

# THE Romsey Rag

VOLUME: 40 | EDITION: 9 | OCTOBER 2022

## Romsey Golf Club

### Twilight Golf

- Starts Friday Nov 4th. Hit-off from 4.00pm.
- \$5.00 - Nine-holes of golf, Stableford
- Check-in at the Clubrooms between 3.45 and 5.30.  
Bookings and more info 0400 768 040
- New or experienced golfers most welcome, clubs and push buggies available.

### | 2022 Romsey Open Week.

- Thurs Nov 17th The Romsey Womens Open, Stroke,  
Sponsor - The Bendigo Bank
- Sat Nov 19th 4BBB Stableford pairs, any combination.  
Sponsor - The Romsey Bottle-O
- Sun Nov 20th - Graeme Clement Open 24 Hole Stroke

### Green fee players welcome every day

**Adults: \$15 After 4pm \$10**

**Juniors: 12-18 years \$5 (Under 12 years  
accompanied by an adult free)**

**Pay online through web site or at 1st Tee**



Our club member Mick Nicholls Jr has achieved every golfers dream; a hole-in-one on the 147 metre par 3, 15th hole.

## Residents warned to watch out for swooping birds

Residents are being urged to keep an eye out for swooping birds in the shire. Many parts of Australia experience bird swooping at this time of year and instances of swooping can be unpredictable and subject to individual birds and their nesting behaviour.

There are some things you can do if you come across swooping birds. Do not harass, interfere with or throw things at birds. This gives them added reason to see people as a threat and may increase swooping behaviour. All Victorian native wildlife is protected by law and it is illegal to harass or harm them.

Residents are encouraged to visit [www.wildlife.vic.gov.au/managing-](http://www.wildlife.vic.gov.au/managing-)

*wildlifeswooping-birds* to register swooping birds. The Victorian Swooping Bird Map shows where people have been swooped, mainly during the annual spring breeding season.

Residents can also take the following steps to minimise negative interactions between swooping birds and people:

- Walk or ride a different way; the bird won't swoop for long, so it won't be a permanent change
- If you must pass through the area – move calmly and quickly – do not run.
- Cover your head. Wear a hat or carry a stick or umbrella above

your head. Cyclists should always wear a helmet, dismount and walk through the area.

- Do not destroy nests as this is illegal and may prompt birds to rebuild their nests, prolonging the swooping behaviour.
- Birds may be less likely to swoop if they think you are watching them. Draw a pair of 'eyes' and attach them to the back of hats and helmets.
- Don't feed swooping birds as this may encourage swooping behaviour.
- If possible, try to travel in a group in areas where there are swooping birds.

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## Alcohol and Drug Support

Are you, or is someone you know, experiencing issues related to alcohol or drug use? Free help is on hand locally with Sunbury and Cobaw Community Health's experienced counsellors. People can either refer themselves or go through their GP and appointments can be held in person or over the phone.

There is currently no waiting list, and the program can help individuals, couples or families impacted by their own or someone else's alcohol or drug use. There is also a specialist youth counsellor who works with young people aged 12 and over.

"The support we provide is based on each person's needs and goals," says Adam Stefano, Manager Community Mental Health. "Our clinicians can help people reduce or stop their use of alcohol and drugs and we can refer people to other services such as withdrawal units, housing support, financial counselling, or emergency financial relief."

Both individual and group counselling is available, and services can be accessed Monday to Friday, 9am to 5pm. To find out more, call 5421 1666 or email [admin@scchc.org.au](mailto:admin@scchc.org.au).

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# Romsey Mechanics' Institute



Established 1865

## Renovating the Main Hall:

We now have a quote to fully repaint the main hall and we are waiting on a quote for curtains. Of course all this information is just the beginning of the journey. We have to negotiate the planning process with the Shire and seek approval from DELWP, the owners of the building and then, we have to source the funds to get the project going. Still plenty of work to be done but exciting none-the-less

## Improved Access to the Roof:

The Committee of Management has received a quote for works to improve access to the roof. This will make it easier and safer for the various trades people who need to work up there. These works are vital so the CoM will fund them immediately. It may be possible for the CoM to recoup some of these funds from the building's owners, DELWP

## Recent Rains:

The recent rains have tested the RMI. The heavy rains with strong winds meant that any weak spot was put under great pressure. While we had a few drips here and there, in general the roof held up very well.

## Hesket Primary School:

This wonderful little school has held its annual concert at the RMI since 1981. This year the school has planned, scripted, created the props, acted, filmed and edited a film, "Law and Order. The premier, at the RMI on Thursday September 15th was attended by the whole school community as well as many interested townspeople. A great effort by all involved

PO Box 130, Mob: 0458 726 106, ABN: 99 340 024 758 | [presidentrmi@gmail.com](mailto:presidentrmi@gmail.com), [secretaryrmi@gmail.com](mailto:secretaryrmi@gmail.com),  
[rmibookings@gmail.com](mailto:rmibookings@gmail.com) [www.romseymechanicsinstitute.com](http://www.romseymechanicsinstitute.com)

## October in the garden

by **Melanie Kinsey**

The constant rain has made it difficult to get jobs done in the garden. The forecast of another La Nina summer means waterlogging could be a very real issue. You begin to realise why English gardeners lay planks on their lawn adjacent to garden beds when carrying out the winter cut-back. All that stomping on soggy ground means certain compaction of the soil which will affect the growth of the turf in spring. So this is a reminder to take care of your soil and not work it when it is beyond field capacity (ie soggy!). Make a note of where the water pools, as when it dries out, that is the time to install drainage if needed.

I have started to pot up some plants that I am keeping in pots for my new garden. I also need to pot up some cuttings that are sitting in my little propagation house. Spring is also a good time to pot up my collection of succulents. I buy the bags of orange cat litter (made of zeolite) from the supermarket and add this to the potting mix to make it drain more freely. In a ratio of about two-thirds potting mix to one-third zeolite.



In between showers I ducked out into the garden and saw that the yellow forsythia was in full flower, the Erlicheer jonquils are still blooming and I have a sea of purple grape hyacinths beneath the weeping apricot. Outside the back door my little clump of fritillarias has popped up and is producing so many lilac chequered blooms this year! No sign of new growth on the frost-bitten manzanita but I remain hopeful. The long yellowy catkins on the contorted filbert are beginning to fade, but they still shiver prettily in the breeze.



## Committee

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**Romsey Rag**

ABN: 80 102 393 407  
INC A0102067K

## Welcome to the September Edition

# Families and Change

In September we said goodbye to a national icon in the late Queen Elizabeth II, loved or respected by many. We have watched or listened to the pageantry of British royalty as their citizens, with other peoples around the world, say goodbye to a person who, with kindness and determination, for nearly seventy years was the head of the British Empire.

The changes roll on .... Charles becomes King Charles 111, Prince William and Kate face not just bringing up 3 children, but family visits to Commonwealth countries, a family much more in the spotlight. Memories arise of family events, happy and sad .... Also sometimes, a chance for change.

Even Aussies who are not particularly attached to history, are watching these people as they change. Maybe at times, it helps us to remember that all families will change. Many in Romsey have come here in the last 5 years – usually a big move. Others go from little children, to assertive teenagers – sometimes even new family groups. Often employment, or health, forces big changes in our lives.

How much do we help each other, with these changes? As we see so much change happening far away in Britain, stop a little while to think .... How you are with change .... is it ok? Do we talk about things, face things that are new? When we see other families far away, on our TVs and phones, moving into new 'jobs', new responsibilities ... we see new sides to old faces. Maybe it encourages us, that change, a part of life, with joys and/or sadness, is human, and is OK.

**PLEASE NOTE:** the facebook page formerly known as Romsey Rag is now Romsey Social facebook page.



**MEMBER 2022**

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The Romsey Rag is proud a member of the CNAV. It is the peak body representing not-for-profit community newspapers across Victoria.

**[www.theromseyrag.com.au](http://www.theromseyrag.com.au)**

Send us your thoughts and ideas for what you think could happen in Romsey.

For all correspondence: [email@theromseyrag.com.au](mailto:email@theromseyrag.com.au).

Please note articles should be restricted to 300-350 words plus/minus a picture. Articles will be edited as required.

The editorial committee reserve the right not to print inflammatory or unsuitable materials.

