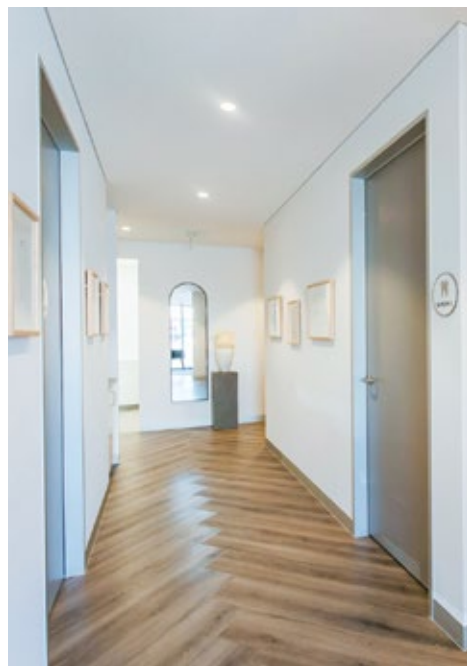
State-of-the-art dental clinic with the ambience of a day spa

CREATIVE DENTAL HAUS

Creative Dental Haus is a state-of-the-art dental clinic giving you a family dental experience like no other in the Geelong region.

With the ambience of a day spa, patients can feel comfortable while enjoying a moment of self-care.

Listen to calming music played throughout the practice, grab a coffee



Creative Dental Haus also offer overhead televisions with NETFLIX in their dental rooms.

from the coffee machine or stream television from our comfortable couch in the waiting room.

Creative Dental Haus also offers overhead televisions with Netflix in their dental rooms.

Creative Dental Haus is founded and locally-owned by Geelong West resident and Principal Dentist, Dr Andrew James, who has more than 16 years' experience in the dental industry.

Technology is an important aspect at the clinic, which has been designed with convenient, ultra-modern same-day dentistry and digital dentistry making treatment more affordable.

Creative Dental Haus offers patients all aspects of general and cosmetic dentistry, as well as treatments such as dental implants, porcelain veneers, composite veneers, gum lifting, full dentures, partial dentures and much more.

They are offering a patient special of a comprehensive mouth check-up, complete set of bitewing X-Rays, scale and polish, remineralising treatment and oral hygiene instructions for only \$180 for adults and \$120 for children.

Also available is their ZOOM! in chair whitening special at \$399 and take-home ZOOM whitening at \$320.

All of Creative Dental Haus patients and their stories are unique, and their treatment is specifically tailored to them.

Find a new community at Zero Point Yoga

ZERO POINT YOGA

In two convenient locations, Zero Point Yoga delivers Yoga, Pilates, Meditation and Barre classes to the Bellarine.

Located in both Ocean Grove and Drysdale, there are more than 60 classes per week to choose from and a vibrant community to join.

With accessible classes to all, Zero Point Yoga has a team of dedicated teachers, with sessions ranging from strength-based flow, to the deep stretches of floor based Yin, to sound meditations, pilates and the endorphin packed Barre class.

The studios are gently heated using far infrared technology for increased health benefits, and run annual teacher training programs and retreats.

"Zero Point is really about building community, and we've got an incredible one here," owner Bec Duffield said.

"So many friendships are formed in these spaces."

During the pandemic Zero Point offered free virtual classes and were joined from people all over the world.

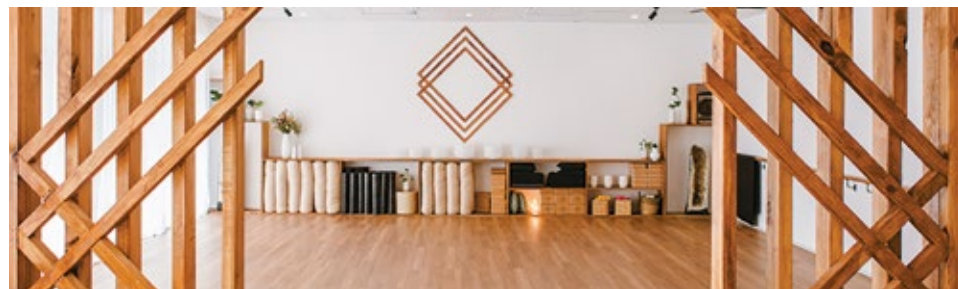
"It was a beautiful surprise to have people tuning in from the USA, South Africa, the UK and Malaysia. Even though we were all locked down, we felt united in a whole new way," Bec said.

To compliment the classes, Zero Point also offers an interesting selection of regular events - ice baths, breathwork, live Cello's and learn to play a singing bowl, all frequent the schedule.

It's a hub of activity with a range of options from dipping your toe in, to teacher training programs.

You can purchase an introductory pass for \$35 which gets you two weeks of unlimited sessions across both studios.

Find out more at zeropointyoga.net.



Zero Point Yoga has a team of dedicated teachers and offers a range of sessions.

CREATIVE DENTAL HAUS

The Home of Dentistry in Geelong

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- > Children's Dentistry
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Zero Point Yoga



Start Here INTRO OFFER \$35

Two weeks of unlimited sessions, two studios to choose from
Far infrared gently heated sessions of Flow, Yin, Pilates, Meditation, Barre
Beginners warmly welcomed

Ocean Grove Studio
41 Smithton Grove

Drysdale Studio
8/21 Clifton Springs Rd

www.zeropointyoga.net Connect in. Tune out.  

A bespoke yoga hub where you'll feel held and supported

SAMANA YOGA STUDIO

Samana Yoga studio in the heart of Queenscliff has two dedicated spaces; one for yoga and the other a dedicated Reformer Pilates studio.

Founder, facilitator and principal teacher, Kirsteen wants to provide a space where the community can come to relax and unwind.

"I want to create a space where anyone can come to feel held and supported," Kirsteen said.

"A space to come and relax and connect back to your true self and find the natural state of peace that exists within our body, mind and soul."

Kirsteen is a Level Two registered Yoga teacher with Yoga Australia, an integral sound healing practitioner and is registered with Natural Therapy Pages, The International Sound Therapy Association and International Practitioners of Holistic Medicine,

Samana Yoga offers more than 20 classes a week to choose from, flexible membership options and a warm and inviting space.

Classes on offer are Vinyasa, Hatha, Restorative, Yin, QiGong, Sculpt, Mat an Reformer Pilates, Reiki and One on One sound healing.

The team run regular workshops including Crystal Bowl workshops, Myofascial Release, Full Moon Sound Baths and much more.



Samana Yoga offers more than 20 classes a week to choose from, flexible membership options and a warm and inviting space.

Samana Yoga stocks and sells Crystal Bowls, Yoga mats, blocks, bolsters, Cacao, candles and have gift vouchers available.

Torquay Carpet Court earns a place in national finals

TORQUAY CARPET COURT

Torquay Carpet Court is thrilled to announce its store was named a national finalist for sales, service and presentation at the annual Carpet Court Australia Awards hosted on the Gold Coast in May 2022.

The store was recognised for sales excellence with residential and commercial customers, outstanding showroom presentation, on-time expert installations and first-rate customer service from highly-trained staff.

At Torquay Carpet Court, the team think of flooring as the blank slate on which you can create your perfect home.

Whether it's your time to think about a home renovation project, or a quick refashioning in one or two rooms, it always starts with the floor.

If sumptuous new carpets are the perfect solution, you will find a fantastic selection of eco-friendly wool and synthetic carpets in a variety of colours, fibres, and pile types.

If you're searching for floating modern flooring, then you are sure to love Torquay Carpet Court's extensive range of authentic timbers, versatile hybrids, luxury laminates and stunning vinyl.

Whether your taste is modern, Hamptons, or coastal, their Herringbone range is an elegant and timeless option to consider for your home.

There's no need to compromise on style with their pet friendly (and busy family friendly) products that are both functional and beautiful.

For the biggest range of carpet and flooring choices in Geelong and the Surf Coast, book a free measure and quote today.

Speak to the team at Torquay Carpet Court on weekdays from 9am to 5pm and Saturday from 9am to 1pm.



SAMANA
YOGA FOR EVERY BODY

Yoga & Pilates Studio

NEW STUDIO | 3RD & 4TH SEPTEMBER

We are offering **FREE CLASSES ALL WEEKEND** and a meet and greet with the team.

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STARTING FROM THE FLOOR UP!

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TORQUAY CARPET COURT

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Coulter Legal leading the way with work life integration

COULTER LEGAL

Coulter Legal has long been a leader in flexible working practices, something that has become even more important in recent years.

With a focus on their people, clients and the community, Coulter Legal has continued to develop programs within the business to support people to work flexibly and to contribute to the community.

Coulter Legal was pleased to announce the introduction of a comprehensive Parental Leave Program in January 2022, which provides for 18 weeks paid parental leave, regardless of gender, as well as an extensive range of supportive options for parents returning to work.

The Parental Leave Program is designed to support working parents, aligning with Coulter Legal's long term focus as an employer of choice.

As a firm which has 80 per cent women in the team, including 60 per cent representation of women on their leadership team, what they see as a generous Parental Leave Program has been considered as integral to their culture for a period of time, culminating in the introduction of the Parental Leave Program.

The past two years have been challenging for many of us and it is their vision that the introduction of the Program would provide a positive start

to 2022.

With their Head Office based in Geelong, and offices in Melbourne, on the Bellarine and the Surf Coast, Coulter Legal has experienced positive growth over recent years and is looking to the future to continue to develop a culture that is supportive and inclusive of all people.

"I am extremely proud to lead an innovative leadership team attuned to the needs of those we employ. I am also proud of our culture which is supportive, encouraging and inclusive. Our Parental Leave Program is indicative of our commitment to ensuring that our team feel valued," Managing Principal, Anne O'Loughlin said.



Stefan Manche and Tess Aberline of Coulter Legal.

Dental care where comfort is a priority

DOVE DENTAL

A trip to the dentist can be a daunting experience.

Being located in a centralised location for much of the south-western communities of Geelong, locally-owned dental clinic Dove Dental Wauran Ponds was designed with the family in mind and aims to change the perception of dentistry offering a seamless dental experience for patients of all ages.

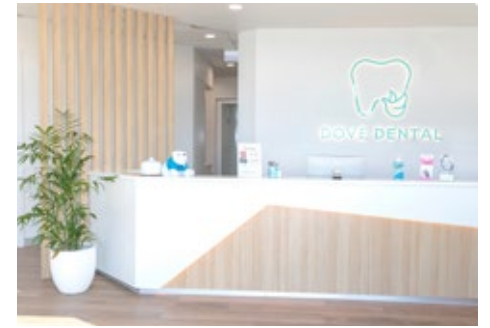
Dove Dental offers an approachable and comfortable dental experience for patients of all ages with the outlook that "your comfort is our priority".

In an effort to achieve this, Dr Angus Chen spoke about the design of the office, stating that "the use of very approachable colours - like greens and blues - have been shown to have a positive impact on people's moods".

"We wanted to create a space that was calming and approachable, using very gentle colours that would be inviting for both adults and children".

Dental rooms are equipped with Netflix on all televisions to ensure patients have an enjoyable distraction while they are being treated, as the team is committed to providing a comfortable experience for all patients.

In addition to the calming atmosphere, the dental clinic also features the latest technology, such as their new 3D scanner allowing immediate processing



Dove Dental offers an approachable and comfortable dental experience for patients of all ages.

of examinations, alongside the team's implementation of high standards for infection control.

Dove Dental endeavours to ensure all staff members and patients are protected by implementing and maintaining high-level precautions with daily activities.

The clinic is designed with customer service at the heart of everything.

Dr Chen understands that "waiting weeks to see a dentist can be frustrating", therefore prioritises same day appointments and emergency treatments.

The team at Dove Dental looks forward to welcoming new and existing patients.

For more information or to schedule an appointment, call (02) 4250 9887 or visit dovedental.com.au.



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coulterlegal.com.au

Barwon Heads | Geelong | Melbourne | Robe | Torquay



At Dove Dental, your comfort is our priority

Family and General Dentistry
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Cosmetic Dentistry and Whitening
Invisalign® | Wisdom Teeth



OPENING HOURS Mon - Fri: 8am - 6pm, Sat: 8am - 1pm, Sun: closed

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3a/195 Colac Road, Wauran Ponds 3216

www.dovedental.com.au

Guaranteed Same Day Emergency Appointments

A comfortable and modern clinic for all your dental needs

SURFSIDE DENTAL

Surfside Dental Torquay has recently moved into their new state-of-the-art home at 80 Geelong Road, Torquay (on the Surfcoast Highway).

Principal dentists Dr Chris Van Ryswyk and Dr Thorsten Dannheimer have designed and created a comfortable and modern clinic, with each surgery featuring floor to ceiling windows that look out to a private garden to a feeling of ease and relaxation.

