A Free Monthly, Community Publication

The Romsey Rag No.52

Serving a Caring Country Community **April**Sponsored this month by:
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ROMSEY GOLF CLUB/CITY & RURAL REAL ESTATE - HOLE IN ONE COMPETITION:

On Sunday the 7th of May the Romsey Golf Club in conjunction with City & Rural Real Estate are holding a mini golf tournament and hole in one competition. Commencing at 9.30 a.m. there will be a twelve hole competition for golfers and non golfers. With trophies to the value of \$300, including best score, best non golfer score, longest drives and nearest the pins. Then a luncheon break, refreshments and a BBQ lunch will be available. After lunch the Hole in one competition starts and the first person to land a ball in the hole will walk away with \$300.00 cash, not a bad afternoons work. Both competitions are open to all comers (over 14 years) no need to have a golf handicap.

The entry fee for the mini to mament is just \$2 and for the hole in one competition you get 4 balls for \$2.00 and try as often as you like. So come along and have a bash it will be a great day.

ECUMENICAL SERVICE FOR EASTER:

A well attended ecumenical service on Good Friday at the Anglican Church in Lancefield saw the Cross recognised in a practical way. Worshippers were asked to place a nail at the foot of a cross in the church as part of the worship. This symbolised each individual's contribution to the nails that held Jesus to the original cross on the first Good Friday. The cross was then erected in the church grounds until next Easter when it is intended that it should be moved to the next host church, and so on.

The service was led by Rev. Grant Hilton(Anglican), who prepared the new cross, and Rev. Adrian Pegler (Uniting) with assistance from Sister Agnes (St, Mary's School) and several lay people from district churches.

The next ecumenical service will mark the annual Week of Prayer for Christian Unity in May. It too will be held in the Lancefield Anglican Church this year.

COBAW COMMUNITY HEALTH SERVICE:

Parenting Skills Workshop - Do you find everyday seems to be a hassle: getting children up and ready for school, attempting to have an orderly meal above the blast of the t.v. and nightly arguments at bedtime? Do you spend your life chauffering your children from one activity to another with little thanks? Do you ever wonder about the direction your parenting is taking you and your child?

Cobaw Community Health Service is running a parenting skills workshop for parents of children under twelve. The workshop will focus on problem areas that participants see as being an issue for them.

COBAW COMMUNITY HEALTH SERVICE (cont'd.):

Starting on Monday 1st May, the workshop will run for eight weeks at the Lancefield Medical Centre from 1.00 p.m. - 3.00 p.m. Childminding will be provided. Cost will be \$16.00 per participant. Please telephone Janet or Sue on 223 011. Please register by 27th April.

RANDOM RAGGINGS by "RAMBLER":

It was good to see our Shire Council setting out in the Community bus last week for a tour of inspection. The principle of them being familiar with the shire, and in particular the "trouble spots" about which they must make important decisions, is beyond reproach. But the observation also served to remind me of the time that our councillors give to the community. It is far more than the one day each month of the formal Council Meeting. Sub-committees, riding meetings, responding to call from residents, all these take up a great deal of their time. Do many of us stop to think about the sacrifices our councillors, and their families, make? I hope so. And I further hope that our appreciation is real and deep.

Two district students recently successfully concluded their academic careers.

David Clement passed the final examination for his full accreditation as a valuer.

Tim Pegler graduated Bachelor of Arts at Melbourne University. Congratulations.

.................

Was it only an April Fool joke? NO! There as a good article in The Age (Saturday, 1st April) about our local community commuter co-op, buses, but, did you see in the accompanying photograph that the bus was pointing the wrong way in the service road outside the Post Office? Good picture, but bad driving example.

ROMSEY DISTRICT ROSTERED PLAYGROUP RAFFLE:

Drawn 17.3.89 by Councillor Terry Dowling. Winners were:

Food Hamper Mr. Buckley

Lunch for 2 Centre Vic Motel French

Meal for 2 Lancefield Hotel J. Neyland

The Committee would like to thank the Following - Centrevic Motel, Lancefield Hotel, Knights Winery, Lancefield Winery, Lancefield Hay & Grain, Habib's Supermarket, Lancefield Supermarket, Romsey Premix, and Romsey Sand & Gravel and the members of the R.D.R. Playgroup for their kind support. A special thankyou to Noel Shaw and the Romsey Mechanics Hall Committee for their generous use of the hall and concessional rate.