**DISCLAIMER:** The views expressed by contributors are their own and not endorsed by the publisher or the editor of The Romsey Rag. No responsibility is accepted by the publisher or the editor for the accuracy of any information contained in the text or advertisements. The editor and publisher reserve the right to reject any submissions or advertisement for any reason. Publishing decisions are not based on subject matter and we reserve the right to edit all submissions. We have a policy of allowing all political parties equal access to this platform. We will not print or disseminate any content that we consider to be defamatory, racist, discriminatory or hateful in any way.



**Always supervise  
children in the kitchen**

## Are you flood ready?

The Bureau of Meteorology have confirmed that we are in our third La Nina event in a row, meaning higher than average rainfall over the coming months that can increase the chance of flooding. This climate pattern contributed to the flooding in northern NSW and Queensland last summer and could also impact Victoria.

The Victorian State Emergency Service (Vic SES) have some great tips on their website and resources for preparing for and managing floods if they occur. Visit [ses.vic.gov.au/plan-and-stay-safe/emergencies/flood](http://ses.vic.gov.au/plan-and-stay-safe/emergencies/flood)

## Bin clips for sale!

Is litter spilling from your bins? Council has bin clips available for purchase from our customer service centres for \$20 each. Bin clips are easy to use and help you to secure lids during strong winds and prevent animals from getting into your rubbish. The clips release automatically when emptied into the rubbish trucks.

**You can view an instruction video at [mrsc.vic.gov.au/binclips](http://mrsc.vic.gov.au/binclips)**

**For office locations and opening hours visit [mrsc.vic.gov.au/contact](http://mrsc.vic.gov.au/contact)**

# A Riverkeeper for Deep Creek?

**What are the skills and resources a Maribyrnong Riverkeeper? Dr Nicole Kowalczyk, an ecologist, and Maribyrnong officer at the Yarra Riverkeeper Association: "Climate change, pollution, and population put pressure on our waterways. Riverkeepers identify river health, and link local knowledge to skills, resources, and solutions eg. works restoring riparian vegetation, better river management."**

Robin Ford, Deep Creek Landcare member "Our rivers are the life blood of the land. They give water to farms and cities, and support biodiversity. A Riverkeeper gives a voice to a river – to communicate the threats and issues it faces. It links to an old system of protecting waterways in Europe, and to traditional owner's 'caring for the country'.

Werribee and Yarra rivers have a riverkeeper and Port Philip a Baykeeper. Deep Creek Landcare believes the Maribyrnong River and tributaries need protection and joins the call for our own Riverkeeper, an independent voice from source to sea.

See the next issue of the Romsey Rag for more on this subject. Follow Deep Creek Landcare on facebook, or contact our President, Phil Severs (0476 324 000).

**By telephone:**  
03 9744 4455

**By fax:**  
03 9744 6777

**Email:**  
admin@sccbc.org.au

**By mail:**  
PO Box 218,  
Sunbury 3429

Opening Hours:  
Monday-Friday  
9:00am-5:00pm

## ANIMAL FACTS

*An albatross can sleep while it flies.  
It apparently dozes while  
cruising at 40 Kph.*

## ANIMAL FACTS

*Q: Why is the obtuse triangle  
always so frustrated?*

*A: Because it is never right.*

## Romsey Lancefield Senior Citizens

### Bendigo Bank - Monthly Bus Trip for October

*Our monthly bus trips have been changed to the first Tuesday of the Month.*

This month we are off to the Yarra Valley. Our trip on Tuesday 4th of October will be to the Tarrawarra Museum of Art, followed by lunch at Alowyn Gardens and a visit to the Yarra Valley Chocolate Factory and Store in the afternoon for all those sweet tooth fixes.

The Art Gallery is showing works on the Rhythms of the Earth. Lunch will be in the lovely Maple and Farmshed courtyards of the Alowyn Gardens, which is also home to a nursery and lovely wisteria archway. Last of all is the Chocolate Factory which is an opportunity to purchase some early Chrissie presents or a sweet treat for yourself. It looks like a great day.

Give Helen a call for details and times for bus departures.

Depart: Lancefield Post Office  
Romsey Mechanics Institute –  
out the front.

Future Trips: November (date to be confirmed) – Open  
Garden Sculpture Exhibition, Sutton Grange,  
lunch at Cumberland Hotel, Castlemaine.  
*6th December Christmas Breakup*

Remember, we meet every Monday at the rear of the  
Romsey Mechanics

Institute for lunch, for just \$5 – everyone is more than welcome.

**For information please contact Helen on 0409 064 303**

**Hope to see you soon.**



### The coring the greens, Wed Sept 21<sup>st</sup>

This process takes out finger sized lengths of the green, The cores are then collected and used around the park to fill low spots. Each green is top-dressed with sand and the core hole is ~80% filled then seeded and fertilised. New growth will come from the seeds as well as the existing grass which will shoot from its roots into the sandy hole. We always allow at least two weeks before we mow so the new shoots have a chance to strengthen their roots. To give the greens the best chance to recover quickly the course was closed for the weekend of the AFL Grand Final and the first weekend of October. Some players took the opportunity for a golf trip up to Cobram-Barooga, thanks Shannon, while other headed off to play in competitions at other, local clubs.

Romsey Golf Club



Established 1922

Park Lane, Romsey (PO  
Box 200, Romsey 3434)

President: 0417 088 891

Secretary: 0400 768 040

[www.romseygolfclub.net](http://www.romseygolfclub.net)

[mail@romseygolfclub.net](mailto:mail@romseygolfclub.net)

### Macedon Ranges Spring Cup

The Macedon Ranges Spring Cup, Romsey GC Vs Mount Macedon GC, was held at Romsey for the first time since 2018. This Stableford event has both individual and team awards. There was a strong turnout from both clubs and visitors from surrounding clubs as well. It was a tight competition but, as has been usual with this competition, the home team came out on top. Our thanks to *Drummond Golf, Niddrie*, who sponsor this annual event

### Golf Australia

GolfAus, like many other groups, is reviewing all their procedures. Much has been learnt during the pandemic and it is important that clubs keep up to date with both advances within the sport and changes within the community. The committee will be undertaking a Member Survey as we work toward the development of a new Strategic Plan to guide the future direction of the club. We encourage all members to complete the survey and share their thoughts to help shape our future. There is also a Community Survey available at; <https://www.surveymonkey.com/r/SKCZP3L> and we ask all members to share this with their networks throughout the Romsey community and surrounding areas to help to us better understand how the club, and golf in general, are viewed by non-golfers and people outside the club. This information will enable us to improve our future engagement with the community and ensure our long-term viability. These surveys will be open until Sunday October 9th with the results being presented to our Strategic Planning Workshop on Tuesday October 18th.



Loading the Top Dresser.

## Obituary: Judith Anne Cope-Williams

10th February 1938 – 26th August 2022

Judith Anne Storey was the youngest of four children. Her Father, John Storey was Director of Manufacturing for General Motors Holden and Founder and Chairman of both National Springs and Better Brakes. Judy had a sister and two brothers, Diana, Keith, and John (Johno). Her mother, Alma was a keen writer and pianist. Her brother Johno died from leukemia when she was just 9, and her father, then Sir John, who had many other Government and company management and advisory roles, died suddenly in her final year of school.

At School, Judy learnt the Piano and Cello, and later, in her early 30's, the classical guitar. From these beginnings, Judy's love of Music became a defining feature of her life. Judy's Dad bought her, her first pony when she was 12 and from there, she developed a love of horses and rode in many gymkhanas and competitions. She was also a keen skier, a pastime her future Husband, Derek Holyman, a lawyer and second son of Sir Ivan and Lady Holyman, also enjoyed.

Judy married Derek in 1961 and had 3 boys, David, Michael, and Warwick. In 1973 however, they separated, and she married Gordon Cope-Williams, an aspiring Architect. After first buying land in Romsey in 1974, the move to "Coniston", on the corner of Ochiltrees and Glenfern Rd's became their final home, incorporating extensive gardens, 'Cefn-On Parc' Welsh Mountain Pony stud, a winery, social cricket pitch, Royal Tennis court and a conference centre.

Her love of music found a new focus with the inclusion of a music room in the new house where she was able hold concerts at home up to 10 times a year. Her concerts focused mostly on young musicians aiming to give them concert experience in a happy and welcoming environment. For over 25 years, these concerts gave her immense pleasure and pride, and in 2017 she was awarded Macedon Ranges Citizen of the Year award in recognition of her work with young and emerging talent in both the local and wider district. Judy, through the Cope-Williams Arts Foundation, and her own generosity, also supported many other musical and arts groups as well as donating to young musicians to enable them to produce CD's of their works or to undertake overseas tours.