As you enter the clinic you will be greeted with a light-filled reception area featuring local artwork of areas around the Surf Coast.

Surfside Dental pride themselves on providing the most up-to-date dental technology, including single visit all ceramic restorations and digitally

planned implant surgery, all in the comfort of our new facility.

All aesthetic treatment options are catered for, from single tooth to full mouth ceramic restorations, making it easy and accessible to improve or enhance your smile.

Drop by or give Surfside Dental Torquay a call on 5261 4343 and one of their friendly staff will be happy to find an appointment.

Surfside Dental Torquay offer:

Checkups, Fillings, Root Canal Treatment, Teeth Extractions, Kids Dentistry, Mouthguards

Teeth whitening, Crowns, Bridges, Ceramics, Implant Crowns, Dentures

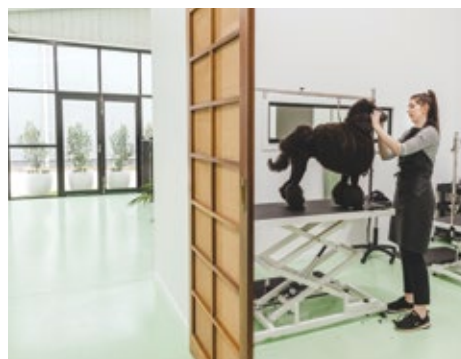
Computerised Dentistry, Anti-Snoring and Sleep Apnea, Wisdom Teeth Extractions



Surfside Dental prides themselves on providing the most up-to-date dental technology.

Luxury day spa, grooming and beautiful things for dogos

DOGO SAPIEN



Spa Manager Madeleine Kelly loves doing what she does best in this gorgeous space.

From the moment you pull into the driveway at Dogo Sapien you know this is not your typical dog grooming salon.

With its beautiful façade and attention to detail it looks more like a luxury day spa for people... and that's the point.

Dogo Sapien provides all the creature comforts for our dogs to enjoy, offering human-grade products and services that are good enough for us.

Once inside, the stylish design continues and the calm and relaxing environment is clean and fresh.

"The dogs seem to know they are in for a treat if the wagging tails and running around is anything to go by" co-owner Kimberley Milburn said.

Dogo Sapien is the Surf Coast's newest,

premium dog grooming salon that's transforming the way dogs are cared for.

With a highly skilled team of groomers and bathers, an ethical range of natural products, state-of-the-art equipment and a pristine and spacious spa environment, it has certainly got tails wagging in the area.

Dogo Sapien caters to dogs of all breeds, coat types, sizes and temperaments. Offering a full range of grooming treatments from specialised breed grooming, clipping, de-shedding to deluxe bath and blow dry or an express wash. You can even drop in for a nail clip with no appointment necessary.

Given the Surf Coast has one of the highest proportions of registered dogs in the country, it's little wonder that the business has attracted so much attention since opening its doors in April this year.

"We wanted to create a beautiful experience for dogs and their owners for what is an essential part of many dogs' lives," co-owner Megan Arnold said.

Dogo Sapien concentrates on the wellbeing of your dog, they take things slowly and make sure it's as relaxing as possible.

For a grooming experience like no other, Dogo Sapien is a must visit.

Dogo Sapien is located at 32 Baines Crescent, Torquay. Call the team to make a booking on 0484 318 021 or visit dogosapien.com.au.



Dr Thorsten Dannheimer
Dr Rachael Kelly
Dr Chris van Ryswyk

At Surfside dental we pride ourselves at providing world class modern dentistry utilising only the latest techniques and equipment. Call us today for more information.

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unleash the love

Dogo Sapien has opened its flagship spa and retail hub in Torquay and created the ultimate grooming experience for dogos big and small.

Visit us at dogosapien.com.au to see our full range of grooming and spa treatments. Drop in at 32 Baines Crescent, Torquay or call the team on 0484 318 021 to make an appointment.

We can't wait to see you in spa soon.

Team Dogo Sapien xx

Follow us and stay up to date!

dogo.
sapien
SURF COAST, AUSTRALIA

SURF COAST WORLD CHAMPION

shoots for the stars

Willis Droomer is one of Victoria's up-and-coming surfing stars, and after taking out his first junior world championship in El Salvador he is on the path to making the World Championship Tour, as NATHAN RIVALLAND discovers.

Photo: MIKE RODRIGUEZ



Spoil Dad, Grandpa or the special man in your life at
The Bellarine's newest and most dynamic dining destination.

Claribeaux

ON THE BELLARINE

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And YES, you get them all!*

Sunday, September 4

Bookings from 11.30am
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Includes glass of fine local Shiraz or pot of tap beer for Dad

**All dishes served on shared platters per table booking*

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Members welcome to pop in and put on their House Account

Droomer grew up surfing at Jan Juc beach at the age of three. Photo: NATHAN RIVALLAND



Willis Droomer fresh off winning the U/16 ISA World Junior Surfing Championship. Photo: MIKE RODRIGUEZ

WORLD CHAMP'S SHOOTING FOR THE STARS

Droomer has long surfing career in his sights

BY NATHAN RIVALLAND

After recently taking out his maiden junior world championship in El Salvador, Jan Juc dynamo Willis Droomer is shooting for the stars and certainly has a long and entertaining career ahead of him.

Droomer knew he wanted to take his surfing seriously from quite a young age, having learnt to surf as a three-year-old at Jan Juc with his parents Ean and Janelle.

"I was around three years old when I started getting into my surfing," Droomer said.

"I remember from a really young age just seeing surfboards lying around the house and thinking that I'd really love to get in the water with my parents who loved getting out in the water.

"From there I started at Jan Juc and absolutely fell in love with it."

Droomer said by the time he was six or seven years old, he knew he wanted to surf for the rest of his life and make something out of it.

By choosing to stick to the sport, Droomer began surfing in junior Surfing Victoria events, taking commanding wins in his age divisions along the way.

From there, the 16-year-old began taking his surfing to the next level, enlisting coaching from Surf Better Now and Surfing Victoria High Performance coaches at the time of Cahill Bell-Warren and Adam Robertson (Surfing Victoria CEO).

A spate of Victorian Surfing Titles in his arsenal, Droomer set his sights on the Australian Junior Surfing Championships.

Luckily for the youngster, his effortless style and flawless transitions rail to rail delivered him a nationwide honour that would set him on a path towards destiny.

A first national title gave Droomer an opportunity to shoot for gold on the global stage, heading overseas with the Australian team and fellow Victorian Ellie Harrison to chase his dreams of becoming a world champion.

The ISA World Junior Surfing Championships in El Salvador would be the stage where everyone would begin to know the 16-year old's name worldwide.

The Billabong-sponsored athlete said he went into his maiden world championships with plenty of excitement however, he had plenty of nerves attached.

"El Salvador was certainly a very different place to what I was used to and there was certainly a bit of nervous energy floating around," Droomer said.

"I'd never surfed a contest in boardshorts which was certainly an amazing, yet interesting and different feeling.

"I felt I begun the contest surfing a bit shaky and nervous in the first couple of rounds.

"Every single round felt like it was like surfing a final in the Victorian titles, the talent on show was absolutely amazing."

While Droomer noted his early round jitters got the best of him, therefore delivering him into the repercharge, he said that the second chance heats were a great refresh and another chance to show off his surfing repertoire.

"The second chance repercharge heats were obviously the ones that were the most important," Droomer said.

"If you didn't get through a main draw heat, you had the second chance to win the repercharge to re-enter the main draw, however with the repercharge, you lose, you're fully out.

"I feel like the second chance heats allowed me to generate somewhat a bit of form, where I felt I was able to put

aside the nerves and jitters and really loosen up."

Droomer noted that his best surfing comes when he is the most relaxed, his flawless and effortless style is best painted on a canvas where stress isn't a factor.

By making it through repercharge heats and entering the main draw on multiple occasions, Droomer would begin to make inroads.

Putting great score after great score together delivered the Jan Juc local with a finals berth, something he had only dreamed of.

"Once I begun to loosen up in the contest, everything started to go to plan and happen," Droomer said.

"I somehow felt I found the energy to put my best surfing forward and then I was in the final!"

Droomer alluded to his maiden world championship final starting as a bit of a slow one, where his counterparts had all locked in strong scores before he had even scratched into a wave.

However, by utilising his extensive heat experience both in the event and throughout his career, Droomer was able to claw his way back with two near excellent scores.

While there was an anxious wait to hear the overall results at the end of the final, it was absolute pandemonium at the buzzer as Droomer would be crowned the U/16 ISA World Junior Champion.

As the Australian team squashed into him, the 16-year-old said it was one

of the more surreal and exhilarating moments of his life.

"It was such an amazing feeling winning the event in front of all my fellow Australian team members and having them screaming for me on the beach.

"It's a pretty weird feeling being a world champion and the title is amazing but I'm still just a boy from Jan Juc who loves surfing with his mates and having fun."

Droomer said the win has fired him up to want to achieve more in the surfing fraternity, with his sights set on making the jump onto the world tour in the next few years, while also continuing to make fun surf movies with his mates.



Droomer said he wants to continue having fun with his mates and making surfing films all the while chasing his professional surfing dream. Photo: NATHAN RIVALLAND

KAREN'S DINER OPENS IN GEELONG

AND GUESTS TAKE OFFENCE

BY LUCY CROCK

THIS September, a unique dining experience is coming to Geelong - expect great burgers and terrible service that might even warrant a complaint.

Karen's Diner is an interactive dining experience where the staff are intentionally rude, inviting guests to be more 'Karen', a pop culture term for someone who is ready to complain, easily offended and angered.

With successful diners already opened in a number of cities, including Melbourne, Sydney, Manchester, and more, Karen's Diner is opening a Geelong diner this September ready to passively welcome guests to a night of great American diner food and intentionally terrible service.

Anyone called Karen can bring ID and receive a free drink for real offense



Karen's Diner is an interactive dining experience where the staff are intentionally rude, and guests are pushed to complain. Photo: SUPPLIED

caused, with a special request they don't make a complaint to the manager.

Karen's diner serves burgers, chicken wings, fries, shakes, cocktails and a number of vegetarian options.



Bookings are essential, with a maximum of four per table, and can be made at bemorekaren.com.

STATE OF CHANGE: REGIONAL & RURAL STORIES OF 2020

2020 was a year that hit regional Victoria on many fronts and a year that saw rural Victoria forced into a state of change. Two years later, State Library Victoria's photography exhibition State of Change: regional & rural stories of 2020 is telling these stories through a local lens. The exhibition is touring regionally and will be showing at Geelong Library & Heritage Centre from Thursday September 1 to Thursday October 13.



THERE'S A SEA IN MY BEDROOM

The Australian Chamber Orchestra is bringing the sea inside this September with a production of There's a Sea in My Bedroom. The classical score weaves together captivating storytelling based on the book by Margaret Wild, illustrated by Jane Tanner. The production was adapted for the stage by Tim McGarry, with original music by Paul Stanhope, the perfect introduction to classical music.



CITY ART COLLECTION ON DISPLAY

An exhibition of the City Art Collection is coming to Geelong Library and Heritage Centre, displaying a diverse range of art that explores the nature of Geelong's local environments, communities and histories. The exhibition will display numerous artforms, with a focus on hanging art and photography, historical artefacts, and event memorabilia and will feature works from prominent local artists such as Hugh Guthrie, June Patterson, and Graeme Cardinal. The exhibition is open 9am to 5.30pm weekdays and 10am to 5pm weekends, until Sunday August 28.



Eyeing THE WEEKEND

SATURDAY 20 AUGUST

The Bellarine Farmers' Market runs on the third Saturday of every month at the Ocean Grove Park, with stands selling local Bellarine produce and goods, hot food, donuts and coffee, arts and crafts, flowers, and more. The perfect way to start a slow winter weekend.

SATURDAY 20 AUGUST

Liz Stringer, off the back of a North America and European tour with Midnight Oil, is playing a headline show at the Queenscliff Town Hall from 7pm to 10pm. Stringer and her band will perform songs from her latest album, First Time Really Feeling, as well as dabbling in earlier releases.

SUNDAY 21 AUGUST

Celebrate one of Italy's biggest festivals at Club Italia Geelong from 11am to 5pm. The club will celebrate the 'Ferragosta' Italian Festival with music, food, wine, dancing and children's activities.