Any enquiries regarding the group which runs on a rostered basis on Friday afternoons 1.00 - 3.00 p.m. at the Romsey Mechanics Hall, should be made to Joy Bourne on 291 625.

Gillian's pottery classes will commence on the 1st May 1989. They will take the form of an 8 week beginners course, covering basic handbuilding (pinch pot, slab pot, coil pot a raku firing and a sawdust firing) being designed to give you an idea of what clay is all about and to have some fun along the way.

Class times offered - Monday afternoon 1 to 3.30 p.m. 1 May - 26 June
Tuesday Night 8 to 10.30 p.m. 2 May to 20 June
Cost \$68 - clay glaze & tuition included - phone Gillian on 295 448.

Gillian's Pottery Garden Sale Raffle was drawn on the 22nd December and was won by Margaret Yarrington. Thank you also to all those who supported the day.

1ST ROMSEY SCOUTS: Paper drives will be held on the first Saturday in June, September and December. Please bring papers to the Council car park on these days. This year Heart Week will be held from April 16th - 23rd, with the theme - "When it's hear attack, every minute counts". It is therefore an appropriate time to announce that Lancefield & District Bush Nursing Hospital has purchased a defibrillator, adding a potentially lifesaving piece of equipment to our existing resources.

Heart disease is responsible for approximately half of all deaths in Australia each year, including deaths from cancer and road accidents. Coronary heart disease affects about 5% of our adult population at any one time.

Atherosclerosis is the thickening and roughening of the internal walls of the arteries by deposits of fibrous and fatty materials. These tend to narrow arteries and slow down blood flow. Most humans from their teens onwards have atherosclerosis to some degree.

Although scientists have not been able to show a single cause for heart disease, certain risk factors such as physical inactivity, high serum cholesterol levels, obesity and smoking, are related to our western lifestyle and diet. These we can change!

The incidence of coronary heart disease increases greatly with age in both sexes, but the fact that young people may develop CDH makes it clear that coronary atherosclerosis is not simply a disease of aging.

If the coronary arteries are seriously clogged with atherosclerosis, a branch may close completely or become obstructed by a blood clot, starving the heart muscle of blood beyond the obstruction. The patient feels a sudden severe chest pain and is suffering a heart attack - also called a coronary occlusion, coronary thrombosis or myocardial infarction.

In some cases the oxygen starved muscle disturbs the heart's rhythmic beat, leading to a useless, fluttering rhythm which is ineffective in propelling blood from the ventricles.

Death occurs within a few minutes unless the heart's proper beat is restored by defibrillation. This is an emergency procedure only to maintain life until regular coronary care can be implemented. Therefore it will not need to be used in every case.

Defibrillation is the principle of applying a high voltage shock of very brief duration through the chast wall, with the capability of abruptly stopping the chaotic electrical activity within the heart, allowing the heart's natural pacemaker to reestablish an effective beat. The defibrillator recently acquired by the Hospital is the piece of equipment which performs this function.

The Hospital Committee of Management would like to express grateful thanks to the Lions Club, whose very generous help accounted for half the purchase cost of the defibrillator. The remainder was funded from the Hospital's donation account, consisting of the aggregation of sums from our hard working auxiliaries and gifts from the public.

LANCEFIELD & DISTRICT GARDEN CLUB NOTES:

Dahlia growing and all aspects of it, will be the subject for the guest speaker at the next meeting of the Lancefield & District Garden Club at 8 p.m. on Tuesday 25th April at the Lancefield Mechanics Hall. Last month's guest speaker Glenn Hyne addressed approximately 44 members of Lancefield Macedon and Kyneton Clubs at a combined meeting at Lancefield.

A bus trip is being organized to visit Macedon gardens on Sunday 16th April, which not only garden club members can attend - ring John Sevenson - Lancefield 291 757 or Doss Keating 295 840 but DON'T FORGET THE MEETING DATE - 25th APRIL.