Judy's involvement in the local community will be sadly missed. She is survived by her 3 sons and 6 grandchildren.



## Illegal firewood collection from roadsides

Council is aware of increased illegal firewood collection occurring on roadsides and conservation reserves across the shire.

The removal of timber or other materials from roadsides is prohibited in the Macedon Ranges, except under special circumstances with permission from the road manager—typically Council and Regional Roads Victoria.

Removal of fallen trees, logs, tree hollows and branches destroys the habitat for

wildlife including bats, birds, and possums. Logs and leaf litter play an important ecological role in helping to regenerate and retain moisture in the soil and are the food source for insects and fungi.

Collection of firewood from roadsides also creates a safety risk for those collecting and other road users. Penalties apply for the removal of any timber, including dead trees and fallen branches from any Council roadsides and reserves.

### *Where to sustainably source your firewood*

The Victorian Government recently announced that the spring firewood collection season is open until the 30 November. There are designated firewood collection areas in state forests in Central Victoria that are restricted to residents of specific local shires.

To find out where you can collect firewood locally visit the Forest Fire Management Website: [www.ffm.vic.gov.au/firewood/firewood-collection-in-your-region](http://www.ffm.vic.gov.au/firewood/firewood-collection-in-your-region)

If you purchase firewood from a commercial supplier, always confirm whether it comes from sustainable plantations. The Victorian National Parks Association's Sustainable Firewood Guide provides helpful information about sustainable options for staying warm in winter. Visit <https://vnpa.org.au/conserving-nature/sustainable-firewood/>

### *Reporting illegal firewood collection*

Community members can report any suspected illegal firewood collection activities on roadsides and in Council managed reserves by contacting Council on (03) 5422 0333.







#### C.W.A. 2022 STATE THEMES:

**THEME:** Sharing, fun and friendship.

**Product/Resource:** Australian grown potatoes and Australian potato products.

**Country of Study:** Malaysia.

**Thanksgiving Fun:** Free 3D hands – Research and development of 3D hands.

**State Project:** CWA of Vic. Inc. IT and Systems Upgrade and Maintenance.

**Social Issues Focus:**  
Safe Homes for All.

For any further information please call:

President:  
**Dianne Purtill**  
**M: 0409 214 520**

Secretary:  
**Wendy Foster**  
**M: 0409175 667**

or email:  
**cwaromsey@gmail.com**

#### Biosecurity for livestock owners and operators

Food and Mouth Disease (FMD) has been detected in Indonesia. The potential impact of this animal disease to our local agricultural industry and hobby farmers could be very serious. Fortunately, FMD has not been detected in Australia and is also not transmissible to humans.

To raise awareness and improve our biosecurity practices, Agriculture Victoria are running free, public events. To find out more visit [mrsc.vic.gov.au/foot-and-mouth](http://mrsc.vic.gov.au/foot-and-mouth)

# Romsey Branch of C.W.A. Inc

CWA is a volunteer organisation

Fun Fact: - Don't underestimate volunteers!

Remember the Ark was built by volunteers

The Titanic by professionals

## New members are needed to bridge the gap.

## Fresh Ideas will ensure our traditional and caring association continues.

**Our Friendly Monthly Meeting is held on the first Wednesday of each Month from 10am to approx. 12 noon.**

**At the Mechanics Institute Main Rd Romsey.**

Don't forget our Christmas stall on Sat 3rd Dec!

### CWA Scones

#### Ingredients

- 300ml cream
- 4 cups self raising flour sifted
- 300ml Milk
- 1 teaspoon sugar
- 1 pinch of salt



RECIPE

#### Method

1. Add cream and milk to the dry ingredients to form soft dough.
2. Place on floured board and pat out to thickness of 2.5cm.
3. Cut with a floured scone cutter. Place on a lightly floured tray.
4. Bake at 200c for 12-15 mins. Scones will be cooked if they make a hollow sound when tapped on the bottom.
5. Serve with your favourite topping.

**Stay tuned for next month's cheeky modern twist!**

For any further information please call:

PRESIDENT: Dianne Purtill **0409 214 520**,

SECRETARY: Wendy Foster **0409 175 667**, email: [cwaromsey@gmail.com](mailto:cwaromsey@gmail.com)

CWA is not just for older women; it is for women of any age wanting to be involved in their local community and also be connected to a world-wide organisation of friendship and community care. We have a lot of fun and laughs while being creative and raising funds for community projects.





OK, so I put "EVERYTHING" INTO MY RECIPE, but that doesn't mean the "KITCHEN SINK" OR YOU SHOULD WASH IN IT JAN!



## Cooking with Peter Russell-Clarke

I was sitting contemplating whether the soil in one's garden was alive. And if it was, did it communicate in some way - to ants that live in tunnels in the earth's darkness. Therefore (if that was so), could Echidnas hear this chatter and burrow into the soil to gobble up the ants?

That confused thought made me think of when I served green ant tails to a gaggle of American billionaires at a Far North Queensland Wilderness Lodge where I was working as their chef.

Mind you, I wasn't proposing to cook either ants or echidnas. What I was contemplating was to cook a piece of snow-white flake diced (once the poor-man's choice, now bloody expensive). My wife Jan wanted something tasty. Flake (I like its texture) has little flavour, though I find it pleasant. So I decided to heat it in a little olive oil and butter spiced with a flick of dried chilli and a squeeze of garlic and a splash of mirim (Korean cooking wine). At the last moment I added sliced brown onion I'd cooked to softness and kept warm, and some canned, smoked tuna (oil and all) and half a handful of washed baby spinach leaves to wilt (not cook), also a handful of pitted, black Kalamata olives.

This was served on a round of heated Roti bread spread with an equal amount of butter and creamed horseradish. The concoction was topped with a little pink, sliced, pickled ginger and the merest splash of the sweet vinegar in which the ginger was stored.

Beside this mixture I served plain roasted Jap pumpkin.

**PS. I haven't specified weights and measures as, if indeed you emulate this thought, you'll use the amount of a particular ingredient (or leave it out) to suit your individual palate or purse. For instance, I didn't use salt or pepper.**

**PS. Green ant tails are bulbous and are full of an acid tasting honey. One pulls off the bulbous tail and serves it like caviar.**

## The Mount Players presents MADAGASCAR a drama.

A very busy time with the launch of our book commemorating 50 years of our theatre's history and our final production for 2022 now in rehearsal: a drama by JT Rogers directed by Vicki Smith. 'Madagascar' is the haunting story of a mysterious disappearance that changes three lives forever.

At 3 different periods in time, 3 people find themselves alone, in the same hotel room overlooking the Spanish Steps in Rome.

They each tell their individual story of how and why they are here. Their relationship to each other, what this room means to them, and why they have been called to it slowly reveal themselves. Their stories spill out, weave back and forth—each contradicting, clarifying, deepening what the others say—becoming strands of one gripping and disquieting tale.

Tickets on sale at [www.themountplayers.com](http://www.themountplayers.com) or call 5426 1892 for assistance.

See you at the theatre.

**| Karen Hunt.**



**The Mount Players**



## After Work Business Catch Ups Return!

For the first time since the commencement of the COVID 19 pandemic, RRBATA organised an After Work Business Catch Up in Romsey. A number of Romsey and Lancefield business operators gathered at Verdure for a chat and refreshment! It was a great opportunity for business people to actually meet each other! Many thanks to Bill and Tania Balcam for hosting the evening. RRBATA is keen to schedule these informal events every 6 to 8 weeks, rotating between Romsey and Lancefield venues. Stay tuned to RRBATA Facebook for the next date and venue.



## Businesses Challenges Discussed

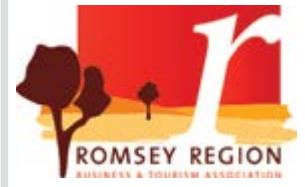
RRBATA was recently invited to meet with Federal Deputy Opposition Leader Sussan Ley when she visited Romsey as part of a regional road trip to speak with businesses. A broad spectrum of Romsey and Lancefield RRBATA member businesses were invited to speak with Ms. Ley who is also the Shadow Minister for Small Business. The common denominator issues of digital connectivity concerns. Staffing shortages, supply chain compromises and regional accessibility (roads!) were all canvassed. RRBATA is committed to speaking with representatives from all political parties when it comes to discussing issues relating to our region and its businesses.



**Facebook:** Romsey and Lancefield Region - Business and Living

**Instagram:** Romsey\_Lancefield\_Region

[www.rrbata.com.au](http://www.rrbata.com.au)



### Romsey Region Business & Tourism Association (RRBATA)

Jenny Stillman

Phone: 0412 349849

Email: [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au)

The benefits of the Romsey Region Business and Tourism Association. Be a part of it!