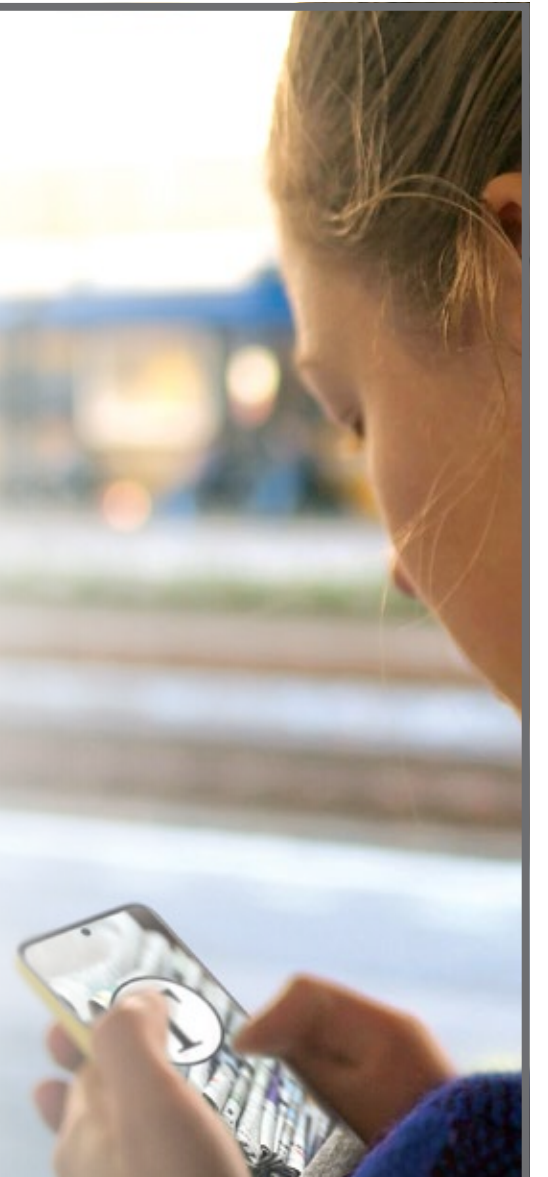
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ANALOGUE ACADEMY

The humble champion of the Geelong arts scene

BY LUCY CROCK

Walking along Cuzens Place you could easily miss a little sign and doorway leading to an unassuming film studio and small business championing a Geelong creative scene.

Analogue Academy is a film studio, café, bar, and event space tucked into a Geelong laneway.

Styled like a living room, with couches and tables covered

in light let in through a large window, visitors can sit in the sun and enjoy a coffee or game of chess after dropping off film to be developed.

But the team at Analogue are doing more than developing film for local photographers.

"We wanted to create a space for people that were creatives to not have to leave Geelong, because when we started nine years ago there was a big movement of young creative people leaving the Surf Coast to go to Melbourne," co-founder

of Analogue Joshua Maxwell De Hoog said.

Joshua said he and Analogue Academy co-founders James Cox and Daniel Horvat started Analogue Academy with the vision to create a space to pursue more artistic endeavours.

"We were all photographers working together and there were no labs in Geelong at that time and I was developing from home, and we decided we wanted to make it more accessible for young Geelong photographers.

"We were shooting school photos and that's a pretty laborious and non-creatively fulfilling industry.

"It's not a business built around making money, it's a business built around us doing the things we're interested in, and filling that void for other people like us in Geelong."

Today, Analogue Academy doubles as a brewery and whiskey bar with a café and venue for creative events, including jazz jam nights, vintage clothing sales, art and photography exhibitions, beer and whisky tasting events and

more.

"In the last five years we've definitely noticed a large influx of young people moving down to Geelong and the Surf Coast from Melbourne.

"Nowadays it's a different scenario, we are connecting creatives. We don't feel so isolated now, but initially it was very isolating, we were the only space doing non-commercial creative things."

With a vision to host artistic events, without the red tape of normal venues, Josh said at Analogue the team started with spoken word nights, which has now grown into an event of its own, and they are focusing on hosting more and more out-of-the-box music events and exhibitions.

"We host Jazz in A Hat and Pivot Sounds monthly, and fortnightly we have exhibitions. "We also host about three gigs a month, so live music is pretty prominent, and we want to hone in on more experimental music, bands that want to do something super weird.

"We're trying to allow space for people that don't feel welcomed in the other spaces in



If you don't know what you're looking for it would be easy to miss the unassuming entry to Analogue on Cuzen's Lane, Geelong. Photos: JOSHUA MAXWELL DE HOOG.



Joshua said Analogue started hosting spoken word nights, which has now grown into an event of its own, and they are focusing on hosting more out-of-the-box music events and exhibitions. Photo: JOSHUA MAXWELL DE HOOG.

Geelong."

To find out more about Analogue Academy or their upcoming events, head to analogueacademy.com.au.



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A label refresh in the wings has meant that the last of the 2019 vintage Rockbare Chardonnay has become available at a generous discount.



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GRAPEVINE

Cabernet Franc: *elegant and fresh*

Cabernet Franc is often overshadowed, dismissed and unfairly compared to its relative Cabernet Sauvignon.

Cabernet Sauvignon is bolder, deeper, easier to grow in a variety of climates and regions particularly for simple commercial wines.

Cabernet Franc is starting to shine more, and more though its characteristic elegance and freshness happen to be just what the majority of wine drinkers are now looking for instead of power and density.

Despite being overshadowed by Cabernet Sauvignon, Cabernet Franc along with Sauvignon Blanc are actually the parents of Cabernet Sauvignon. Cabernet Franc was planted just as widely as Cabernet Sauvignon in Bordeaux until the popularity and commercial appeal of Merlot saw the latter planted in favour of Cab Franc.

On the right bank of Bordeaux where Merlot is the predominant grape variety, Cabernet Franc is still the most widely planted Cabernet and thankfully so as it has no doubt saved countless wines that would have been hopelessly overripe and unbalanced without it in the blend.

In warmer years Merlot can run away with ripeness and alcohol becoming raisined in flavour, broad and flabby, lacking shape. While Cabernet Franc in the same climate can dodge this result, retaining freshness and elegance, the array of herbal qualities can help to balance the ripe fruit and soft texture of Merlot giving them shape and some contrast.

In the case of Cabernet Sauvignon, which ripens later than Merlot and Cabernet Franc, the elegant pencil shaving tannins and herbal or leafy like characters that can make Cabernet Sauvignon a little underwhelming in cool years are a highlight in Cabernet Franc with its red fruits combining with these characters to craft a wine of elegance, freshness and finesse.

Take the warm 2018 vintage in Coonawarra, Balnaves used no Cabernet Franc in 2017, but in 2018 it made up 9 per cent of the 'Bordeaux' style 'The Blend' (\$23).

The wine is always led by Merlot, with Cabernet Sauvignon sitting in second and Petit Verdot contributing a tiny percentage. There are no signs of raisined fruit or over ripeness in the Merlot but it is certainly a generous

mouth-filling wine and one can only assume that Cabernet Franc has been used to great effect – red fruits maybe some peppery spice and a slightly fresher fine tannin to add to the mix.

You may not notice the Franc if you aren't looking given the wine, overall, is soft, smooth and mouth filling but it's an integral part to keeping it fresh, in shape and balanced.

In the Clare Valley, Adelina are making a suite of excellent wines from a broad range of varieties; classic Riesling to Nebbiolo, Grenache and the classics of Shiraz and Malbec. They have begun working with two-decade old organic Cabernet Franc (\$44) block too – keeping the winemaking simple and uncomplicated, it is gently handled with barely a week of skin contact before going in to large French oak for eight months of ageing. It has a vibrant nose full of red fruits and green herbs. The palate is succulent with the fruit lively and immediately jumping out at you.

There is a lovely clarity and persistence to the flavours supported by fine boned grippy tannins that run through the spine of the wine, and layers of herb and spice emerge with time.



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Scott Watters
Founder,
LifeChanger
Foundation

LifeChanger's KM4KIDS is back for another year – bigger and better than ever!

A 21-day health and wellbeing challenge where individuals and teams clock up as many KM4KIDS as they can – any way they can – whilst raising awareness and support for today's youth.

Never has there been a more challenging time for young people.

The numbers are staggering, with four out of five young Australian's having experienced mental health issues and with seven out of 10 high school students reporting high psychological distress, over the past two years.

It's also alarming that 29 per cent of primary school students experienced anxiety, with this increasing to 44 per cent in secondary students.

This is not good enough. We need to provide them with the tools, strategies and experiences to navigate life's challenges.

LifeChanger is a preventative mental health and wellbeing non-profit that empowers young people to live thriving, resilient lives by developing their social, emotional and resilience skills and by building connections in their community.

In 2022, LifeChanger is working with over 4,000 young people within the Geelong, Bellarine, Surf Coast region and our aim is to double this number next year.

KM4KIDS is a great opportunity to support youth and kickstart your health and wellbeing journey by walking, running, riding, swimming, paddling as many kilometers as possible over 21 days in order to create positive change for young people.

Plus, during the challenge all participants will receive daily motivational health and wellbeing tips from our amazing LifeChanger Ambassadors and community.

The 21-day challenge starts on September 1.

Scan the QR code to

REGISTER FOR FREE today and help us to raise awareness and support for young people.

Young people are absolutely amazing.

With your support, LifeChanger can continue to help them develop the tools to navigate life, be empowered to overcome challenges and pursue their infinite potential.

Infinite Possibilities, Scott and The LifeChanger team Support Youth by joining in LifeChanger's KM4KIDS

Register Now: lifechanger-km4kids.raisely.com/signup



The LifeChanger Foundation's vision is a world with more thriving resilient people. To find out more, head to lifechanger.org.au or tune into our 'Inside Sessions' podcast.

Australia's funniest comedians are coming to the Palais Geelong



BY LUCY CROCK

The recently refurbished Palais Geelong is bringing together three well-renowned Australia comedians this month for one night only.

On Thursday August 25, grab a drink with friends in the new foyer bar, then take your seat in the beautiful historic ballroom as comed veterans Pete Helliar and Dave O'Neil, hosted by up-and-coming Evan Hocking, make it their mission to get you laughing.

Since his first appearance on TV screens as a core cast member on the Logie Award winning Rove back in 1999, Helliar has been selling out stand-up comedy shows across the country.

Now a Gold Logie Nominee, Helliar makes people laugh four nights a week on Network Ten's The Project, a news show

where the news is delivered differently.

The Sunday Mail said of Helliar, "Give Peter Helliar a stage, a microphone, some bright lights and a captive audience and he shows why he is one of the nation's favourite comedians".

O'Neil has been performing comedy for more than 25 years and is an accomplished radio host and tv presenter and holds the record for appearances on the hit ABC TV show Spicks and Specks, appearing over 50 times.

The Age described O'Neil as "One of our most accomplished stand-ups".

The night will be hosted by up-and-coming comedian Evan Hocking, described by the Herald Sun as having both the material and the presence needed for stand up comedy.

Tickets are \$59 and can be purchased at tickets on sale at palaisgeelong.com.

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Nose to tail eating

I notice one of the many cooking shows has “imported” Nigella Lawson as a guest judge.

I think her cooking books and television shows are wonderful. Possibly a little contrived and predictable, but always entertaining.

The camera has a love affair with her, and she seems able to suggest that, in turn, she is in love with her audience.

Notwithstanding I watch many of the cooking shows, I have a love/hate relationship with them.

Like almost all reality shows, they are anything but.

Tightly scripted and edited, they rarely give a true indication of what they are trying to portray.

The chaos, heat and pure energy of a restaurant kitchen is difficult to capture. I enjoy the shows which do not even attempt this.

Rick Stein’s productions come to mind and to a lesser extent, Jamie Oliver.

The former is so enjoyable as Rick’s shows are as much a travelogue as anything else.

Oliver’s recipes are tried and tested and always seems quite reproducible at home.

What these chefs do have in common is they realised fame and fortune comes far easier by producing television

shows that doing double shifts in a hot, uncompromising, always judgmental restaurant kitchen.

For this I applaud them and say good luck, but I don’t think many of today’s celebrity chefs will have the influence of some of the famous chefs of yesteryear.

A chef who I think will have a lasting influence is Fergus Henderson, whom I have admired for many years.

He has and been assiduously plying his trade at his small but influential restaurant in London. He studied architecture and has had no formal cooking training.

What he did do was introduce, (or reintroduce to another generation) the long-held tradition of nose to tail eating. In days gone by, this concept did not even need a name – just waste nothing.

His 1999 publication, *Nose to Tail Eating: A Kind of British Cooking* provides recipes incorporating trotters, tripe, kidneys, and other long forgotten offal which have always been highly regarded in the cuisines of Europe.

His roast bone marrow and parsley salad has become a culinary classic.

I’m not a huge fan of offal, but what I like about Henderson is his authenticity and willingness to champion the dishes in which he believes.