.2019 a collar at sayis Commence Monday April 17th at St. Mary's Hall, Main Road Romsey

Some and the control of the control 6 Classes designed for you and your partner

Breathing and relaxation techniques

Enquiries and bookings contact Chrig Guymer/Diana Knichala, Cobaw Community Health Services, phone 223 011. Term no to the second seco

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ROMSEY/LANCEFIELD DISTRICTS HISTORICAL SOCIETY;

A CLAY OF CONFIDENCE AND ASSOCIATION ASSOCIATION

All local residents who are interested in their local history hopefully will have accepted the invitation extended to them to attend the "Open Day" at historic Sidney Seymour Cottage last Sunday (9th April). This "Open Day" was planned to celebrate both Heritage Week and the 10th anniversary of the formation of our Society. If you have not yet seen the cottage or have not seen it for some time, please take the opportunity when you can to appreciate the amount of restoration work completed (and also yet to be done) to both the cottage and its grounds, with its attractive garden area, standar nave sajes appending jeging ajeses jess os

The April meeting of the Society will be held in the Romsey Mechanics Hall, supper room on Tuesday 25th April at 8.00 p.m. with Mrs. Lucille Anders, from the Royal Historical Society of Victoria, who is an experton genealogical research, and will be able to answer queries re family history and tracing ancestors. To enable her to fully answer questions please advise Mrs. Elaine Lobb (295 321) by 13th April if you have specific items for Mrs. Anders to assist you with your family history.

Any comments or queries you may have re the Historical Society or its future activities to help record and preserve our local history can be directed to the Society Chairman Mr. Robert Clement (295 217).

Helen W. Clement (Publicity Officer)

FOR SALE:

1 Safe 'n Sound Tri-Safe Mk 10 car seat with lamb's wool cover \$35

man grand to a

1 children's booster cushion 6 mths. old PHONE Wilma Tully 291 916.

ST MARY'S PARENTS & FRIENDS are holding a Bush Dance on 16th April from 11.30 a.m. to 3.30 p.m. "Five Penny Bit" Bush Band will be present. Venue is the school grounds (weather permitting) otherwise Mechanics Hall Lancefield.

Family ticket \$10 Single \$5 availble from A. Ogilvie 291 965

D. Cusak 291 577 W. Tully 291 916

IN YOUR ROMSEY GARDEN NO. 38: The state of the s

Garden Tools & Equipment Pt. 2. With the availability of polytheme pipe in recent years, it has been possible to minimise the pressure loss inherent in the older galvanized steel pipes and small bore copper tubing, often at much lower cost with easier installation. Running this type of pipe to various parts of the garden direct from the meter will also assist in maintaining pressure especially if & or 1 inch (19 mm or 25mm) size is used. On the writer's & acre block two such branches serving a total of 11 taps in addition to 3 outside taps from the house system plus 5 taps from a high pressure pump supplied from a 1,000 gallon mains filled tank, enable coverage of the entire block with short & inch hoses without any excess water charges, sprinklers being rarely used as there is very little lawn and most shrubs and trees require minimum water. The need to constantly move mobile sprinklers plus the effect of wind in dispersing water over unwanted areas has been found too time consuming and wasteful Fixed sprinklers, self-propelled units and drip systems are considered impractical among vegetables and unnecessary in most of the

IN YOUR ROMSEY GARDEN (cont'd.): remainder of the block where extensive cultivation is practised or obstacles are encountered.

As regards the choice of hose nozzles, the writer has standardised on the Pope "Oval Rose" as this gives a flat fan spray covering a wide area without the disadvantage of jets striking the ground nearby too forcefully as happens with cone shaped sprays. Unfortunately the size of the holes on most of these fittings is too small with higher pressures resulting in a fine mist, and it is necessary to enlarge these holes by carefull redrilling at a precise angle. Syd Wheller

tore last Sunday (5th Aprill. This "Onen Day" was nianned

COUNCIL NEWS: 10-14 "Ved nego" at a brette of ment of bibnerse nother trat bid balgage

A proposal to sub-divide Lot 1 Barry Street West into 14 Lots was refused as it was contrary to the proposed Planning Scheme amendment. A request to modify the development on the corner of Gordon Cres., and Main Road from metal fabrication, mechanical vehicle service, farm equipment sales and service and shop associated with service station to real estate office, office and sales area associated with service station and mechanical workshop, will be advertised. The Eduation Department has requested Council to re-zone land between Station Str., and Park Lane for education purposes. And Alleman and Al

Amendments to plans for the supermarket and shopping complex at 107-111 Main Street were found to be substantial and could not be dealt with as a variation. Applicants were to be advised that a new permit application is required. The Romsey Shire Service Directory has now been distributed. In Tlf Tyou bave moto received yoursung opies. are available at the Shire Office.

mos contains as at one district

Finally, please do not park on or drive over the reservations along Main Street, local police have been requested to enforce the regulations - if detected it will cost YOU money.