Romsey Online Remember Don't forget, ANYONE CAN BE A REPORTER! Whether it is sporting results, photos, reports on events etc, the website is waiting for your "news".

Please ensure a note of consent from people featured in any photographs accompanies your submissions. Remember, the website is only as good as the information fed to it at [info@romsey.org.au](mailto:info@romsey.org.au).

# Romsey Mens Shed

*Working on Friendships*



As winter gives way to spring, we usually think about good weather to come and perhaps a spring clean. Not for us! In the Romsey Mens Shed we are taking on a major new project - restoration of a 1923 T model Ford - which has been on a storage shelf in the Newnham yards in a poor state of repair, for a long time. The body and parts have been donated to the Shed by Doug Newnham and is a major new project for us. On completion - which obviously will take a long time - it is to be kept in the community in a place yet to be decided.

During winter, members coming to the shed on Tuesdays and Thursdays have undertaken a number of projects, in woodwork, metal/engineering and automotive.

Some have been for community members with small restorations on chairs, toy boxes or other memorabilia. So, the T model restoration is by far the largest job we have ever undertaken. We also have a number of items being prepared for sale on the Romsey Whole Town Garage Sale on Saturday October 1.



The T Model Ford now in our workshop

Regardless of any project activity, large or small, a core mission of the shed is working on *friendships for men and providing a comfortable environment for men to discuss their issues*. And many members like the social environment; a coffee and chat, so there is no requirement for them to be "hands-on" in the workshop area. It is an individual choice.

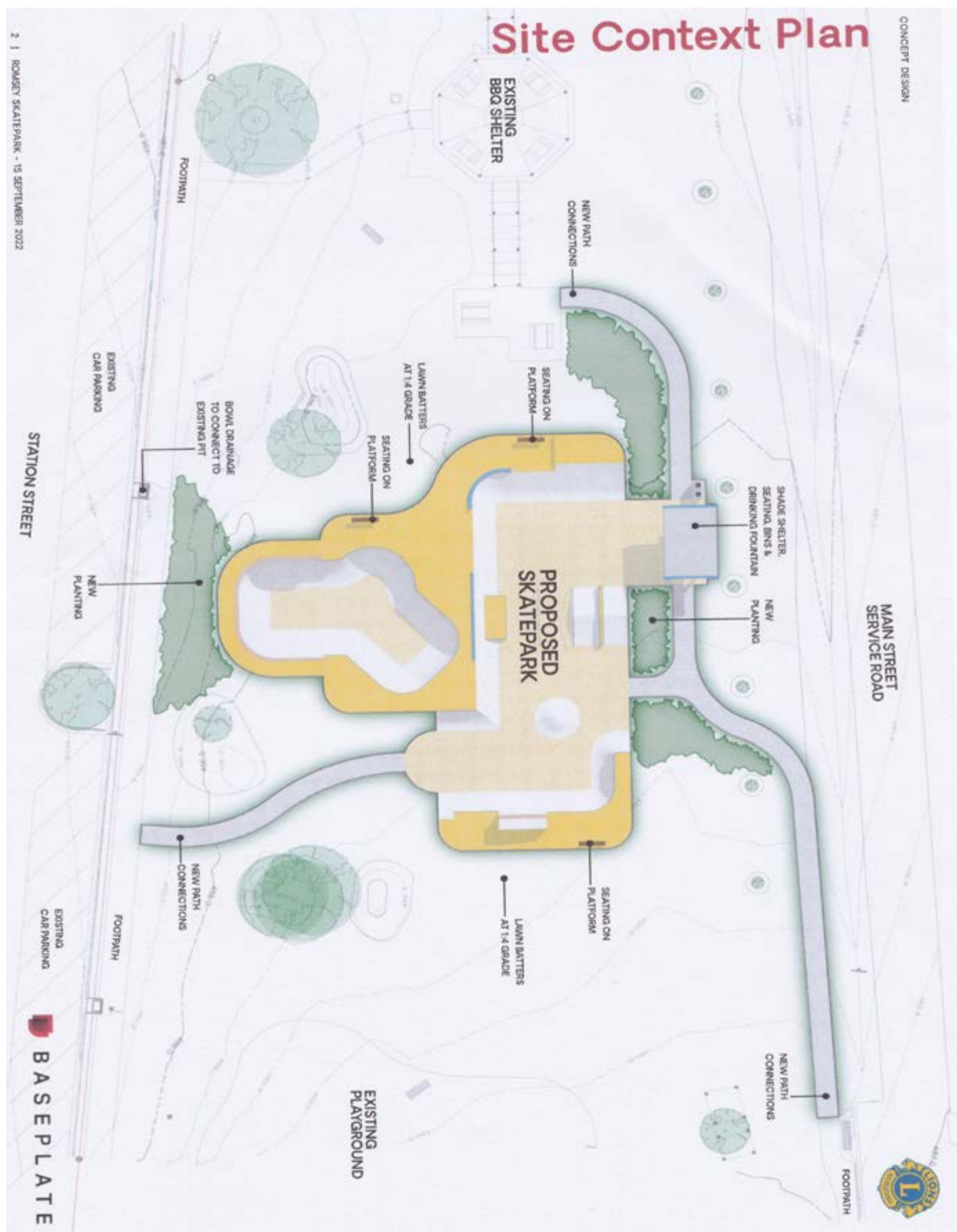
**We are open on Tuesdays and Thursdays from 10 to 2 and have a \$5 barbecue at 12 on Thursday which is usually well attended and open for prospective new members and possibly to join up.**

We have a Facebook page. **Romsey Mens Shed Inc.** We hope to build it up over time.

For membership applications or other enquiries, contact our Secretary: [romseym@gmail.com](mailto:romseym@gmail.com) or call in at the shed in Romsey Park, Barry Street.

**The Lancefield and Romsey Lions members are planning to speak to members of the public to receive their comments relating to this plan. The Lions Club members will be outside the Romsey IGA on the day which is to be advised.**

Any enquiries prior, you can contact: Ged McLaughlin on: 0417 356 896 or Jenny Jones on: 0407 915 509





## TEAM NEWS!

Welcome (back) to the team Jodie Schinck! Jodie, a Lancefield local and former employee has just re-joined us in our Lancefield branch four days a week. Make sure you pop in and say hello.



## COMMUNITY INVESTMENT PROGRAM

When you bank with Community Bank Lancefield and Romsey, the profits pour back into the community. Thank you to all who have participated in our current round of grants/sponsorships through the Community Enterprise Foundation – we had a fabulous response. Written agreements are currently being finalised, so keep your eyes out for the next edition of the Romsey Rag to see the full list of recipients.

## RDFNL SEASON WRAP

We came on as Major Sponsor of the RDFNL in 2022 to support, the league, our local clubs, and most of all, our local players. It's been great to hear from the RDFNL team how much our sponsorship helps keep costs down for our local football and netball clubs. We know first-hand that sport isn't free, and the costs can add up - at the club, player and family level.

We saw the season out with lots of fun events, including the Junior and Senior Presentations and the Senior Grand Final Luncheon with a special appearance from Brian Taylor a.k.a. BT! Bring on the 2023 season!

## MRSC Business Awards


Once again, Community Bank Lancefield and Romsey are a major supporter of the 2022 MRSC Business Awards. In particular, we are the proud sponsors of The People's Choice Award and The Young & Professional Award. Winners will be announced at an event to be held on Friday, November 18th.

## 2022 Annual General Meeting

The Annual General Meeting of Lancefield Romsey Community Financial Services Limited (the local company that owns our Community Bank Lancefield and Romsey) will be held at 6.30 pm on Monday, November 7th at The Lancefield Guesthouse. Shareholders will have received formal notice of the AGM along with supporting documents mid September.

**We opened a bank to grow a community**

Community Bank - Lancefield

 Bendigo Bank



## Completion of Romsey Ecotherapy Park

**The Romsey Ecotherapy Park is the result of a community-led initiative by the Romsey Ecotherapy Park Inc. committee (REP) to build an inviting and accessible recreational open space for the community.**

It is designed to provide people of all ages and abilities a unique sensory and therapeutic experience through engagement with nature.

The park is on the site of the former Romsey Primary School and consists of an active nature space, complete with cubby house and nature-based play elements, and a climbing forest for older children with a ropes course, lookouts and climbing net.

