



The Romsey Rag

Volume: 37 Edition: 7

AUGUST 2019

Father's Day @ Soltan Pepper

2 Course Breakfast from 8.30am
\$38per adult, \$20per child
3 Course Lunch from 12.30pm
\$65per adult, \$20 per child

Dad Has The Chance To
Win A \$300 Stihl Voucher
From Romsey Hardware

Kid's Eat Free Dining @ Soltan Pepper

Dine with us between 5pm and
7pm, for every adult main you
purchase you get a kids main meal
free! Conditions apply-must be
booked for Kids Eat Free, must
vacate table by 7pm



**WIN \$300
Voucher**

You're Invited!

Help us celebrate

SOLTAN



PEPPER

14th Birthday this month!

PUT YOUR \$
WHERE
YOUR ♥ IS
BUY LOCAL



Loads of great deals to be won simply by liking, following and
sharing us on social media.

@ Soltan Pepper We Do...

Great Value Lunch Specials From Tues-Sat starting at just \$16!
Why not treat yourself-we all deserve it!

Tuesday-Chicken Parma Night from \$20pp

Wednesday-Oyster Night...Tassie Oysters Served 6 ways

Thursday-Pasta Night...Dine in or Takeaway

118 Main St Romsey Ph:5429 3190

EDITORIAL

Committee

PRESIDENT

Tony Lakey

SECRETARY

Jane Nixon

TREASURER

Karen Read

EDITOR

Shauna Martin

EDITORIAL ASSISTANTS

Sonia Martin

Jane Nixon

Tony Lakey

GENERAL COMMITTEE

Roy Goodall

Margaret Mitchell

Pam Neil

All enquiries please email
email@theromseyrag.com.au

Welcome to the August Edition

With all the recent rain, we can be guaranteed our gardens will be full of weeds in no time! So now's the time to get out there, despite the windy conditions, to ensure you get them out before they start seeding and making it harder later on.

Just a reminder to ensure you are using the new email address for all correspondence:

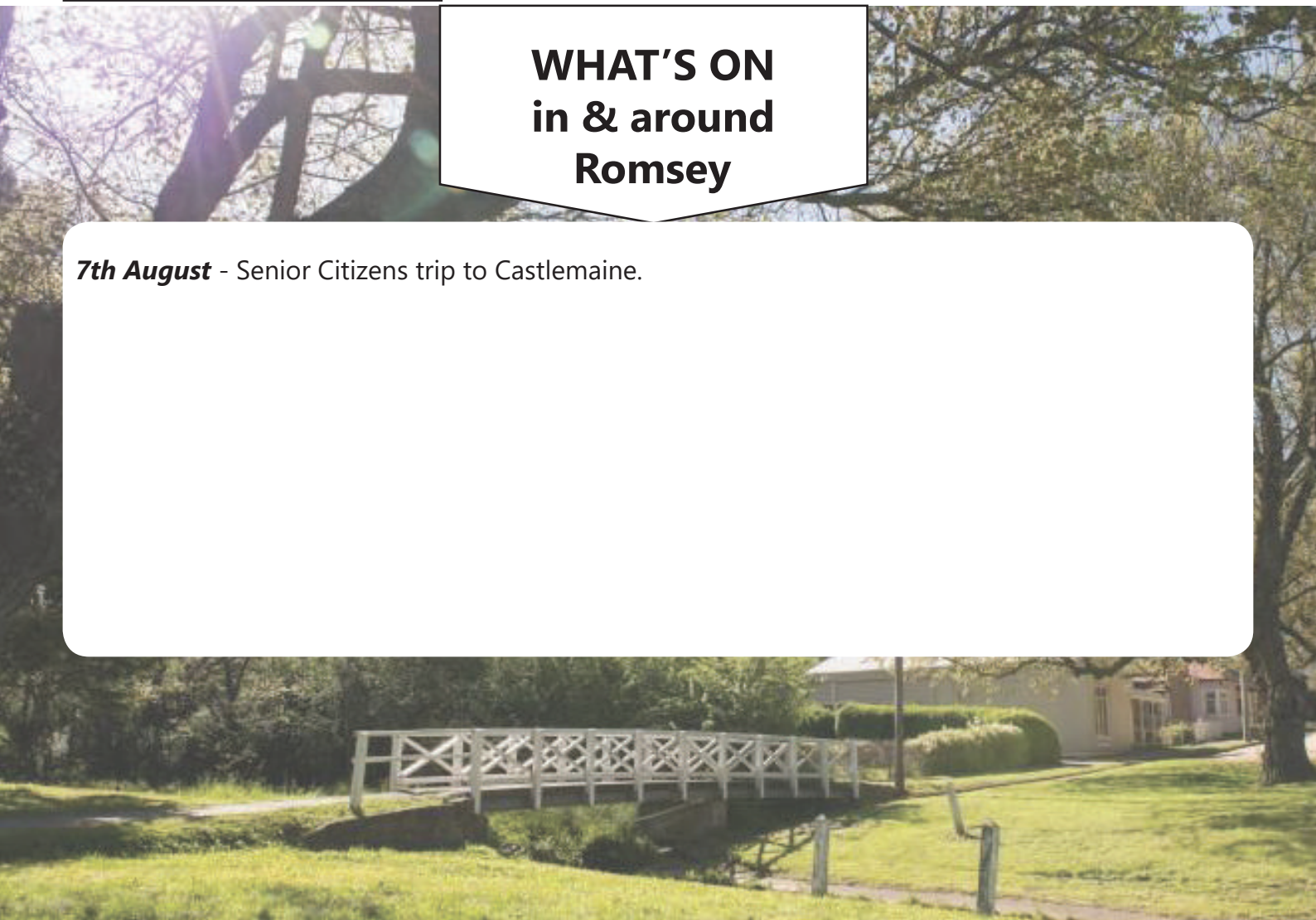
email@theromseyrag.com.au

Also check out the new website, where you can download this and previous editions:

<http://www.theromseyrag.com.au/>

WHAT'S ON in & around Romsey

7th August - Senior Citizens trip to Castlemaine.



Meet the Romsey Rag Committee of Management - Jane Nixon

Jane moved to Romsey from Sunbury nearly four years ago with her husband and 4 children. Having previously lived all over Victoria, she and her family moved to Romsey for its lovely sense of community and rural lifestyle.

When her children were young, Jane managed caravan parks in Nhill and Drouin West, where she developed a love of the outdoors. She was an integration aide for 7 years in the south eastern suburbs and then Sunbury, before completing the four year Bachelor of Education course to become a registered teacher. For the last three and a half years, Jane has been the Prep to grade two teacher at Darraweit Guim Primary School, 12 minutes from Romsey.

Along with her 2 dogs, Jane and her husband love exploring from the Macedon Ranges up to the Goldfields, hiking and camping as much as time allows. Eighteen months ago, Jane's husband signed the family up with the Macedon Ranges Running Club, and once she got over the shock, Jane has since participated in many running events around the state. Jane's other hobbies include knitting, crochet and sewing, and she is often making things for family and friends.

Jane has been a volunteer committee member and the secretary for the Romsey Rag since 2018.



Romsey Mechanics Institute

Works resulting from our recent grant to replace the landing at the entrance to the kitchen have been completed. The landing is in place and is more solid and far more attractive than previous. Our thanks to Paul Gratton for his speedy and high quality work here.

For many years the audio-visual system at the RMI has not been what both the CoM wanted and the community of Romsey needed. The CoM has been in consultation with local camera and film clubs as well as professionals in the audio-visual field to discuss what is required, what can be added to and adapted to cope with future changes and just how much all this will cost. We hope to have a much clearer idea on all these areas within the next few months.

In 2018 we were successful in obtaining a grant under the MRSC "Places For People" program to fund working plans for a major toilet renovation and modernisation; in early July we obtained a Planning Permit from MRSC. This permit runs out in two years, we now have that long to source funds for this much overdue and needed improvement to the town's largest public hall.