Many years ago, I attended the Agrarian

SLOW COOKED MEAL

INGREDIENTS

- 1 kg pork bones, roasted
- 2 tablespoon olive oil
- 1 onion, thinly sliced
- 3 cloves of garlic, thinly sliced
- 2 tins chopped tomatoes
- 400g haricot or other white beans, soaked overnight in cold water
- A third of a cup brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons hot smoked paprika
- 1 teaspoon ground chilli
- 1 teaspoon ground cloves
- 1 teaspoon ground fennel
- 1 teaspoon ground cinnamon
- 2 tablespoons blackstrap molasses



This recipe makes good use of pork bones.

METHOD

Heat olive in a large casserole; add onion and garlic and cook, stirring continuously over medium heat for eight minutes or until soft.

Add tomatoes, drained beans, sugar, vinegar, mustard, paprika, chilli, cloves, fennel, molasses, pork bones and two cups water and bring to the boil, cook covered at 160C, stirring occasionally, adding water if required for 4 - 5 hours or until beans are tender.

Kitchen in Tasmania.

It too is led by a food revolutionary in Rodney Dunn. Set on five acres, The Agrarian Kitchen is a working farm and incorporates an extensive vegetable garden, orchard, berry patch and herb garden, all grown using organic principles as well as raising Wessex Saddleback and Berkshire pigs, Barnevelder chickens a flock of geese and honeybees.

The cooking course I completed was inspired by Fergus Henderson and was about using a whole pig from nose to tail.

It was about getting to know quality meat and developing a respect for where our meat comes from and the sacrifice that is made on the animal’s behalf for us to eat.

We utilised all the cuts over two days and was left with nothing but the oink.

Following is a recipe which made good use of the pork bones.

A very slow cooked meal, I can still remember the smell and warmth it produced on an extremely chilly Tasmanian winter day.



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FERMENTED FOOD IS GOING OFF

BY LUCY CROCK

In recent years, interest in fermented foods has been on the rise.

But what does the layman need to know about the health benefits, risks, and flavours of fermented foods?

Surf Coast Functional Nutritionist Melissa Aytan said the increased interest in fermented foods comes as people are learning about the health benefits of having healthy gut microbiome.

“Fermented foods can play an important role in increased gut microbiome diversity, altered microbiome composition and decreased levels of inflammation markers,” Melissa said.

“Fermented foods are an easy cost-effective way of supporting the gut microbiome over more expensive supplements. There is also greater diversity of beneficial bacteria in fermented foods over supplements and the culinary appeal of eating real, whole foods rather than swallowing a pill.”

Fermented foods are a probiotic, with health benefits including:

- Creates beneficial enzymes
 - Creates B vitamins
 - Reduces inflammation in the body
 - Reduces IBS symptoms
 - Increases immunity
 - Creates Vitamin K2
 - Regulates microbiome
 - Reduces sugar cravings
 - Helps regulate appetite
- Surf Coast Dietitian Nadia Maxwell said



Photo: MONIKA GRABKOWSKA

although fermented foods have come into vogue more recently, they have been around for thousands of years.

“Most ancient civilisations have at least one fermented food within their traditional foods. Many of these have become popular globally, such as kimchi, miso and sauerkraut.

“The human body has just as many, if not more, bacteria cells than human cells. So, I get why people are interested!”

Nadia said fermented foods are extremely diverse as different foods have different properties that are suited to different strains of bacteria, all of which will have variable health benefits for the consumer.

“It’s not just the existing nutrients in the food or the bacteria themselves that confer health benefits, but also the byproducts of the fermentation process, such as short-chain fatty acids.

“There is some research that shows that specific fermented foods can have a positive impact on mood and brain activity, blood sugar balance and heart health, just to name a few.”

Nadia said it is also important to include prebiotic foods in your diet alongside fermented foods, including fibre-containing foods such as all fruit, vegetables and wholegrains.

STAGES OF MENOPAUSE



By Irene Vergos,
Healthcare
Pharmacist at Direct
Chemist Outlet

Women are born with their entire lifetime supply of eggs in their ovaries. New eggs cannot be made, and in fact there is a continuous decline in the total number of eggs each month.

From about 35–45 years of age, the number of eggs left in a woman's ovaries decrease more quickly and the production of hormones, oestrogen and progesterone, start to slow down. The lead up to menopause, also known as 'perimenopause', brings with it erratic changes in

hormone levels which can result in irregular menstrual periods and an array of symptoms. Each woman's perimenopausal experience is unique and can start at different ages and last an average of 4-6 years. Some women have a smooth transition, whilst others have a rough time and can be affected by menopausal symptoms such as hot flashes, night sweats, mood changes, headaches, bloating and poor concentration.

Once a woman has gone through 12 consecutive

months without a menstrual period, they have officially reached menopause. Most women reach menopause between 45 and 55 years of age. At this stage, a woman's production of oestrogen and progesterone have fallen to a point where their ovaries have stopped releasing eggs and their menstrual period stops completely.

The time from 12 months after a woman has had her final menstrual period is referred to as 'postmenopause'. Due to the dramatic reduction of

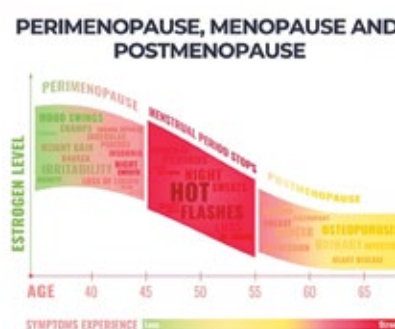
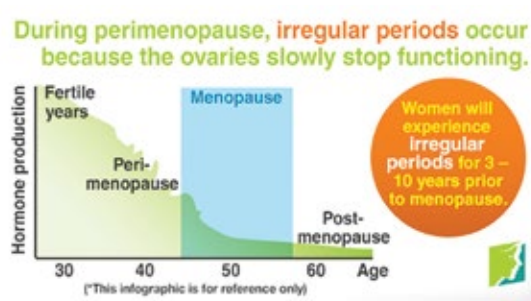
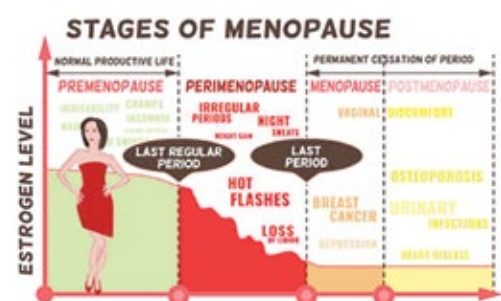
hormones, women may experience physiological changes that can result in an increase in risk of heart disease and osteoporosis and affect their sex drive. It is recommended that women who have reached menopause have regular check-ups with a general practitioner are often recommended to undergo routine screening tests such as a mammogram every two years, cervical screening test every 5 years and a bone density test as recommended by their GP.

Your Pharmacist's Advice

Menopause is not a condition that has to be treated, but it's a good idea to talk to your Doctor and Pharmacist about staying healthy and receive advice on things you can do to reduce symptoms that may be bothering you.

Improving diet, regular exercise, not smoking and psychological treatments, such as counselling and practicing mindfulness, have all been shown to improve overall health and make menopausal symptoms easier to tolerate.

You can also discuss treatment options such as Menopausal Hormone Therapy (MHT), non-hormonal treatment options and complementary therapies with your health practitioner and find the best plan for you to manage your symptoms.



REFERENCES: • <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/menopause> • <https://www.jeanhailes.org.au/health-a-z/menopause/about-menopause#the-stages-of-menopause> • <https://www.mayoclinic.org/diseases-conditions/perimenopause/symptoms-causes/syc-20354666> • <https://www.health.harvard.edu/womens-health/perimenopause-rocky-road-to-menopause> • https://www.menopause.org.au/images/factsheets/Menopause_What_are_the_symptoms.pdf • <https://www.healthdirect.gov.au/menopause#:~:text=Menopause%20is%20the%20time%20of%20menopause%20is%2051%20years.> • <https://www1.racgp.org.au/ajgp/2019/july/making-choices-at-menopause> • <https://www.menopause.org.au/hp/information-sheets/what-is-menopause> • <https://www.cancer.gov.au/cancer-types/breast-cancer/impacted-by-breast-cancer/physical-changes/menopause/menopause-stages> • <https://www.thewomens.org.au/health-information/menopause-information/menopause-an-overview/> **DISCLAIMER:** This material contains general information about medical conditions and treatments and is intended for educational purposes only. It does not constitute medical or professional advice, nor should it be used for the purposes of diagnosing or treating any illness. If you have or suspect you may have a health problem, you should consult your local pharmacist or health provider to obtain professional advice relevant to your specific circumstances.

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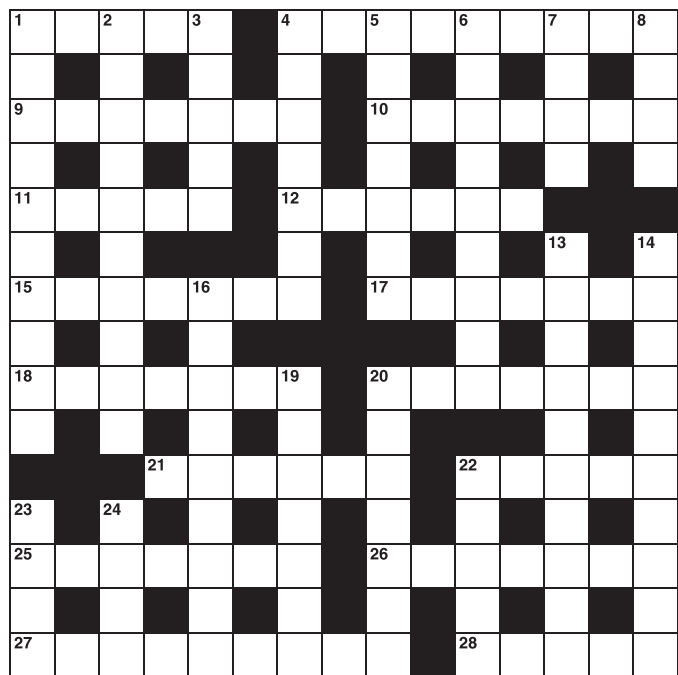
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QUICK Crossword



ACROSS

1. Person who didn't win (5)
4. Beatles song, - Wood (9)
9. Acknowledges contribution of (7)
10. Argues (7)
11. US state (5)
12. Register (6)
15. Old name of phone company (7)
17. Dichotomy (7)
18. Ships (7)
20. Diabetic's medicine (7)
21. Threefold (6)
22. Water lily (5)
25. Sailor (7)
26. Libyan capital (7)
27. Republic in Central America (9)
28. Fumes (5)

DOWN

1. Railway vehicle (10)
2. Expert (10)
3. Lift (5)
4. Potion (7)
5. Lessened (7)
6. Humiliate (9)
7. Greek letter (4)
8. Bird's home (4)
13. Infringements (10)
14. Olympic sporting category (10)
16. Major sale (9)
19. Part of Russia (7)
20. Inactivity (7)
22. Mendacious (5)
23. Self-satisfied (4)
24. Region (4)

SOLUTION: ACROSS: 1. Loser, 4. Norwegian, 9. Credits, 10. Debates, 11. Maine, 12. Record, 15. Telecom, 17. Duality, 18. Vessels, 20. Insulin, 21. Treble, 22. Lotus, 25. Mariner, 26. Tripoli, 27. Guatemala, 28. Gases. DOWN: 1. Locomotive, 2. Specialist, 3. Raise, 4. Nostrum, 5. Reduced, 6. Embarrass, 7. Iota, 8. Nest, 13. Violators, 14. Gymnastics, 16. Clearance, 19. Siberia, 20. Inertia, 22. Lying, 23. Smug, 24. Area.

100Q Quiz



1. What is the term for technical ice or rock climbing without ropes, harnesses or other protective gear?
2. To which musical family does the piccolo belong?
3. Miyajima is an island off the north west coast of which Asian country?
4. What is the name of Thor's hammer?

5. Which continents are sloths native to?
6. Diwali is also known as the festival of what?
7. What ingredient do you add to a pan to flambé something?
8. *Dirty Computer* was an album released by which US singer/songwriter?
9. What is the name of the book the movie *Die Hard* was based on?
10. What is the surname of Penn (pictured) from the duo Penn & Teller?