It also includes an events space with picnic and barbecue facilities, and an area showcasing several artistic features and a sensory garden.

The final stage of the park has very recently been completed, finishing off the unique community space with a 'woodland ramble', a hut-building frame and onstreet parking. A community celebration event will be held on Saturday 19 November from 1–5pm. More information will soon be available at [mrsc.vic.gov.au/ecotherapy](http://mrsc.vic.gov.au/ecotherapy)





# Time for a home loan health check!

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\*Source: Roy Morgan Single Source Australia, March 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at [www.bendigobank.com.au](https://www.bendigobank.com.au) or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT\_25594986, 08/09/2022

# After 14 years - It's nearly finished!



Save The Date. Get ready to celebrate! The Romsey Ecotherapy Park is so close to completion. Although its opening date has not yet been finalised, the Community Celebration of the Park's completion will be held at the Park on Saturday 19th November. Meanwhile, at the time of writing this, the Park's many hundreds of trees and plants were being installed. With the sculpture, nature, meandering pathways and seating nooks, it truly will be a **"special place in nature"** – a place for everyone!

Follow Romsey Ecotherapy Park Inc on Facebook for updates.



**Bendigo Bank**

[www.romseyecotherapypark.com.au](http://www.romseyecotherapypark.com.au)



## Now is the time to take control of Gorse weeds.

Land managers have a responsibility to control noxious weeds such as Gorse. If left unchecked, Gorse can cover paddocks and bushland areas, reducing the land available for stock and native flora and fauna. Each plant can produce thousands of seeds creating problems for you and your neighbours.

Whilst it's not easy to manage, Gorse can be controlled if strategically tackled at two key times of year. Gorse is in flower now and the removal of seed heads after flowering with a brush cutter will slow its spread.

The second time to tackle Gorse is during the soft tip growth stage prior to summer. Spraying is most effective at this stage, particularly on new regrowth. Slashing or grooming of larger bushes can also be undertaken. This produces new growth the following year that is more easily controlled.

To find out more on how to control Gorse visit [mrrsc.vic.gov.au/weeds](http://mrrsc.vic.gov.au/weeds)



## Notice of Annual General Meeting

The 2022 Annual General Meeting for the **Romsey Region Business and Tourism Association** Incorporated will be held on **Wednesday 26th October 2022**, commencing at **7.00pm**. It will be held in the Monegeetta Room at the **Romsey Community Hub**, 96 Main Street Romsey.

Ordinary business of the Annual General Meeting is as follows—

- (a) to confirm the minutes of the 2021 Annual General Meeting;
- (b) to receive and consider—
  - (i) Annual Report of the Committee on the activities of RRBATA during 2021-2022 financial year; and
  - (ii) 2021-2022 Financial Statements of RRBATA;
- (c) to elect the members of the Committee;
- (d) to confirm or vary the amounts of the annual subscription and joining fee.

Members and Guests WELCOME.

**Enquiries: Jenny Stillman, p: 0411 700464, Email: [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au)**

# Obituary: Rae Hooke

Rae Margaret Hooke (nee Stockon), was born on Sunday October 19th, 1935 to loving parents Norman and Diana Stockon. Rae passed surrounded by family on August 8th 2022. Her Memorial was held at Lancefield Mechanics Hall on August 22nd, a wonderful tribute to her well-lived life.

Rae contracted Polio at 2 years of age in all of her limbs. As part of her treatment, Rae spent 8 years in an iron lung - a mechanical respirator which encloses most of a person's body, and varies the air pressure in the enclosed space, to stimulate breathing. This was a vital part of Rae's treatment, resulting in her only being left with polio in her left leg.

Rae owned a stall at the Victoria Market, where she spent many hours processing and selling rabbits. She was a hard-working business woman who later in life managed a home for marginalized people, providing a welcoming home to all.


Rae was a loving Mother of three to Wayne Hooke, Michelle Kindred and Debbie Angove. She was a beloved Grandmother of 11, and Great-Grandmother to 13. She filled her family with great joy, always a key part of their adventures.

Rae loved playing cards with her friends, attending Romsey Drop-In Centre, enjoying lunches at Romsey Lancefield Senior Citizens, and going on regular bus trips. Rae was on the committee of the Romsey Lancefield Senior Citizens for 22 years and served as Secretary and Treasurer during this time. She was still Treasurer when she passed. She was also a keen volunteer at the Lancefield Opportunity Shop. She enjoyed watching the Western Bulldogs play and was quite a fan of movies. Rae loved traveling with her family, even managing a few trips overseas.

Her family and friends shared that each and every person who encountered Rae has been fortunate and blessed to have her as a part of their journey. Her zest and enthusiastic approach to life, forthright views in support of progressive politics and her warm welcomes.

Her unconditional love, ability to live in the moment, and desire to make wonderful memories will be greatly missed.



**Romsey - Lancefield Probus**  
**Welcome to friendship**

The Romsey/Lancefield Probus Club provides an opportunity for active retirees or semi retired people to relax and enjoy the welcoming company of those at the same stage of life at our monthly meetings, and for periodic trips and lunches.

Our monthly meeting (4th Thursday of the month) is a chance to catch-up with new and old friends over morning tea and hear interesting guest speakers on a wide variety of topics.

The next meeting of the Romsey/Lancefield Probus Club will be on Thursday, 27th October, 2022 at 10.00 am in **St.Mary's Catholic Church Hall, Main Street, Romsey..**

The Guest Speaker will be  
**Dimity Reed - Architect - Housing Project**

All attending are subject to current Covid regulations.

---

**Contact:**

**President:** Tony 0410 747 616  
**Secretary:** Noreen 0401 579 180  
Visit our WEB-Site: [www.rlprobus.org.au](http://www.rlprobus.org.au)

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# Story time with Prep JM

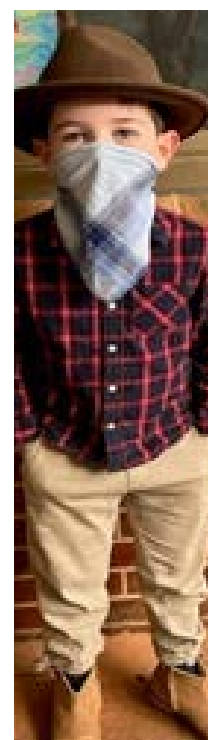
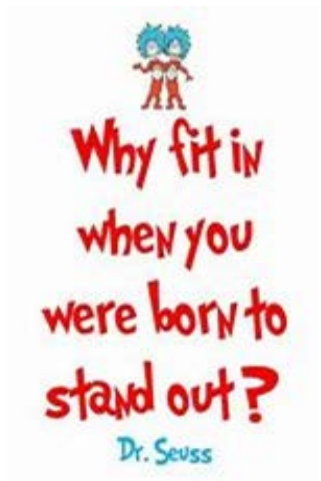
**This week we have been reading Puss in Boots and learning all about the characters and the setting in the story.**

We looked at what some of the words in the book meant such as generous, bellowed and magnificent. All the preps made their own Puss in Boots paper bag puppet, they were all so colourful!

We then had to write a sentence about our Puss in Boots puppet! We worked hard making sure we had the correct letter formation and that we were writing on the line, but most of all we made sure that our sentence made sense.











## Book Week

Finally, we were able to dress up and celebrate Book Week again! What a colourful bunch of characters we had arriving at school on Friday morning 26th August. It was fabulous to see the effort that had gone into costumes and the overwhelming participation by both students and staff and our newly formed Playgroup participants. The parade was great fun and we thank all our families for their support by coming along to view the parade and join us in clapping along to the music. After the parade students participated in Book Week activities in their classrooms and finished the day with many awards given out at assembly. We thank everyone for their wonderful efforts in dressing up and helping make the day such a great success. A big shout out to Mrs Kilpatrick for organising the Readers Challenge, colouring in competition and matching the staff to their book competition - lots of great opportunities for students to get involved and win vouchers to purchase books from Book Club. Everyone had a great day and we thank our families for their amazing efforts in making sure the children came as their favourite characters!



## Feast Day Celebrations

On Friday 9th September, as a whole school community we celebrated the Feast of St Mary. A wonderful day of special significance we began the day with a beautiful Liturgy held in St Mary's Church. It was lovely to have so many family members join us for this service. After play students were broken into 9 multi-age groups and treated to 90 minutes of Kaboom Kids Sports! So much fun, laughter, dancing, crazy antics and fabulous activities. The action didn't stop and everyone had a blast! This was followed by a BBQ and then a quiet afternoon of movies whilst enjoying an icy pole. What's not to love about our Feast Day? We have to say a huge thank you to the amazing parents who gave up their time to come and cook the BBQ, thank you Kath, Rhiannon, Kim and Janessa - you helped feed the hungry hoards and we were very grateful!