Till next time, res of she stad-inf burne a

Doreen Smith Doug Newnham Geoff Neil

THANK YOU . the parents and teachers of Bolinda Primary School are currently engaged in renovating the playground and wish to acknowledge the generous donations of the following businesses: A series of Him and Main the worst syld

ands (Lestier permitting) otherwise Mechanics Hail Lancer Sunbury Paint Centre, O'Shanassy Street, Sunbury, Frost's Sawmill, Monegeetta and Romsey Garden Surplies, Main Rd., Romsey.

Dot Chandler, Secretary

BROWNIE_CUIDE L.A. NOTES:

lily bus gravesen

It is time once again to thank all our office bearers who have helped make the Local Association a success. They have helped raise funds for the extra needs of the Guide and Brownie units. A big thank you too to the parents who have helped the committee and supported the fund raising activities.

The Annual Cameral Meeting of the Association will be held on May the 1st at the Scout Hall at 7 p.m. Please plan to come and show an interest in the group. At the conclusion of the meeting supper will be provided and served by the Girl warm. Guides themse lves,

On April the 29th Saturday at 9.15.am. there will be a CAKE AND PRODUCE STALL held in the kicsk beside the chemist to raise funds for the Guide and Brownie work. Donations of produce or cakes can be dropped at the stall the morning of the 29th or at the Romsey Post office the day before. Stall will commence at 9.15.a.m.

RED CROSS NOTES:

A "David Keys" fashion display will be held at the Uniting Church Hall in Pohlman Street at 10.30 a.m. on the 4th of May. A light luncheon will be served afterwards at a cost of \$5.00 per head. All proceeds are to aid Red Cross. Everyone welcome.

P. Corner, Secretary

FOR SALE: Vulcan oil heater console model complete with flue, casing and oil tank in working order. BEST OFFER - Chris or Lois 295 298.

ROMSEY/LANCEFIELD NURSING MOTHERS ASSOCIATION:

A discussion on "Breastfeeding and fatigue" is the topic for our next meeting to be held on Thursday 27th April at 8 p.m. The meeting will be at the home of Theresa Ogilvie 164 Main Road Romsey, phone 295 715. All mums and mums-to-be are most welcome, so come along and join in this friendly discussion. Please being a plate of supper if you can.

Counselling is available 24 hours a day to members or non-members of N.M.A.A. by phoning any of the people noted below:

Dot Chandler 285 378 Mary Campbell 295 629 Lynette Finn 295 860

ROMSEY & LANCEFIELD CHRISTIAN FELLOWSHIP:

Romsey and Lancefield Christian Fellowship is a local family church which presents the gospel of Jesus Christ to the surrounding community.

We are a spirit filled and Bible believing group of Christians, and believe the words of Jesus when He said "I am the way, the truth, and the life".

Jane Foster and Lorraine Holland can be contacted to provide assistance and details of our weekly program for women. This includes a coffee morning with encouragement and direction for women in their role in the family and home, and a morning to discover what God's original plan was for women and how this is still relevant today.

We invite local residents to attend our Sunday Morning Services which are held each week in the Bolinda Hall commencing at 9.30 a.m. Any further enquiries can be made to Geoff Holland (295 673) or Shaun Foster (295 320).

Mr. and Mrs. C. Thighs wish to let you know,
A successful merger is on the go.
The union of Will B. Init and Our Little Thigh,
is taking place. I wonder why!
So to be in on such a lark,
Keep the 27th May apart.
You're invited to this risque play,
Will be in Romsey's Rag in May.

GARAGE SALE - Couzens Lane, Romsey - Saturday 15th April, 10.00 a.m. Furniture, girls 20" bike, toys, bargains.

HIGH POTENTIAL - running your own business. Distributing nutrition/health products with proven success in Australia and overseas. First class back-up from a highly successful company will help you build your own business. For information call Adrain (054) 295 538 or Cheryl (054) 295 695 APB 2259.

HERBALIFE - want to lose weight and keep it off? Thousands of people are doing just that with these internationally used Herbalife products and calorie-controlled diet. Contact Cheryl 295 694 or Adrain 295 538 APBO 302S.