SOLUTION: 1. Free solo climbing, 2. Woodwind, 3. Japan, 4. Mjolnir, 5. North and South America, 6. Lights, 7. Alcohol, 8. Janelle Monáe, 9. *Nothing Lasts Forever*, 10. Jillette

HARD Wordsearch



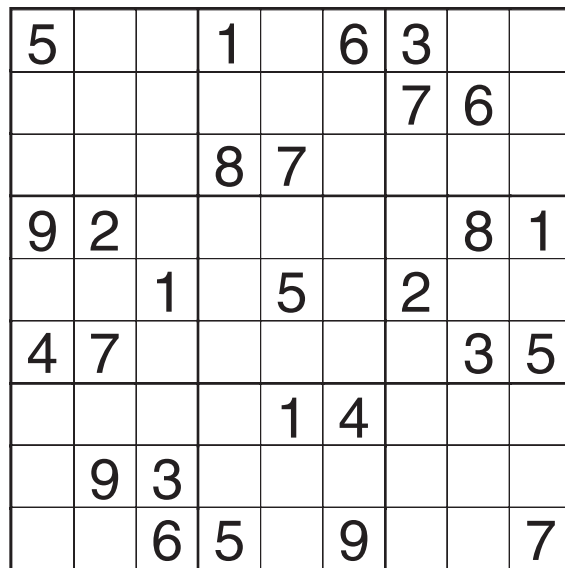
THEME: Card games

- PIQUET
- POKER
- RACING DEMON
- RED DOG
- RUMMY
- SEVEN CARD STUD
- SEVENS
- SKAT
- SOLO
- SPIDER
- STOP
- THE CLOCK
- THE STAR
- VINGT-ET-UN

- AUNT AGATHA
- BEZIQUE
- BRAG
- BRIDGE
- CANASTA
- CARLTON
- CRIB
- ECARTE
- FAN-TAN
- FARO
- FISH
- GIN
- GRAB
- HEARTS
- HI-LOW
- KNOCKOUT
- WHIST
- NAP
- NINE CARD STUD
- OMBRE
- PINOCHLE

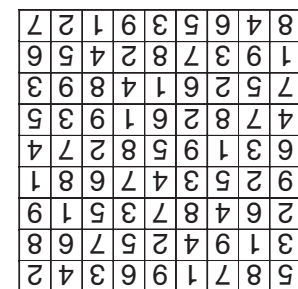
SOLUTION: Play the cards close to your chest

HARD Sudoku

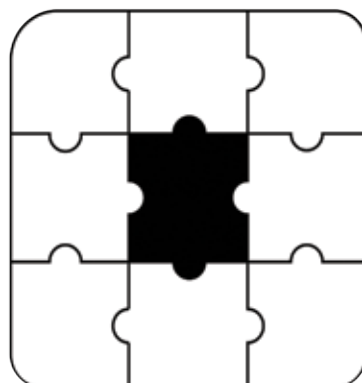


All blank squares must be filled in using numbers from 1 to 9. Each number can only appear once in each row, column and in the nine 3x3 blocks.

SOLUTION



EDGEWORD

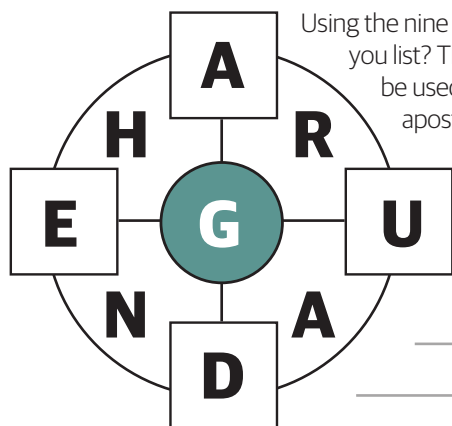


Place each of the tiles of letters into the blank jigsaw below to create four six-letter words going across and down. There may be more than one possible answer.



SOLUTION: RENAME, REFUSE, MERGER, SETTER

9-LETTER Word

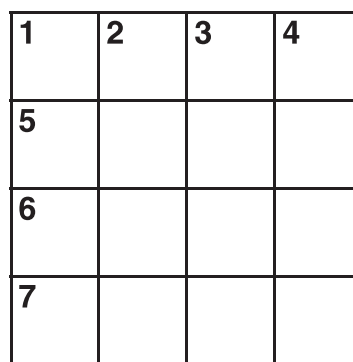


Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".

Today's Aim: 20 words: Good; 30 words: Very good; 41 words: Excellent

SOLUTION: agate, ager, aged, agenda, ague, anger, argue, argued, auger, danger, drag, dung, ead, gander, garden, gear, gerund, grad, grade, grand, guar, guard, hang, hangar, hanger, harangue, HARANGUED, huge, hung, hunger, nudge, rage, raged, rang, range, ranged, rung, urge, urged

4x4 Crossword



ACROSS

1. Hit
5. Competent
6. Behind
7. Border

DOWN

1. Naked
2. In bed
3. Waste
4. Location

SOLUTIONS: ACROSS: 1. Bash, 5. Able, 6. Rear, 7. Edge. DOWN: 1. Bare, 2. Abed, 3. Slag, 4. Here.

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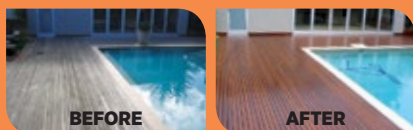
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The land affected by the application is located at: 13-14 Cedarwood Court, St Albans Park

The application is for a permit to: Two lot subdivision and variation of restriction on PS422424Q

The applicant for the permit is: All General Surveying Pty Ltd

The application reference number is: PP-1011-2021

You may look at the applications and any documents that support the applications at the office of the Responsible Authority or online at:

- › geelongaustralia.com.au/advertisedplanning
- › City of Greater Geelong, 100 Brougham Street, Geelong VIC 3220

The applications can be viewed during office hours and is free of charge. Any person who may be affected by the granting of the permit may object or make other submissions to the Responsible Authority.

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The Responsible Authority will not decide on the applications before 5pm, Friday 2 September.

If you object, the Responsible Authority will advise you of its decision.

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Boras claims bronze in Colombia

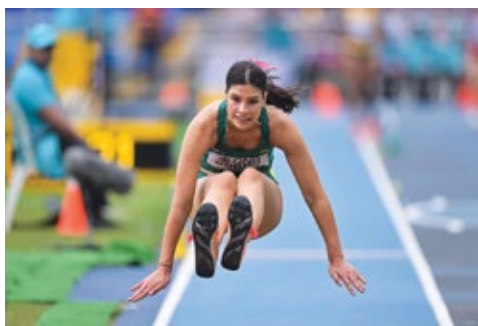
BY VINNIE VAN OORSCHOT

ATHLETICS Chilwell athlete, Manifold Heights resident and Australian triple jumper Tiana Boras has shocked the field to claim a bronze medal at the World Athletics Under 20 Championships.

The 17-year-old was ranked 13th heading into the sixth and final day of the world championships in Cali, Colombia, but completed a 13.30m jump to claim a spot on the podium, breaking the Australian Under 18 record in the process.

"It feels crazy, I could never have imagined this experience. I was ranked 13th!" Boras said post-event.

"With my first jump I just went with a bang and gave it my all, the conditions were so amazing, and



Boras landed an Australian Under 18 record in triple jump landing a 13.30m attempt.

the track is super-fast.

"I knew I had more in me, but I struggled with soreness from competing the day before."

Boras' jump saw her challenge a litany of records. Her jump was an Oceania Under 18 record and a Victorian U18 record (Boras already holds under 15, 16 & 17 record).

Boras fell six centimetres short of the Australian Under 20 triple jump record, but the result saw her rise in the ranking to third for Australian Under 20 triple jumpers.

In addition to setting two personal best jumps, 13.14m (qualifying) and 13.30m (final), Boras is eligible to compete at the Under 20 Worlds again next time in Peru 2024 hoping to improve her numbers.

Boras' father Joe said Tiana has been on the track at Athletics Chilwell since Under 8's and has been committed to her craft ever since.

"I don't even know what to say," Mr Boras said.

"She's been working extremely hard and devotes all of her time in trying to achieve her best, it's sensational and we're just over the moon for her and we can't wait to see what's ahead of her.

"One of the things you don't know is that Australians are actually disadvantaged in these competitions, because while athletes like Tiana are training during the off-season in the wet and cold, other athletes around the world are approaching the end of the seasons, so she had to really prepare for it."

Athletics Chilwell committee member Mary



Manifold Heights' Tiana Boras jumps for joy after finishing 3rd in the Women's Triple Jump Final on the last day of the 2022 World U20 Athletics Championships in Cali, Colombia. Photos: PEDRO VILELA/GETTY IMAGES

McDonald said the club was extremely proud of her, keeping up to date with how Boras performed in her events.

"We were absolutely so excited for her," Ms McDonald said.

"Given her ranking, it was just a complete surprise to see her do so well.

"She's been with us for a long time, so we're just super excited and happy for her and all the hard work and training she's put in over the years."

Bears walk-off to GBA championship

BY VINNIE VAN OORSCHOT

A WALK-OFF single in the final inning of the women's grand final by Nyah O'Brien has crowned Bellarine Bears White the region's inaugural champions of women's baseball.

The Bears won the Geelong Baseball Association Women's Grand Final against Corio Tiger Sharks Aqua on Sunday afternoon 10-9 in a back-and-forth contest that was decided in the fourth and final inning.

Bears coach Alex Hockey was nervous heading into the final but was glad to come away with the positive result.

"It was very exciting to get the win," Hockey said.

"It was a really tough game and one hell of a win to be honest, to do it in walk-off fashion made it that much more memorable."

Bears White led by six runs in the



Geelong Baseball Association women's champions Bellarine Bears White celebrate after defeating Corio 10-9. Photos: MARK LAZARUS

second inning of play, but an offensive onslaught in the third frame swung the game in Corio's favour, with the Sharks scoring six runs to take a 9-8 lead with one inning to play.

Down to their last three outs in the bottom of the fourth inning, Bellarine's Heather Nicol got on base before Sophia Law made it all the way round to third base with a triple, scoring Nicol in the process and tying the score 9-9.

On the final play of the day, O'Brien secured a hit to bring Law home and win the game for the Bears in blockbuster fashion.

"The Tiger Sharks really came at us in the third inning, which really forced us to step up," Hockey said.

"We were able to retain some good batting and we capitalised on a couple of Corio's errors, they put the challenge up to us and luckily we answered back."

Geelong Baseball Association president Danny Timmers reflected on the women's league's inaugural grand final game with pride and a massive step for the women's baseball in the region.

"To have eight women's teams this year has been a credit to all the current clubs in promoting and supporting Women's Baseball into the Geelong Community," Timmers said.

"The spirit in which the Women's competition has been played has been fantastic all season. We look forward to the continued participation and growth of the competition next season."

The Bellarine Bears currently have three sides in Geelong's women's competition.

Women's premiers crowned at Herne Hill Reserve

BY VINNIE VAN OORSCHOT

THOUSANDS of spectators flocked to Herne Hill Reserve to see AFL Barwon's best female football talent on display Sunday, where all three senior women's premierships were up for grabs.

In the headline act, Geelong Amateur proved too strong for St Mary's in the Division One decider keeping the Saints goal-less through four quarters, 4.5.29 to 0.3.3.

Ammos coach Tom Cashin said he and the team were ecstatic post-game and a true testament to the efforts made by his side in 2022.

"There was a long line of planning to get to this stage, so we're just so grateful that at the end of the day the reward came, because the hard work was there and it was there for a long time," Cashin said.

"St Mary's had a few different structures like running through the middle of the ground with numbers behind, so we needed to adjust to that and the wind conditions too.

"We needed to remain focused on what we were doing, that was the message on the day, not letting the moment get to us, and that's what we did."

In the game before, Torquay sought to cap off a Cinderella run to the flag after defeating Grovedale in the preliminary final but were halted by a St Joseph's side playing on home soil.

Joey's forward Tamika Lewis carried her side on her back kicking a pair of critical goals and earning best-

on-ground honours in the 5.3.33 to 3.2.20 win for the hosts.

Captain Tegan Curwood said when the team found out they were hosting Grand Final Day, it added an element of motivation to the squad.

"It's extra special to win the premiership at home, there were so many people that put in so much hard work to make the day happen," Curwood said. "It's the first senior women's flag we've won here at Joey's and there is so much more to come."

Despite Torquay's loss in Division 2, silverware still made its way to the Surf Coast as Anglesea kicked six goals against South Barwon to claim the Division 3 flag.

The Kangaroos kicked four goals to one after the quarter-time break to

run away with a 27-point win over the Swans.

Iahnee Firth was relentless in front of goals for Anglesea, slotting three by herself.

Grand final captain for the Roos Madeleine Slingo said it was a long time coming for the team after seasons 2020 and 2021 were cancelled due to the pandemic.

"It's a great feeling for myself and my teammates," Slingo said.

"Last year we worked super, super hard and our season got cut short with the premierships in our sights, which was devastating.

"That's what makes this year so special for us and it felt like we had the entire town of Anglesea behind us."



Anglesea players mob head coach Luke Cini after defeating South Barwon in the Division 3 decider.