## Kids Teaching Kids Conference

Our Environment Group, made up of 10 students from Years 4-6 have been working extremely hard over the past few months as they prepared for the annual Kids Teaching Kids Conference. This was held on Tuesday 13th September at Hanging Rock. Kids Teaching Kids is run by Earthwatch Australia and supported by local councils and other organisations. The program promotes positive wellbeing and helps to build resilience in young people. Over 22 years, KTK has motivated over 148,000 students to raise awareness and drive action on local and global environmental issues. They build the capacity of the next generation who will take collective responsibility for our future. As part of the conference, we were there to present our workshop which focused on the diminishing population of insects. 'Dropping like Flies!' was about educating others about how 70% of the insect population has disappeared in the last three decades and how a healthy environment relies on a healthy insect population. We were able to show ways in which others can help build and sustain our insect population, thereby contributing positively to our environment. By developing an environmental workshop, we not only increased our own understanding of this environmental issue but we were able to share this valuable knowledge with others. It was a fabulous day with many other local schools attending and running their own workshops. So many learning opportunities, it was a really well-run day. And the highlight was definitely the attendance of Costa from Gardening Australia. What an inspiration he was, so down to earth and happy to talk and share his knowledge. He was extremely



impressed by all the students and the work they were doing. Two of our students, Maggie and Emmett were also the MC's for the day. What a fabulous effort - they got up in front of the huge crowd and welcomed everyone and introduced them to the day ahead. I was extremely proud of them and all our students (Meg, Charlotte, Jada, Summer, Isla, Patrick & Romina), they worked really hard to present their topic, something they are now very passionate about. We will continue to educate our school community on this topic next term and hopefully this will then reach the wider community. An amazing experience for our students with many valuable learning experiences and opportunities to think about what they can do to positively impact our environment.

What a busy term it has been! Already halfway through September, where on earth did the year go? No doubt next term will be just as busy in the lead up to the end of year and all the celebrations that go with it. Thank goodness for the holidays!

## Father's Day Activity Hour

On Wednesday 31st August, to celebrate the wonderful men in our lives, we held our first ever 'Father's Day Activity Hour'. We had well over 120 dads, grandad's and special friends join us for this fun hour of activities. We were blessed with the perfect morning, blue skies and sunshine (someone was looking after us!). Activities were set up throughout the school and it was up to each family to decide what they would like to participate in. The purpose of the morning was to spend some quality time with dad, grandad, special friend doing something fun together. Activities on offer included different types of games in the hall (board games, ping pong, down ball, building blocks, lego, card games), craft activities - making a wiggly worm or paper bag puppet, trivia quiz - so many laughs especially when the dads competed to see who could get the most marshmallows in their mouth!! Well done Fiore Iaria who managed 23 and Tim McCarthy who managed 22! What a spectacle that was! Kahootz quizzes, dot painting, interactive bingo plus outdoor activities such as kicking the footy or soccer ball or playing basketball. There was so much activity and the excitement on the students faces to be hanging out with dad, grandad, special friend was priceless. All our special males were treated to a free hot beverage from either Zara's Coffee Van which was onsite, or later at the Lancefield Corner Store. We thank everyone who was able to attend, we hope you enjoyed it as much as the students enjoyed you being there!

**Jo Shannon (Community Liaison Leader)**

**Romsey Neighbourhood House offers a range of classes and workshops. For more information, visit the House or Romsey Coop for term brochure, call 5429 6724 or visit <https://romseynh.corsizio.com>**

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### Community ShareRide

#### Timetable - October 2022

(Trial Timetable - subject to change)

DAY	DESTINATION	PICK UP	RETURN	COST
MON	Sunbury	Lancefield - 8.45 am Romsey - 9.15 am	12.30 pm	\$8 SINGLE \$15 RETURN
TUE	Romsey/ Lancefield	See shuttle times below		\$5
WED	Kilmore	Romsey - 8.45 am Lancefield - 9.15am	12.30 pm	\$8 SINGLE \$15 RETURN
THU	Kyneton	Romsey - 8.45 am Lancefield - 9.15am	12.30 pm	\$8 SINGLE \$15 RETURN
FRI	Melbourne CBD - 21st	Lancefield - 8.45 am Romsey - 9.15 am	2.30pm	\$12 SINGLE \$20 RETURN

#### Tuesday Lancefield/Romsey Shuttle

Travels around Romsey	9am, 11am and 1pm for 45 minutes
Romsey to Lancefield	9.45am, 11.45am and 1.45pm
Travels around Lancefield	10am, 12 pm and 2 pm for 45 minutes
Lancefield to Romsey	10.45am, 12.45 pm and 2.45pm



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**From the Desk of Pastor Tim**

## We came from where?

**I have been covering 3 key questions  
that brought me to faith that had to  
make sense to me. Here I cover the  
third and last question:  
"Where did the universe come from?"**

I was told in school that the universe came from nothing and that everything was limited to the natural world/universe around us. This begged the question – if I am limited to natural laws, what natural law makes something from nothing? This led me to the conclusion that it would require a supernatural occurrence and I would need some sort of faith to believe that.

Also, when thinking about origins of the universe I came to realise that if I exist here today, then something must have always existed and hence if it always previously existed, then it will always will (it is eternal). If the universe has a beginning (and an end to come), then it isn't the thing that is eternal, it must be something else.

As author Lee Strobel said when talking about his previous atheism: *"To continue in atheism, I would need to believe that nothing produces everything, non-life produces life, randomness produces fine-tuning, chaos produces information, unconsciousness produces consciousness, and non-reason produces reason. I simply didn't have that much faith."*

The creation of the universe requires a supernatural occurrence, either way you look at it. So where do you place your faith? I place my faith in God, the Creator.



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## Anglican Church of Christ Church Lancefield with St Paul's Church Romsey

### Regular weekly Church Services are:

- **Romsey Church Service (9am Sunday) (10:30am Sunday)**
- **Lancefield Church Service**

- Prayer Meeting is held at St Pauls Romsey each Monday 7pm
- Bible Study is at St Pauls Romsey Tuesday 6:30pm and at Christ Church Lancefield Thursday 10:30am
- Community Lunch: Second Saturday each month (Lancefield Church Hall 12noon. All welcome)
- Parish General Meeting Oct 30th Lancefield Hall

150 Celebration Service of St Paul's Romsey 30th November 9am and at Christ Church Lancefield 30th November 10.30am Followed by morning tea at Lancefield Church Hall at 11.30 (all past & present parishioners welcome to join the service).

### St Paul's Romsey Op Shop open on:

- **Friday 12:30 - 4:00pm**
- **Saturday 10:00am - 1:00pm**

The Op Shop is currently stocked with good quality adult clothing with prices from \$2.00 upwards: Baby & toddler clothes from 50c per piece; shoes from \$2.00 pair. We have a wide variety of bric-a-brac and kitchen ware from \$1.00 upwards.

Our Library section is stocked with old and new books starting from small books at 5 for \$1.00; paperback novels from \$1.00 and hardback books from \$2.00. Our assistants are happy to welcome you and assist in any way they can. Our annual hydrangea pruning cuttings are on sale, \$2.00 bunch. Donations of clothing, bric-a-brac, craft & books and good quality working toys can be left Friday afternoon or Saturday mornings during open hours. Please do not pack in large boxes as they are too heavy for volunteers to carry. Please note that owing to regulations we cannot accept electrical goods, prams, baby cots, furniture or mattresses. Toys can now be donated and sold at the Op Shop. Your ongoing support & donations is much appreciated.



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**Chairperson**

Mr. Noel Shaw  
P: 5429 5509

**Secretary**

Mrs. Jenifer Clampton  
P: 5429 5480

*Let the peace of Christ rule  
in your hearts and homes.*

*Let the word of Christ  
dwell in you richly.*

*God comes to us, each  
and every one.*

*God bless you every day.*

## Romsey Uniting Church

Ministers: Pastor Annette Buckley Ph. 5429 5351 / 0457 608 539 - Rev. Rose Broadstock Ph: 0416 805 022  
Website: [www.macedonrangesunitingchurch.org.au/worship-services](http://www.macedonrangesunitingchurch.org.au/worship-services)

**October Worship Services:** Sunday Worship Services in the Romsey Uniting Church are held at 9.30am. They are conducted by Lay and Worship leaders. A Worship and Holy Communion Service is conducted by a Minister on the 4th Sunday.