ROMSEY FIRE BRIGADE - FUNDRAISING:

In the coming days all Romseylandowners will be receiving letters regarding fundraising as mentioned in last month's Rag. The letter will contain a return slip to be returned to the secretary. If you do not receive a letter contact Trevor Williams on 295 265.

A lot of effort has been put into this fundraising drive. We hope that the people of Romsey will match this effort by supporting us.

Stephen Dent.

PLEASANT SUNDAY AFTERNOONS:

We are pleased to announce that as from 1st April; 1989, the Dromkeen Children's Literature Collection and Oldmeadows Dromkeen Bookshop will be OPEN THE LAST SUNDAY OF EVERY MONTH from

12 noon till 4.00 p.m.

and a reminder that our Dromkeen Boolshop hours are MONDAY to FRIDAY 9 am - 5 p.m.

Kaye Keck - General Manager

DATES FOR YOUR DIARY:

*Indicates items detailed in this edition of the Romsey Rag.

April 16th-23rd Heart Week

16th * St. Mary's School Bush Dance 11 am onwards

16th * Lancefield Garden Club Bus Trip to Macedon

17th * Ante Natal Classes commence

18th * Romsey Basketball Referees Meeting

25th * Lancefield & District Garden Club meeting

25th * Historical Society meeting

27th * Nursing Mothers Meeting

29th * Brownies & Guides Produce Stall

May 1st * Parenting Skill Workshop commences

* AGM Romsey Brownies & Guides 7,00 p.m.

* Gillian's Pottery Classes commence

4th * David Keys Fashion Display for Red Cross

- 7th * Romsey Golf Club Hole-in-one Competition

11th * Mothers & Grandmothers Night - Nursing Mothers Association

13th * Nursing Mothers Cake Stall

ITEMS FOR THE MARCH ISSUE OF THE ROMSEY RAG TO BE AT THE POST OFFICE BY 2 PM ON FRIDAY 57H MAY, 1989, thank you. We are always looking for any additional assistance in compiling, sponsoring and delivery. If you can assist please contact any of the editorial committee.

Compilers reserve the right to reject or include any item presented for print.

I WOULD LIKE TO SPONSOR AN EDITION OF THE ROMSEY RAG........

I WOULD LIKE TO HELP WITH THE DELLVERY OF THE ROWSEY RAG.......

EDITORIAL COMMITTEE: Trevor Turnham, Beryl Cole, Pam Neil, Laurel Miles, Kerrie Lemin, Elsie Paterson.

EDITORIAL COMMENT:

EVEN THOUGH THE ROMSEY RAG IS A FREE COMMUNITY PAPER RUN BY VOLUNTEERS, WE ARE STILL REQUIRED TO PAY FOR OUR PAPER AND INKS - THEREFORE WE REQUEST THAT A DONATION BE MADE FOR ANY NOTICES OF A COMMERCIAL NATURE.

WE THANK OUR PREVIOUS SPONSORS FOR THEIR FINANCIAL SUPPORT AND FOR THEIR ENCOURAGEMENT OVER THE YEARS.

Sporting News in Romsey

ROMSEY BOWLING CLUB NEWS:

The "Special Margaret Howatson Appeal Day" - (referred to last month), was a great success. The weather was not kind to us as far as bowling was concerned; we played four ends in drizzle, then returned to the clubhouse where we all enjoyed afternoon tea, and held a "Dutch Auction" (which raised almost \$1,000.00).

Two "competitions" were drawn, the paintingdonated by Mrs. Jan Thomson raised \$200 the winner being Norm Davis. A side of meat from Denchs Butchers (arranged by Mike Dobson) was won by Mike Dobson. Another side was auctioned, bringing in another \$50.00. Total proceeds for the day were apporx. \$2,500.00.

On Saturday the 1st of April the division 2 (Men's section) showed that they were not "April Fools" by beating Wallan in the Pennant Final. We hope that by the time that this "Rag" goes to print that they will have also beaten Sunbury White in the Grand Final, (played on Saturday the 8th).

After the worry of further inclement weather, the ladies held their annual Charity. Day, attended by 36 mixed bowlers from the Doutta Galla Club on Thursday the 6th raising over \$200 and a great time was had by all.

Four teams made the yearly "pilgrimage" to Bendigo for the Country Week Bowls. The most successful team was lead by Brian Scanlon along with Laurie Barrow, Ken Newnham and skipped by Peter Mitchell. They won their section, and the first final play off but lost narrowly in the second.