ABOVE: Modewarre came away with the goods defeating Ammos 9.13.67 to 8.10.58 in the BFL Elimination Final.



ABOVE: The Hawks' Luke Wilson kicking his only goal of the afternoon.



ABOVE: Drysdale's Bailey Sykes celebrating his goal. BELOW: Barwon Heads' Sammy Baker led the way with four goals as the Seagulls toppled the Hawks 110-96.



ABOVE: Portarlington Reserve was the venue for a back and forth Qualifying Final between Barwon Heads and Drysdale. BELOW: Thomson's 11.8.74 was dwindled by Inverleigh's 16.18.114.



LEFT: Inverleigh exited Thomson Reserve with a comfy 40-point win on Saturday.



ABOVE: Modewarre's grit paid off eliminating Ammos from finals by a mere nine points.



Drysdale held off a relentless Warriors outfit 37-28 in A Grade netball. LEFT: Drysdale faces Ocean Grove this Sunday in the semi final.



Bell Park's Nicholas Petering getting airborne. BELOW: Drysdale ended Modewarre's season with the win.



ABOVE: Modewarre's Lachlan Warburton with the mark.



BELLARINE NETBALL LEAGUE

GEELONG NETBALL LEAGUE

A GRADE NETBALL



Final A	Final A
2nd OCEAN GROVE	1st TORQUAY
3rd GEELONG AMATEUR	GEELONG AMATEUR
WEEK 1	WEEK 2
4th DRYSDALE	OCEAN GROVE
5th MODEWARRE	DRYSDALE
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Portarlinton Recreation Reserve, Portarlinton Final A: Saturday, August 13 Final B: Sunday, August 14
Week 2	Portarlinton Recreation Reserve, Portarlinton Final A: Saturday, August 20 Final B: Sunday, August 21
Week 3	Grinter Reserve, Moolap. Saturday, August 27
Grand Final	Grinter Reserve, Moolap. Saturday, September 3

A GRADE NETBALL



Final A	Final A
2nd TBD	1st NEWTOWN & CHILWELL
3rd TBD	Winner Week 1 Final A
WEEK 1	WEEK 2
4th TBD	Loser Week 1 Final A
5th TBD	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	West Oval Reserve, Geelong West Final A: Saturday, August 27 Final B: Sunday, August 28
Week 2	West Oval Reserve, Geelong West Final A: Saturday, September 3 Final B: Sunday, September 4
Week 3	Windsor Park, Norlane. Saturday, September 10
Grand Final	St Albans Reserve, Thomson. Saturday, September 17

B GRADE NETBALL

Final A	Final A
2nd GEELONG AMATEUR	1st OCEAN GROVE
3rd TORQUAY	GEELONG AMATEUR
WEEK 1	WEEK 2
4th DRYSDALE	TORQUAY
5th BARWON HEADS	DRYSDALE
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Portarlinton Recreation Reserve, Portarlinton Final A: Saturday, August 13 Final B: Sunday, August 14
Week 2	Portarlinton Recreation Reserve, Portarlinton Final A: Saturday, August 20 Final B: Sunday, August 21
Week 3	Grinter Reserve, Moolap. Saturday, August 27
Grand Final	Grinter Reserve, Moolap. Saturday, September 3

B GRADE NETBALL

Final A	Final A
2nd TBD	1st TBD
3rd NEWTOWN & CHILWELL	Winner Week 1 Final A
WEEK 1	WEEK 2
4th TBD	Loser Week 1 Final A
5th TBD	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	West Oval Reserve, Geelong West Final A: Saturday, August 27 Final B: Sunday, August 28
Week 2	West Oval Reserve, Geelong West Final A: Saturday, September 3 Final B: Sunday, September 4
Week 3	Windsor Park, Norlane. Saturday, September 10
Grand Final	St Albans Reserve, Thomson. Saturday, September 17

COLAC & DISTRICT NETBALL



A GRADE NETBALL

Final A	Final A
2nd IRREWARRA-BEEAC	1st ALVIE
3rd SOUTH COLAC	Winner Week 1 Final A
WEEK 1	WEEK 2
4th APOLLO BAY	Loser Week 1 Final A
5th SIMPSON	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Central Reserve, Colac Final A: Saturday, August 20 Final B: Sunday, August 21
Week 2	Central Reserve, Colac Final A: Saturday, August 27 Final B: Saturday, August 28
Week 3	Central Reserve, Colac. Saturday, September 3
Grand Final	Central Reserve, Colac. Saturday, September 10

A GRADE NETBALL



Final A	Final A
2nd WINCHELSEA	1st EAST GEELONG
3rd THOMSON	Winner Week 1 Final A
WEEK 1	WEEK 2
4th WERRIBEE CENTRALS	Loser Week 1 Final A
5th BANNOCKBURN	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	St Albans Reserve, Thomson Final A: Saturday, August 20 Final B: Sunday, August 21
Week 2	St Albans Reserve, Thomson Final A: Saturday, August 27 Final B: Sunday, August 28
Week 3	St Albans Reserve, Thomson. Saturday, September 3
Grand Final	St Albans Reserve, Thomson. Saturday, September 10

B GRADE NETBALL

Final A	Final A
2nd BIRREGURRA	1st IRREWARRA-BEEAC
3rd SOUTH COLAC	Winner Week 1 Final A
WEEK 1	WEEK 2
4th LORNE	Loser Week 1 Final A
5th SIMPSON	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Central Reserve, Colac Final A: Saturday, August 20 Final B: Sunday, August 21
Week 2	Central Reserve, Colac Final A: Saturday, August 27 Final B: Saturday, August 28
Week 3	Central Reserve, Colac. Saturday, September 3
Grand Final	Central Reserve, Colac. Saturday, September 10

B GRADE NETBALL

Final A	Final A
2nd INVERLEIGH	1st THOMSON
3rd WERRIBEE CENTRALS	Winner Week 1 Final A
WEEK 1	WEEK 2
4th CORIO	Loser Week 1 Final A
5th EAST GEELONG	Winner Week 1 Final B
Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	St Albans Reserve, Thomson Final A: Saturday, August 20 Final B: Sunday, August 21
Week 2	St Albans Reserve, Thomson Final A: Saturday, August 27 Final B: Sunday, August 28
Week 3	St Albans Reserve, Thomson. Saturday, September 3
Grand Final	St Albans Reserve, Thomson. Saturday, September 10



BELLARINE FOOTBALL LEAGUE

SENIORS FOOTBALL



Final A	2nd DRYSDALE	Final A	1st TORQUAY
3rd BARWON HEADS	BARWON HEADS	WEEK 1	WEEK 2
4th MODEWARRE	DRYSDALE	WEEK 2	WEEK 1
5th GEELONG AMATEUR	MODEWARRE	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Portarlington Recreation Reserve, Portarlington
Week 2	Portarlington Recreation Reserve, Portarlington
Week 3	Grinter Reserve, Moolap. Saturday, August 27
Grand Final	Grinter Reserve, Moolap. Saturday, September 3

GEELONG FOOTBALL LEAGUE

SENIORS FOOTBALL



Final A	2nd COLAC	Final A	1st ST MARYS
3rd TBD	TBD	WEEK 1	WEEK 2
4th TBD	TBD	WEEK 2	WEEK 1
5th TBD	TBD	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	West Oval Reserve, Geelong West
Week 2	West Oval Reserve, Geelong West
Week 3	Windsor Park, Norlane. Saturday, September 10
Grand Final	St Albans Reserve, Thomson. Saturday, September 17

Final A	2nd DRYSDALE	Final A	1st TORQUAY
3rd OCEAN GROVE	DRYSDALE	WEEK 1	WEEK 2
4th BARWON HEADS	OCEAN GROVE	WEEK 2	WEEK 1
5th GEELONG AMATEUR	GEELONG AMATEUR	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Portarlington Recreation Reserve, Portarlington
Week 2	Portarlington Recreation Reserve, Portarlington
Week 3	Grinter Reserve, Moolap. Saturday, August 27
Grand Final	Grinter Reserve, Moolap. Saturday, September 3

Final A	2nd TBD	Final A	1st TBD
3rd TBD	TBD	WEEK 1	WEEK 2
4th TBD	TBD	WEEK 2	WEEK 1
5th TBD	TBD	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	West Oval Reserve, Geelong West
Week 2	West Oval Reserve, Geelong West
Week 3	Windsor Park, Norlane. Saturday, September 10
Grand Final	St Albans Reserve, Thomson. Saturday, September 17

COLAC & DISTRICT FOOTBALL

SENIORS FOOTBALL



Final A	2nd IRREWARRA-BEEAC	Final A	1st ALVIE
3rd SOUTH COLAC	Winner Week 1 Final A	WEEK 1	WEEK 2
4th COLAC IMPERIALS	Loser Week 1 Final A	WEEK 2	WEEK 1
5th SIMPSON	Winner Week 1 Final B	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Central Reserve, Colac
Week 2	Central Reserve, Colac
Week 3	Central Reserve, Colac. Saturday, September 3
Grand Final	Central Reserve, Colac. Saturday, September 10

GEELONG & DISTRICT FOOTBALL

SENIORS FOOTBALL



Final A	2nd INVERLEIGH	Final A	1st EAST GEELONG
3rd BANNOCKBURN	Winner Week 1 Final A	WEEK 1	WEEK 2
4th BELL POST HILL	Loser Week 1 Final A	WEEK 2	WEEK 1
5th GEELONG WEST	Winner Week 1 Final B	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	St Albans Reserve, Thomson
Week 2	St Albans Reserve, Thomson
Week 3	St Albans Reserve, Thomson. Saturday, September 3
Grand Final	St Albans Reserve, Thomson. Saturday, September 10

Final A	2nd LORNE	Final A	1st SOUTH COLAC
3rd ALVIE	Winner Week 1 Final A	WEEK 1	WEEK 2
4th BIRREGURRA	Loser Week 1 Final A	WEEK 2	WEEK 1
5th IRREWARRA-BEEAC	Winner Week 1 Final B	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	Central Reserve, Colac
Week 2	Central Reserve, Colac
Week 3	Central Reserve, Colac. Saturday, August 28
Grand Final	Central Reserve, Colac. Saturday, September 10

Final A	2nd INVERLEIGH	Final A	1st EAST GEELONG
3rd BANNOCKBURN	Winner Week 1 Final A	WEEK 1	WEEK 2
4th GEELONG WEST	Loser Week 1 Final A	WEEK 2	WEEK 1
5th THOMSON	Winner Week 1 Final B	WEEK 1	WEEK 2
Final B	Final B	Final B	Final B

WEEK 3	GRAND FINAL
Loser Week 2 Final A	Winner Week 2 Final A
Winner Week 2 Final B	Winner Week 3
Week 1	St Albans Reserve, Thomson
Week 2	St Albans Reserve, Thomson
Week 3	St Albans Reserve, Thomson. Saturday, August 28
Grand Final	St Albans Reserve, Thomson. Saturday, September 10

No Bells on for Torquay Boardriders Club

BY NATHAN RIVALLAND

IT was second time 'unlucky' for the Torquay Boardriders Club this past weekend as their prestigious Hells Bells event was once again called off due to small swell forecasts.

The postponement was the second time the club has had to make the tough decision to move the winter event, after the earlier scheduled date was also shut down due to a tiny unswellable swell.

In an official statement published last Wednesday, the club said, "TBC has had to make the challenging call to call

off Hells Bells for 2022".

"Hells Bells is Torquay Boardriders' premiere event and unfortunately the Victorian ocean isn't going to produce conditions worthy of lifting the most notorious TBC trophy the Bunjil this Saturday."

Torquay Boardriders President Harry Mann said the club was disappointed to cancel the event, however felt it was the right decision given the reputation of the event.

"We haven't had the greatest luck this year with the surf forecasts, often they haven't lined up with when we have

had our events scheduled which can be somewhat frustrating," Mann said.

"For an event as reputable as Hells Bells it's important to not force the running of the event and rather have great conditions that give everyone a fair opportunity to win.

"Because it's a big draw of men and women of all ages, it's important that the waves are good from first light to last light, unfortunately this weekend just wasn't going to provide that equal and contestable opportunity."

For the first time in Hells Bells history, the event in 2022 was set to

feature equal prize money across the main draw and a new women's division, while \$500 was also up for grabs for the winning boardriders club on the day.

Surfers were set to make their way from Phillip Island, Mornington Peninsula, Point Lonsdale and URBNSURF in Melbourne to participate.

Torquay Boardriders will now set their sights on planning for the 2023 running of Hells Bells.

To stay up to date with TBC's event schedule and news, head to [facebook.com/torquayboardriders](https://www.facebook.com/torquayboardriders).