## Our two sticks in the corner!

Recently the presence of two walking sticks near our front door have become two vital reminders to us that we are at that stage when we need support when we go out walking.

Falls have reminded us of their necessity to support us, particularly on rough paths. The Epistle of Jude has a similar reminder for us as we journey on the spiritual path. Apparently, the people to whom he is writing have been tempted by false teachers. Some have fallen into immoral behaviour.

Jude is warning them of the spiritual dangers on this downward path. He reminds them of their journey going right back to their time in Egypt when God had called them and saved them from disaster. He is calling them now to turn to Him and be rescued from sin and evil. He is the one who saves and keeps them on the straight path. Jude concludes with a benediction of praise for the saving God:

***"Now to him who is able to keep you from falling, and to make you stand without blemish in the presence of his glory with rejoicing, to the only wise God our Saviour, through Jesus Christ our Lord, be glory, majesty, power, and authority, before all time, now and forever. Amen"***

**Written by Bill Pugh, Retired UCA Minister. Network UCAF Magazine.**

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## St. Mary's Parish - Lancefield & Romsey

### CURRENT MASS CONDITIONS – ALL WELCOME

All Catholics in Melbourne continue to be dispensed from the obligation to attend Sunday Mass. We continue to carry the happy obligation to keep Sunday holy, whether we can attend Mass or not, and can do so by any kind of prayer with members of our household, reading holy scripture & encouraging one another in our faith. Prayerfully participating in online Mass continues to be a great source of comfort on Sundays.

We welcome the opening up of our places of worship but remain mindful and respectful that many in our community remain feeling cautious. Face coverings are recommended for workers who "serve or face" members of the public. As always, our priority is care for others and especially those most vulnerable.

Hand sanitiser will remain available at the church entrance, as will masks if you feel more comfortable using them. Social distancing is always recommended.

### Current Mass Times:

**Sunday Mass:** Sunday Mass will be celebrated at 9am and will alternate between Lancefield & Romsey. **Romsey:** 1st & 3rd Sunday. **Lancefield:** 2nd, 4th & 5th Sunday.

**Saturday Healing Mass:** The Healing Mass will be celebrated at 10am in Romsey on the 1st Saturday of each month.

**Baptisms:** Baptisms are held at 2.30pm on the 2nd & 4th Sundays of the month. Please contact the office for the next available date.

**Sacraments:** Bookings are now open for parish children to register for Sacraments in 2022. Confirmation available to Yr6 and above. Please contact the office if you would like to register your child.

Should a parishioner want to go to Reconciliation, please contact Fr. Martin directly at Woodend on 5427 2690 to make arrangements.

Direct enquiries to the parish office on 5429 2130 or by email at [lancefield@cam.org.au](mailto:lancefield@cam.org.au)

For funeral arrangements, please contact Fr. Martin on 5427 2690 or by email at [woodend@cam.org.au](mailto:woodend@cam.org.au)



### ST. MARY'S PARISH - LANCEFIELD & ROMSEY

27-29 Chauncey St, Lancefield  
& 85 Main Road, Romsey

#### Presbytery office hours:

Tues, Wed & Fri 9-3

E: [lancefield@cam.org.au](mailto:lancefield@cam.org.au)

P: 5429 2130

#### Parish Priest

Fr. Martin Fleming  
C/O Woodend Presbytery  
P: 5427 2690

#### Parish Secretary

Mrs. Tammie Dalgleish  
P: 5429 2130

#### School Secretary

Ms. Julie McDougall  
P: 5429 1359

#### School Website:

[www.smlancefield.catholic.edu.au](http://www.smlancefield.catholic.edu.au)

## Come along and join the Romsey Ukulele Players

We encourage other stringed instruments too.

As well as singers wanting to have a good time  
It's not a class, just a lot of fun.

We meet every Saturday at 10am in the Senior Citizens Rooms at the rear of the Romsey Mechanics Institute. \$2 pw.

**New and Experienced players welcome**

Contact Allan on  
0418 581 885  
for details



**Are you a sedentary, 45 to 65 year old?  
We're recruiting for a 12-week exercise study!**

- Almost 500,000 Australians are currently living with dementia, and **this number is expected to almost triple by 2050.**
- There is currently no cure for dementia; however, almost half of dementia cases may be associated with modifiable risk factors, **including inadequate exercise.**
- This project will investigate the role of exercise training 'dose' in improving brain structure and function in middle-aged adults.
- This will provide new scientific knowledge to help individualize exercise prescriptions to **better prevent dementia.**



#### What's involved?

- ~50 hours of your time over 15 weeks
- ~4 hours at a 12-week follow-up
- MRI scans of your head
- Cognitive function tests
- Questionnaires
- Body composition measures
- 12-weeks of supervised aerobic exercise training (3 d/wk on an indoor bike)
- Incremental exercise tests
- Ultrasound measures of blood flow
- Blood and muscle (optional) samples

#### Where?

- Victoria University, Footscray Park
- Florey Institute, Parkville

#### Eligibility:

- Aged 45 to 65 years
- Sedentary (< 150 min exercise/wk)
- Cognitively normal on examination
- Sign off from your GP
- Risk factor assessment

**Interested? Please contact a research team member:**



James Broatch  
[james.broatch@vu.edu.au](mailto:james.broatch@vu.edu.au)  
0422 050 361  
Navabeh (Nava) Zarekookandeh  
[navabeh.zarekookandeh@live.vu.edu.au](mailto:navabeh.zarekookandeh@live.vu.edu.au)  
0414 483 546  
[vu.edu.au/train-smart](http://vu.edu.au/train-smart)



# Business & Trade

## DIRECTORY

### ACCOUNTS & BOOKKEEPING

#### KRAMMER ACCOUNTANTS

Email: [wkrammer@bigpond.net.au](mailto:wkrammer@bigpond.net.au)

W.F (Bill) KRAMMER FPNA

##### ESSENDON:

Surte7, 2<sup>nd</sup> floor,  
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Tel: (03) 9326 0211

##### ROMSEY:

106 Main Street,  
Romsey 3434

Tel: (03) 5429 5477

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### MAINTENANCE

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E [nwhandf@primus.com.au](mailto:nwhandf@primus.com.au)  
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### VETERINARY SERVICES

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**5429 5711**

✉ [romseyvet@apiam.com.au](mailto:romseyvet@apiam.com.au) 🌐 [romseyvet.com.au](http://romseyvet.com.au)  
80 Main Street Romsey VIC 3434



## Classified

### DIRECTORY

### JOB OPPORTUNITIES

## Notice of Annual General Meeting



The 2022 Annual  
General Meeting for *Romsey Ecotherapy  
Park Incorporated* will be held on **Monday 7th  
November**, commencing at 7.30pm.

The proposed venue is the **Mt William Room @  
Romsey Community Hub**, Main Street Romsey.

**Ordinary business** of the Annual General Meeting  
is as follows—

- to confirm the minutes of the 2021 Annual General Meeting.
- to receive and consider—
  - Annual Report of the Committee on the activities of Romsey Ecotherapy Park Inc during 2021-2022 financial year; and
  - 2021-2022 Financial Statements of Romsey Ecotherapy Park Inc;
- to elect the members of the Committee.
- to confirm or vary the amounts of the annual subscription and joining fee.

**Members and Guests WELCOME.**

Enquiries: **Joanne Cooper (Secretary)**  
Email: [romseyecotherapypark@gmail.com](mailto:romseyecotherapypark@gmail.com)



## Diary Dates

- **All October:** 1000 Hearts Kindness Project
- **Wednesday October 5:** Introduction to Ancestry.com.au, 2.00–3.30pm
- **Tuesday October 11:** Romsey Library Playdate, 1.00–4.00pm
- **Thursday October 20:** A Curious Circle: Bespoke Keyrings, 7.00pm–8.30pm
- **Wednesday October 26:** In Conversation with Pauline Wilson, author of Conflict at Hanging Rock, 2.00–3.00pm
- **Friday October 28:** Teddy Bear Sleepover, 2.30pm–4.30pm

## Romsey Library Playdates – a way for families with young children to make new connections!

If you're a family with young children, come along to the Romsey Library's monthly playdates to connect with others and make new friends! Enjoy our spacious, relaxed children's area, with free refreshments and plenty of toys from the Romsey Toy Library.

Everyone is welcome at these 100% free sessions scheduled 1 – 4pm on the 2nd Tuesday every month – no bookings required, no need to be a Library member.