The season has almost ended, but we really do need the five months break to mow our lawns, paint the spouting, or do the jobs that must not interfere with bowling. Wishing you all a good "hibernation" and healthy winter.

Norm Thompson.

MID-WEEK LADIES TENNIS:

Congratulations and good luck to all three Romsey teams in the finals of the MDLTA being played this month. Any ladies wishing to play in the competition season beginning in May, please leave your name at the Romsey Sports Store before April 17.

ROMSEY GOLF CLUB - LADIES:

On our first Club Day on 5th April 18 ladies had an enjoyable game, with the winning pair being Shirley Shelton and Cathy Ireland. All ladies are welcome to play on Wednesdays. Hit-off time is 10.30 a.m. Goaching is being arranged for new players so come and join in. For more information ring the Hon. Secretary, Leila Beasley on 295 525.

TENNIS COURT HIRE:

The tennis courts at Romsey Primary School are available for minimal hire after school hours. Key available from Mrs. Clampit 295 480 17/19 Palmer Street, Romsey, or Mr. Trevor Turnham, 295 413, 12 Dowie Court, Romsey.

Any ladies who would like to try "hit and giggle" social tennis (any Wednesday 9.00 a.m. - 10.30) are welcome to join in at the school.

ROMSEY & DISTRICT BASKETBALL ASSOCIATION:

At this stage, it appears that there is enough support in the community for a Winter season to take place. Registrations will be taken at Romsey Recreation Centre on Thursday 11th April (7-8p.m.) and Saturday 15th April (10-12noon). Cost will be \$15 for students and juniors and \$20 for seniors.

SPORTING NEWS IN ROMSEY (cont'do):

ROMSEY & DISTRICT BASKETBALL ASSOCIATION (cont'd.):

Teams will be drafted by the Committee. Seniors will play Sunday nights and Juniors on Tuesday nights. For further information please ring the Secretary, Jane Pickett, on 286 753 or contact the Romsey Recreation Centre on 295 637.

ROMSEY & DISTRICT BASKETBALL ASSOCIATION - REFEREES:

The Basketball Association is presently looking for people to be trained as basket-ball referees no experience is necessary only an interest in the game. The games to be refereed are Sunday 6.00 p.m. 10.10 p.m. and Tuesday 5 p.m. - 9 p.m. Referees are paid \$3.00 per game (more money can be applied for by badged referees) so you think you are suited? Then attend the meeting at 7.30 p.m. on Tuesday 18th April at the Romsey Recreation Centre, Park Lane (all present referees are expected to attend also). If you cannot make the meeting but still are interested please phone Steve Dent on 295 821 after 5.00 p.m. or contact the Recreation Centre 295 637.

Stephen Dent - Umpires Co-ordinator.

de, france Brindship 295 612; 12 Bowie Courts, Squary Jr.

1.00 a.m. - 10.30) are walking to join in at the acknowledge.

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ROMSEY RECREATION CENTRE, PARK LANE, ROMSEY: Phone 295 637:

AEROBIC CLASSES: Held every Monday and Wednesday evenings from 7.30 p.m. to 8.15 pm Come along and enjoy a session of aerobics in our newly furbished multipurpose room.

YOGA: Yoga classes are on every Friday morning between the hours of 10.00 a.m. to 12 p.m.

SQUASH: Casual hire at competitive rates. Any person wishing to play Tuesday or Thursday night competition may come along and join in the fun.

BADMINTON: The Romsey Badminton Club is always looking for new members.

Practice is every Friday evening between 8 p.m. and 10 p.m.

TENNIS: We have 5 cutside and 1 inside court all in top condition for the casual hirer.

WEIGHT WATCHERS: Any person interested in attending wieght watchers classes, please contact Joe at the Romsey Recreation Gentre. We are also looking for an experienced person to instruct these classes.

KARATE: ZEN-DO-KAL: Friday nights: Juniors:6 p.m. to 7.30 p.m.

Enjoy yourself and keep fit at Carol's low impact aerobic sessions on Monday and Thursday mornings from 9.15 till 10.00. Only \$2.50 with creche available for 50c. Also adult beginners Jazz Ballet classes are held on Tuesday nights from 8.00 till 9.00 - \$4.00 per session.

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At this stage, it oppears that chere, the cherch support in the occurate, for a winter

All held at the Romsey Mechanics Hall. Enquire to Carol on 295 590.