Torquay Boardriders Club hope that Hells Bells will be back in 2023. Photo: SUPPLIED

Saints in shape for strong finish to 2022

BY VINNIE VAN OORSCHOT

NUMBERS have remained strong at St Mary's Sporting Club, with several football and netball teams enjoying success on and off the field.

St Mary's president John McMahon was worried junior numbers would dip following the peak of the COVID-19 pandemic, but the Saints community is as strong as ever nearing the end of 2022.

"We were a little nervous that junior numbers would be smaller coming into this season given we understood that people's lives might have changed a little bit in the past two or so years," McMahon said.

"But that didn't happen to us, our coaches and our volunteers are a large reason for that, they're just superstars.

"For me to see the club band together as it did, it was both mind-blowing and impressive."

Beginning with the senior men's football side taking out the Geelong Football League's minor premiership, the junior football section has also enjoyed strong success.



One of St Mary's junior female football sides warming up. Photo: SUPPLIED. INSET: Under 13's Division 1 and 3 netball sides. Photo: VINNIE VAN OORSCHOT



Under 14's football sides McMahon and Rogers. Photo: VINNIE VAN OORSCHOT

The players across the Under 9 to Under 12 age groups had a great year and the club is excited to watch the development in these age groups across the year.

The strength of the program, about 150 kids across three age groups, ensures a strong future for junior and senior football at St Mary's.

The Under 14 to Under 16 teams also made finals runs.

The club's netball section was competitive in all grades with four teams to compete in the upcoming finals.

Six junior netball sides finished their respective seasons with a ladder position of fourth or higher rounding out a solid junior foundation.

St Mary's begun work on its \$2.5 million upgrade of the Don Mathieson Pavilion in 2019, but McMahon said 2022 was the first season the club



could fully use its new facilities.

"The facilities, we started building a couple of years ago, but we hadn't used them in full capacity until this year," McMahon said.

"This year though they've been flat out, the finances are in a good place right now, so is the function room, but the facilities at the club are very much a major highlight for this season."

St Mary's boasts one of the largest clubs in the region with more than 700 players registered.

BY VINNIE VAN OORSCHOT

INTERNATIONAL borders are open, and the Torquay Tigers Cricket Club is making the most of it with the acquisition of its first import since the start of the pandemic.

English club cricketer Kieran Lawton has signed on for the 2022-23 season to strengthen the Tigers' ranks, lending himself as a hard-hitting left-handed batsman.

Lawton said he was looking forward to making his way to the Surf Coast town.

"This will be a new challenge for me, with different bowlers and different wickets," Lawton said.

"Torquay looks like a great club both on and off the field.

"I'm hoping I can help carry on the success of all the teams, playing in the men's team and helping the women's and junior sides too."

Lawton, a product of Grappenhall Cricket Club in Cheshire, will arrive in Torquay in time for the start of the season, adding to a long list of overseas players to have spent a summer with the Tigers.

Torquay has also welcomed back Matthew Ward, a top order batsman from Ballarat League club Mount Clear, as well as returning wicketkeeper/batsman Riley Wood, a keep component of the team two campaigns ago.

Torquay coach Leigh Kentish said Lawton will be a major contributor amongst the side's batting depth.

"We are really pleased to be welcoming Kieran and hope he'll have a memorable time with us in Torquay," Kentish said.

"We are not placing any pressure on him to come here and dominate.

"It's about helping us on the field where



Kieran Lawton, 23, is a hard-hitting left-handed batsman from Grappenhall Cricket Club in Cheshire, England. INSET: Lawton will don the Tigers uniform for Torquay in 2022-23. Photos: SUPPLIED

he can, but just as importantly, having fun and adding to the club culture.

"There's a long tradition of English club cricketers spending summers in Australia and vice versa, and it's good to see that able to happen again now that borders are back open."

Torquay's men's First XI will begin its season on the first day of October in a one-day clash away to Bell Post Hill.

Torquay CC welcomes new men's, women's and junior players of all standards and levels of experience for the 2022-23 season.

For information or to join, head to [torquaycricketclub.com](https://www.torquaycricketclub.com) or email torquaytigerscc@gmail.com.



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Men's, women's and junior teams



NEW PLAYERS
WELCOME!

Anglesea GOLF CLUB

from the CLUB OFFICE

Wednesday, August 10: Men's Stableford: Winner, Con Keet (29) 41 pts. Second, Christopher Knight (23) 39 pts. Third, Colin Patterson (18) 36 pts. Balls down the line to 32 pts countback. NTPs: 3rd Ian Lewtas, 6th Rod Deacon, 13th Christopher Knight, 16th jackpot Andrew Glide.

Thursday, August 11: Women's Par: Winner, Ann Stokes (22) -1. Second, Jane Millar (22) -1 countback. Third, Suellen Eskrigge (18) -1. Balls down the line to -2. NTPs: 3rd Barb Cook, 13th jackpot Ann Stokes.

Saturday, August 13: Men's Stableford: Winner, John Macaulay (19) 38 pts countback. Second Place, David McLaren (12) 38 pts. Third Place, Wayne McIntyre (22) 37 pts countback. Balls down the line to 34 pts countback. NTPs: 6th Prue Moodie, 13th Tim Hassell, 16th (Jackpot) Mitchell Steven. Women's Winner, Deg Hume (23) 32 pts. Second Place, Angela Stein (15) 31 pts.

Sunday, August 14: Men's and Women's Par: Winner, Wally Kamilowicz (16) +3. Second, David McLaren (12) +1. Third, Kenneth McLennan (24) square. Balls down the line to -2. NTPs: 3rd David McLaren, 13th Graham Biesse, 16th jackpot Darcy Thornton. Women's Stableford: Winner, Sue-Ellen Eskrigge (18) -1. Second, Tracey Lowry (36) -2 countback. Balls down the line to -2.

Wednesday, August 17: Men's Par

Thursday, August 18: Women's Stableford

Saturday, August 20: Anglesea SLSC Golf Day

Sunday, August 21: Men's & Women's Stableford

Friday Raffles and Happy Hour every Friday Night, Roast Night every Tuesday. Check out 19th Hole Bistro Menu on "Bar/Bistro" page and coming events on "What's On" section on club website.



Golf Links Road, Anglesea
Clubhouse: 5263 1582 Pro Shop: 5263 1951
Email: info@angleseagolfclub.com.au
www.angleseagolfclub.com.au

Torquay GOLF CLUB

from the GOLF SHOP

Thursday, August 4: Mixed Stableford: Lindsay West (23) 36 pts.

Friday, August 5: Mens Stableford: Doug McKenzie (20) 42 pts. NTPs: 3rd Gilbert Fryatt, 7th Wayne Olney, 12th Richard Drury, 15th John Sanderson, 17th jackpot Mike Hall. Ladies Stableford: Ronnie Beacom (18) 39 pts. NTPs: 7th Annette Joyce, 12th Lyndsey Dunstan, 15th Deb Dohnt.

Saturday, August 6: Men's Stroke: A Grade, Michael McKinnon (10) 70 nett. B Grade, Pat Lowery (14) 70 nett on countback. C Grade, Graham Travers (18) 66 nett. NTPs: 3rd Brendan Ryan, 7th Damien Armour, 12th Luke Mulder, 15th Bradley Green, 17th jackpot Rob Young. Ladies Nett: Kathy Naoumidis (7) 75 nett. NTPs: 7th Kathy Naoumidis, 12th Christine Wilson, 15th Kathy Naoumidis. Resort Stableford: Stuart Robinson (28) 35 pts. NTPs: 15th Gary Rogers.

Sunday, August 7: Mixed Stableford: A Grade, Russell Campbell (Geelong Golf Club - 12) 40 pts. B Grade, Daniel Farrar (15) 36 pts. C Grade, Hugh Darke (Thirteenth Beach - 21) 40 pts. NTPs: 7th Joe Magliano, 12th Riley Beste. TGC Mixed Ambrose: Rose Carollo/Paul Carollo/Nathan Diamond/Jodie Diamond 57.5 pts. NTPs: 3rd Mens Jon Amor, Ladies Wendy Lawson; 7th Ladies Ainsley McCallum, 12th Ladies Kate Stevenson, 15th Mens John R Anderson, Ladies Helen Amor; 17th jackpot Nathan Diamond.

Monday, August 8: Mixed Stableford: Zac Ford (1) 34 pts.

Tuesday, August 9: Ladies Stableford: A Grade, Ronnie Beacom (18) 39 pts. B Grade, Anne Staig (26) 42 pts. C Grade, Rosemary Reyntjes (44) 36 pts. NTPs: 3rd Jenny Schultz, 7th Jacqui Mitchell, 12th Kate Stevenson, 15th jackpot Prezi Care, 17th Chris Thompson. Resort Stableford: Valma Davis (45) 23 pts. Resort Stableford 9 Hole Comp: Jenny McGaw (28) 18 pts on countback. NTPs: 12th Julie McNamara.

Wednesday, August 10: Mens Stableford: A Grade, Jayson Moran (15) 41 pts. B Grade, Barry Grigg (18) 39 pts. C Grade, Trevor Doolan (24) 39 pts. NTPs: 3rd Richard Pekin, 7th Matt Carboon, 12th Brendan Chafer, 15th Don Forsyth, 17th jackpot Matt Carboon. Resort Stableford: Peter Orwin (16) 34 pts. NTP: 15th Ron Hedley.

1 Great Ocean Road, Torquay
Pro Shop: 5261 1677
Email: golf_torquay@racv.com.au
www.torquaygolfclub.com.au

The Sands TORQUAY

from the MEMBERS' ROOM

Wednesday, August 10: Stableford Mixed (white and gold tees): A Grade top honours goes to Jeff 'the pipes' Treloar (15) with 36 points over second place Michael Sewell (15) also with 36 points on countback and Dean Bryden (13) rounding off the top three with 35 points. B Grade, Alan Evans (24) posting 41 points over Andrew Selvay (34) also with 41 points on countback followed by Andrew Baars (21) on 40 points. Balls down the line to 37 points. NTPs: 5th John Eddington, 7th Dean Bryden, 13th Michael Sewell, 17th June Phoemkumkaid. Special mention goes to Simon Baum with Eagle on the 9th.

Thursday, August 11: Women's Stableford (gold tees): Kerry Bond (8) hitting her stride with 37 points for top spot over Jodi Addison-Radford (33) with 36 points and rounding the top three is Simone Sewell (35) with 35 points. Balls down the line to 33 points. NTPs: 7th Marge Hales, 17th Maree Greenham.

Friday, August 12: Stableford Mixed (blue and red): Stephen Harper (19) distancing himself from the rest of the field with 38 points over Andrew Baars (17) on 31 points.

Saturday, August 13: Stableford Mixed (blue and red tees): A Grade is Luke 'club champ' Muller (4) with 39 points over Jim 'how about Jim' Demetrius (8) with 38 points with Brenton McDonald (1) also with 38 points on countback. B Grade has Jason Dowling (11) with 40 points over John Thompson (15) with 39 points and Dean Smith (12) with 38 points. C Grade has Phil O'Brien (20) with a wonderful 41 points over Benjamin Witcomb (27) with 40 points and rounding the top three is Pete O'Loughlin (24) with 39 points. Balls down the line to 36 points. NTPs: 5th Jason Dowling, 7th Graeme Haynes, 13th Karen Lombardi, 17th Karen Lombardi. Special mention goes to Jayden Pitt and Kieran 'tee it up' Nolan with Eagles on the 16th.

Sunday, August 14: Stableford Mixed (blue and red tees): Marge Hales is in fine form this week with a first place spot with 38 points over Glen Lochhead on countback. Stephen Sutcliffe bringing up the top three with 37 points. Balls down the line to 34 points. NTPs: 7th Levi Cameron, 13th Adam O'Connor, 17th Scott McKenzie.

2 Sands Boulevard, Torquay
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Pro Shop: 5264 3307 Email: sands@peppers.com.au
www.thesandstorquay.com

Curlewis GOLF CLUB

with JAMIE BRIGDEN

Eagles: David Sims started the week with an eagle on the 18th on Sunday. The 5th hole saw 2 more eagles on Saturday to Tim Singleton and Jack Timmins.

Sunday, August 7: Mixed Stableford: 37 players - A Grade, Adrian Utt (11) 41; Andrew McQuinn (9) 40; Aidan Burns (7) 34. B Grade, Bailey Gall (The Sands GC - 31) 47 and round of the day; Darren Clark (14) 40; Andrew Green (17) 37. Balls to 29.

Monday, August 8: Men Stableford: 85 players - A Grade, Ted Stroomer (14) 38; Peter Mundy (9) 36 countback from Steve McNamara (5). B Grade, Jackson Moore (16) 40 and round of the day; David Harris (21) 36 countback from Les Port (17). C Grade, John Wells (23) 34; Ian Wong (24) 33; Harvey Webb (24) 32 countback. Balls to 31 countback. Women Stableford: 23 players - A Grade, Helen O'Connor (21) 37 and round of the day; Pip Williams (18) 34 countback. B Grade, Anni Jefferies (23) 36; Janice Chapman (38) 35. Balls to 28 countback.