Our next session is Tuesday 11 October, 1 – 4pm. For more information, please phone the Romsey Library on 5429 3086.

## What do teddy bears do to have fun? Send yours to the Teddy Bear Sleepover and find out!

Hey kids! Bring your favourite teddy or soft toy to this special sleepover party just for them! Join us for stories and fun before saying goodbye to your cuddly friend for the night. Then pick your toy up the next morning and receive a certificate with photos of their overnight adventures!

**Drop off:** Friday October 28, 2.30pm – 4.30pm. Please arrive no later than 4pm to allow 30 minutes for activities.

**Pick up:** Saturday October 29, 10.00am – 12.00pm. Please allow up to 10 minutes for the pick up.

## In Conversation with Pauline Wilson, author of Conflict at Hanging Rock

Join us on Wednesday October 26 to meet Pauline Wilson, family historian and author of Conflict at Hanging Rock. Based on true events, Conflict at Hanging Rock is the fictional story of Robert Blayney, a wealthy man desperate to hide his convict past amid simmering community tensions over the future of Hanging Rock.

With book sales and signings, don't miss this opportunity to hear an in-depth perspective on the 1800s history of our area.

To book, head to [goldfieldslibraries.com](http://goldfieldslibraries.com) or phone us directly on 5429 3086.

## 1000 Hearts Kindness Project

Throughout October the Romsey Library is helping to create and collect lovely felt pocket hearts in support of the 1000 Hearts Kindness Project. These hearts will be distributed during World Kindness Week, November 7–13.

To make your heart, drop in during opening hours throughout October.

## Home Library Service – Let the Library Come to You

Do you know someone who likes to read, but who struggles to get out and about on their own? Our Home Library Service might be just what they need. Designed for borrowers who are temporarily or permanently house-bound, our friendly library staff & volunteers will deliver directly to your door, and also help you select titles from month to month. Home Library borrowers have full access to the Goldfields Libraries collection including large print books and audiobooks (ideal for readers whose eyesight is no longer what it was). For more information, please contact the Romsey Library directly on 5429 3086.

## A Curious Circle: Curiosity, Connection & Creativity! 7.00 – 8.30pm, Thursday October 20 & Thursday November 17

We're inviting adult women to come together to connect and explore their curiosity in a creative way. With a different activity each month led by our creative library staff Trish, Karen and Liv, this is a great way to try out some new arts and crafts, just for fun! Supper is provided, and beginners are 100% welcome.

Bookings essential. For more information please email [romsey@ncgrl.vic.gov.au](mailto:romsey@ncgrl.vic.gov.au) or phone us on 5429 3086.

## Most Wanted List – New Mysteries of 2022

### The Night Tide by Di Morrissey

Di Morrissey is back after a break last year, with a new historical mystery that unfolds against a timely tale of political upheaval. A good choice for readers who like their mysteries interwoven with compelling personal drama.



### The Ink Black Heart by Robert Galbraith

Galbraith's gritty, character-driven mysteries have real staying power. You may know Robert Galbraith better by her real-world name, Joanne Rowling.



### The Rising Tide by Ann Cleeves

If you ever want to see what an overworked library book looks like, look under CLE for Anne Cleeves! The Rising Tide marks the return of the hugely popular Vera Stanhope after a two year wait. Expect a harder edge to this story, which sees Vera herself slipping into unexpected peril.



### The Paris Mystery by Kirsty Manning

This exciting new release from local author Kirsty Manning really caught our eye! The Paris Mystery charts the early career of expat journalist Charlotte "Charlie" James, and what better location for an intrepid reporter to discover the thrill of detective work than pre-war Paris? The first book in what promises to be a popular and long-running series.

Book Cover of The Torrent by Dinuka McKenzie showing the back of a woman staring out into the country side. The bottom half of the image shows her reflection in water. The blurb reads: a pregnant cop, a deadly flood. A case that comes back to haunt her.



### The Torrent by Dinuka McKenzie

A tense Australian country town mystery with a healthy dose of realism. An impressive debut from NSW author Dinuka McKenzie – expect to see more from her soon. Jane Harper watch out!



### Dark Rooms by Lynda La Plante

The ever-reliable, don't-take-no-for-an-answer Jane Tennison is the detective you want on your case – unless you're the guilty party that is! Don't be surprised if this time Tennison's determination to ask awkward questions takes her a long, long way out of her comfort zone.



## **On Thursday 15th September, the students from Hesket Primary school attended the premiere screening of their movie, Law and Order: Fairytale Unit.**

The movie is a fully-fledged crime scene investigation as detectives attempt to uncover the culprits of a shocking crime in the town of Fairytale.

Two downed houses, one made of straw, and one made of sticks. Hardened Detective H.D, and tough as nails Detective Cindy are given the job of solving the crime, along with the assistance of Crime Scene Investigators Zelle, Ugly D. and Detective Gold.

Jack and Jillian, Hansel and Gretel, Pinocchio and the Seven Dwarves all help in the race for justice for the poor, and now homeless, pigs. With Captain breathing down their necks, time is running out. District Attorneys Stiltskin and Merm work together to keep Fairytale safe, under the guidance of Queenan. Defence Attorney Peep wants to make sure her client's innocence is upheld.

A staunch jury including Three Blind Mice, a Sleeping Beauty, a Muffin Man, Peter Peter Pumpkin Eater, "Carl Herbert", a Cow, a Cat, a Little Dog, a Dish and a Spork will work to determine the guilty or innocent, with Judge Fairy Godmother presiding over the trial. Will justice be served, and why does the Gingerbread man keep running?

Earlier this term, the sets were shot and then professionally cut together to form the film. On Thursday the 15th of September the film was viewed for the first time by an enthusiastic audience at Romsey Mechanics Institute.

The event was a star-stuffed affair as the student actors walk the red carpet and mingle with their adoring fans (family and friends) in the audience.

It's been such a wonderful experience for the students at Hesket Primary, seeing the process from scripts, to scenes, the equipment and fun of filming, and finally the lead up to the premiere. Even better, we were excited to be utilising the new big screen and projector at the Mechanics Institute for the event.

After two years of interrupted learning, it is so wonderful for the students to be once again participating in these types of rich learning experiences.



## **Preparing your property for the fire season**

With spring here and the weather improving it's great time to start preparing your property for the summer bushfire season. You can reduce the risk to your home and property by cleaning up around your dwelling and clearing potential fire hazards before the fire danger period kicks in.

These jobs include:

- Removing overhanging tree branches and shrubs over one metre high next to or below windows
- Keeping grass short and clearing other combustible debris near your home
- Clearing roof gutters of any leaf litter
- Maintaining any defendable space around your home
- Ensuring any rainwater tanks are accessible and full
- Ensuring you have a bushfire survival plan in place and practise it regularly
- Attending local CFA community meetings around fire preparedness.

Council also encourages residents to familiarise themselves with the new Fire Danger Rating system that recently came into effect and update their fire plans accordingly. The new system is being used across Australia so whether you're at home or travelling, you will see the same system being used.

Community feedback was used in the design process to help make it easier to understand and to provide you with clearer advice about how to stay safe.

There are four levels of fire danger in the new system:

- Moderate - Plan and prepare
- High - Be ready to act
- Extreme - Take action now to protect your life and property
- Catastrophic - For your survival, leave bushfire risk areas

If you have any questions about the new Fire Danger Rating System, contact your local CFA brigade.



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**FEED IT FORWARD  
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**A generosity food movement**

**Tuesday 25th October**

**Lunch starts at 12:30pm**

**Information Desk starts at 12noon**

**to answer your questions on NDIS and MyAgedCare  
@ Lancefield Mechanics Hall**

Bookings Essential

Phone Romsey or Lancefield Neighbourhood House 5429 6724 or 5429 1214

<https://bit.ly/3BhuLbu>

online  
booking



MACEDON RANGES  
**BUSINESS EXCELLENCE  
AWARDS  
2022**



**Vote for your favourite finalist!**

The finalists for the **Josh's Rainbow Eggs Macedon Ranges Business Excellence Awards 2022** will be announced on Tuesday 11 October. Check out who will be in the running for an award at the gala event being held on Friday 18 November.

Once the finalists have been announced, it will be over to you to vote for your favourite finalist in the People's Choice Award. Voting will remain open until Monday 14 November so let your fingers do the talking.

To book your tickets for the gala event and find out how to vote for your favourite, visit  
[mrsc.vic.gov.au/business-awards](https://mrsc.vic.gov.au/business-awards)