Tuesday, August 9: Women 9 Holes Stroke: 37 players - Pat Malloch won by 3 with 33 from Trish Danaher on 36 countback from Dib Simonsen. Balls to 38 countback. Women 18 Holes Stroke: 3 players - Helen Hill (34) 74.

Wednesday, August 10: Men Par: 144 players - A Grade, Ashley Shaw (8) +2; Steve McNamara (5) +1 countback from Rob Riley (8) countback. B Grade, Rob Smyth (15) sq countback from Adam Casey (13) and Robert Kelly (13) countback. C Grade, Kingsley Stanley (22) +2 countback from Rodan Smith (16); Ed McMahan (18) +1 countback.

Thursday, August 11: Women Stroke and Quarterly Medal: 47 players - A Grade, Wendy Tottenham (10) 75 countback from Jeanette Moorfoot (19); Lorraine Morris (23) 76. B Grade, Judy Hocking (28) 72 and Quarterly Medallist; Krishna Selvalingam (31) 73; Carol Dennehy (41) 74 countback. Balls to 77 countback.

Friday, August 12: Mixed Stableford: 16 players - Visitors claimed the first three places today. John Senior (GSM GC - 34) 34; Hamish Roberts (Hill Top G&CC - 11) 31 countback from Craig Richardson (Keysborough GC - 9). Balls to 28 countback.

Saturday, August 13: Men Stableford: 138 players - A Grade, Ernan O'Neill (5) 37 countback from Grant Peacock (7); Peter Bradbury (3) 35 countback. B Grade, Sam Coe (11) 38; Darren Baensch (11) 36; Matthew Tench (10) 35. C Grade, Ben Zanghi (18) 38; John Board (14) 37; Robert Kelly (14) 36. D Grade, Will Priestley (25) 41 and round of the day; Hamish Arnold (21) 40; Mark Barwick (29) 37. Women: 10 players - Wendy Tottenham (10) 34 countback from Gill Morrison (15). Balls to 25.

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UNDER NEW
MANAGEMENT

Welcome to a new Portarlington Pier

Welcome once again to My Big Catch.

Aboriginal art celebrating a sense of Wadawurrung Country will welcome locals and visitors at the new Portarlington Pier on the Bellarine Peninsula – which is now officially open.

Minister for Ports and Freight Melissa Horne and Member for Bellarine Lisa Neville announced the original artwork and works to upgrade the pier have been completed, with a ceremony to be held next month to mark the occasion.

“We know Portarlington Pier is a much-loved destination on the Bellarine Peninsula for locals and visitors, so we’re delighted to have worked closely on this collaboration with the Wadawurrung Traditional Owners Aboriginal Corporation to connect their stories and cultural heritage through this original artwork,” Ms Horne said.

“The pier is now officially open and ready to welcome boaters, anglers and swimmers with the completion of upgrade works ensuring the area can continue to be enjoyed well into the future.”

The artwork – which spans over 120 metres – has been created by the Traditional Owners, the Wadawurrung people, and displayed along a new covered walkway constructed from the foreshore to the ferry terminal.

More than 100 Wadawurrung families contributed to the artwork – with hand-drawn illustrations etched into the structure’s specialised marine glass and metal panels to tell the stories of place, water and journey.

“For tens of thousands of years our Wadawurrung ancestors have cared for this Country,” Wadawurrung Traditional Owners Aboriginal Corporation, Manager of Cultural Education, Corrina Eccles said.

“By capturing throughout this journey, the stories of place, reflected through water, sand, shells and marine life, we hope visitors to Portarlington will be welcomed and know they are on Wadawurrung Country.

“Forged from glass and metal, this collective artwork is designed to withstand the wild oceanic conditions which make Portarlington such a special place.”

The artwork compliments the coastal landscape and culturally significant local marine species including sea snails, fish, molluscs, and crustaceans, imparting valuable knowledge of the area’s traditional use over tens of thousands of years.

“This is such an important project for Portarlington – we’ve upgraded the pier and now locals and visitors will be welcomed by this artwork that showcases the stories of the area’s Traditional Owners, the Wadawurrung People,” Ms Neville said.

“We’re proud to have worked with the Wadawurrung Traditional Owners Aboriginal Corporation to display this artwork on the new covered walkway and tell their stories of place, water and journey.”

Portarlington Harbour is an important focal point for the Bellarine Peninsula, providing significant economic and recreational benefits.

The \$9.6 million upgrade to the pier saw major improvements take place – including a new, strengthened pier head to enable vehicle access for the aquaculture industry and emergency response crews. A new accessible low landing and rock groyne has also been installed to improve access to the water and protect harbour berths.

The upgrade has been funded by the State Labor Government’s \$24 million Piers and Jetties Stimulus Package.

More information about the upgrade can be found online at parks.vic.gov.au/projects

Anyone who sees or suspects illegal fishing is urged to call 13FISH (133474) anytime.

Photos: Please forward them to the email address below, with type of fish, weight, length, location, and your name. I am more than happy to place your photos in My Big Catch. Email Photos to: mybigcatch@bigpond.com

FISHING REPORTS

Weather is still restricting fishing reports.

ANGLESEA

- Reports are few and far between
- The odd small Pinkies, also continue to be caught
- A few small Flathead have been reported
- No Whiting reports.

Thanks to the Rusty Anglers Angling Club Anglesea

BARWON HEADS

- Reports are poor
- Whiting remains poor
- Snapper remains poor
- The river remains quiet

Reports compliments of the Ocean Grove Angling Club

ST LEONARDS

- A few Whiting have been reported
- Torquay
- Whiting reports remain poor.
- Some Salmon being caught off local beaches
- Spring Creek the odd small Bream

Reports compliments of the Torquay Angling Club

BAY AREA

- Clifton Springs a few Calamari some Flathead and the odd Whiting
- Queenscliff reports a few, Whiting, some Flatheads
- The Creek is quiet
- Swan Bay reports the occasional Flathead and the odd Whiting
- The White Lady, some reports a few, King George Whiting
- Indented Heads a few King George Whiting

Fishing CLUB CORNER

If you are an angling club and you wish to let people know what’s going on within your club as well as help promote your club, just email mybigcatch@mybigcatch.com.au and we will post your club news here.



My Big Catch

with GARRY KERR



Stewy with a Spanish Mackerel caught at Lorne.

TIDE TIMES

TIDE PREDICTIONS FOR BARWON HEADS, VIC

CURRENT TIME ZONE: EST (UTC +11:00) **LATITUDE:** 38° 17' 4" S **LONGITUDE:** 144° 29' 46" E **CAUTION:** Tidal predictions for this location are based on limited observations and therefore expected to be less accurate. Users should exercise caution when using these predictions.

FRI 19 AUG

HIGH	4:58 AM
	1.75 M
LOW	10:48 AM
	0.29 M
HIGH	4:52 PM
	1.68 M
LOW	11:31 PM
	0.09 M

SAT 20 AUG

HIGH	5:39 AM
	1.69 M
LOW	11:16 AM
	0.35 M
HIGH	5:22 PM
	1.59 M
LOW	11:59 PM
	0.09 M

SUN 21 AUG

HIGH	6:19 AM
	1.61 M
LOW	11:47 AM
	0.40 M
HIGH	5:52 PM
	1.49 M

MON 22 AUG

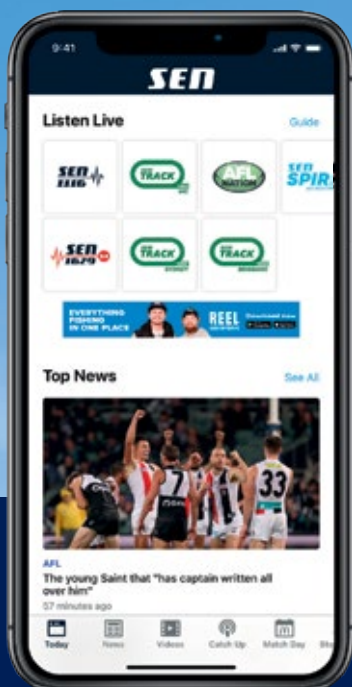
LOW	12:25 AM
	0.09 M
HIGH	7:03 AM
	1.51 M
LOW	12:24 PM
	0.47 M
HIGH	6:23 PM
	1.37 M

TUE 23 AUG

LOW	12:59 AM
	0.08 M
HIGH	7:57 AM
	1.42 M
LOW	1:11 PM
	0.55 M
HIGH	7:00 PM
	1.24 M

WED 24 AUG

LOW	1:44 AM
	0.10 M
HIGH	9:00 AM
	1.35 M
LOW	2:11 PM
	0.63 M
HIGH	7:54 PM
	1.12 M



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Changes at Essendon amid 'genuine tension'

BY ALEX ZAIA/ SEN

THERE will be off-field changes at Essendon following the completion of the club's internal review, reports Caroline Wilson.

Wilson said there will be movement beneath senior coach Ben Rutten, whose position has been assured for 2023.

"The review's been done... there will be changes," Wilson told Channel Nine's Footy Classified.

"The coach is safe, Ben Rutten will remain, there will be movement beneath Ben Rutten."

According to Wilson, there's "genuine tension" between football boss Josh Mahoney and list manager Adrian Dodoro.

"I'm told there are still real problems there," the veteran AFL reporter said.

"We know that Xavier Campbell is still under the pump. There is some genuine tension between Adrian Dodoro, long-time recruiter and list manager, and the head of footy in Josh Mahoney.

"I'm not sure where Blake Caracella is going to be next year, but he also has a rock solid two years left on a highly

paid contract.

"He will definitely be in a different role next year if he's there."

Essendon great Tim Watson believes there should be tension within an underperforming football club.

"I don't know anything about that, but I hope there's some tension there," Watson told SEN Breakfast.

"There should be some tension at a football club when they're underperforming between people.

"I think that's healthy at a football club. There should always be some tension."



Essendon coach Ben Rutten is safe for next season, but some of those below him will be moved on according to one AFL pundit. Photo: GARY DAY/ AAP IMAGE



The Cats reportedly have their sights on GWS' Jacob Hopper. Photo: HAMISH BLAIR/ AAP IMAGE

Geelong remains 'right in the mix' for Hopper

BY ANDREW SLEIVSON/ SEN

AFL Media's Cal Twomey is reporting that Giants midfielder Jacob Hopper is a good chance of getting to the Cats this trade period.

Hopper, 25, is out of contract at the end of the 2023 season so the Cats would need to put forward a suitable trade.

"I think Hopper is a good chance to be right in the mix for the Cats," Twomey said on SEN Breakfast.

"We reported about a month ago their interest in him as a pre agent.

"They'd have to trade for him obviously. He's still got a year to go on his contract with the Giants."

SEN's Sam Edmund also reported on the weekend that the Cats "have expressed a real interest" in Hopper who has emerged as their "number one target."

Hopper has missed most of 2022 through injury.

Bulldogs sound out former Giants coach



Leon Cameron could be reunited with Chris Grant at the Western Bulldogs. Photo: DEAN LEWINS/ AAP IMAGE

BY ANDREW SLEIVSON/ SEN

LEON Cameron is being sounded out by his former club the Western Bulldogs.

SEN's Sam Edmund has reported that the Bulldogs are considering bringing Cameron back to Whitten Oval to link up with head coach Luke Beveridge and head of football Chris Grant.

It is understood that the Dogs have started "informal" talks with the former GWS Giants coach as clubs begin to prepare for an increase in the soft cap.

Cameron has a long history with the

Bulldogs, having played 172 games over 10 seasons in the red, white and blue, and served as an assistant coach from 2004 to 2010.

"The Western Bulldogs have had informal discussions with Leon Cameron about a role at The Kennel next year," Edmund said on SEN's Whateley.

"I'm sure Leon has been contacted by many clubs and this was a sounding out from the Dogs, nothing more. 'What are you up to next year? What do you want to do?'"

"Obviously Leon is close to Chris Grant, the current head of football. Played a lot of football with Chris and

also Luke Beveridge, who he's worked with before at Hawthorn.

"All clubs are reviewing what they're doing with the soft cap increase even though it's minimal. There's an extra half a million dollars in the cap, so some decisions to be made there.

"Do we bring new staff in or do we bring existing back up to what they deserve financially? So it's all a bit delicate in that space at the moment."

Cameron parted ways with the Giants in May after nine years at the helm.

He has most recently been working part-time in the media with SEN and AFL Nation.

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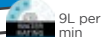


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