The new Kitchen Landing

The annual RMI/RNH Art Show is well into its planning stage. By now many Romsey & district art groups will have been contacted to advertise the event and to ascertain which groups will be exhibiting. The Art Show, now in its 3rd year, has grown steadily & this year will again be increasing the range & variety of artistic works on display.



Fortunately there were some funds remaining in the "Public Safety Works" to fund most of the cost of repairing/sanding/sealing the wooden floor of the Upstairs South Room. Now that we have secured these funds the CoM will have to plan and organise which works are completed in what order. With a bit of luck, & some good management, this room will be back in action in early 2020.

One last call, the RMI now has eight, eight-seat tables to give away. These are quite solid articles with fold-up legs and would be ideal for undercover use. The tables are 2400mm by 750mm. If you would like one of these tables, please contact us on 0458 726 106.



Romsey Branch of C.W.A. Inc

President : Anne Barry
H: 5429 6179

Secretary : Belinda Smeal
M: 0429 429 036 or
Email: cwaromsey@gmail.com

Treasurer: Susy Jarman
0409 860 631

Craft Leader: Shirley Jones
M: 0428 525 372

C.W.A 2019 STATE THEMES:

THEME :	Linking Hands in Friendship
Product/Resource :	Sustainable Seafood
Country of Study :	Iceland
Thanksgiving Fund :	Batten Disease
State Project :	Disaster Assistance
Social Issues Focus :	Social Isolation

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. CWA is a volunteer organisation. Our friendly monthly meeting occurs on the 1st Wednesday of each month from 10.00 am to approx. 12.00 noon.

Our fun craft days occur on the 3rd Thursday of each month from 10.00 am to approx. 2.00 pm; both meetings are held in the supper room (side entrance) of the Romsey Mechanics Institute, Main Rd, Romsey. Examples of crafts we do are: knitting, sewing, crochet, cooking, beading, paper-craft.

Our shopping tour this year is to be held on **Saturday 21st September**, note this date has changed since last publication. This is open to members and non members. Anyone interested can contact Wendy on 0409 175 667.

Also just a reminder one of our members Robyn is working on the history of our branch which has been around for over 80 years. If you have or know of anyone that may have any information that can be included eg newspaper cuttings, awards etc Robyn would love to hear from you.

Our Romsey Branch participates in various community activities, and we welcome new members. Come and join us! Membership is very affordable.



The Mount Players Rock of Ages Explodes on Stage



Rock of Ages.... Set in 1987, a Hollywood dream that's big, brash and an energetic tribute to the classic '80's rock and the gritty glamour of the Sunset Strip. It does contain coarse language, suggestive dancing and sexual references so not suitable for children.

Alice Bottomley, in her debut directing role says, "We live in such a politically correct time where people can be offended by the smallest thing. This musical, while pushing the boundaries will hopefully allow the audience 2 hours to relax, let it go, laugh and enjoy the over-the-top setting, costuming and fabulous 80's hits".

Music Director, Tim Francis has played in Punk Rock Bands as guitarist and singer since he was 15 and was drawn to do this show because it was a great avenue to have his love of Music Theatre and Loud Aggressive Rock combined.

Both Alice & Tim starred in the Mount Players 2018 hit

musical, Les Misérables. This production portrays their true diversity as performers!

The show runs from 9 Aug – 1 Sep.

Book your tickets on line at www.themountplayers.com

By Karen Hunt



A Romsey Drover Supplied by Peter Mitchell

Michael McMahon was a prominent cattle buyer at the monthly Lancefield cattle sales.

The stock he bought had to be driven to McMahan's Goonawarra property at Sunbury. One of the local drovers, Chris Johnston, drove the cattle on horseback, and when he

put the cattle into McMahon's paddock, he then rode the horse to the Sunbury railway station, took the saddle and bridle off the horse and carried them onto the train, whilst the horse made its own way back to Romsey successfully.

What an amazing achievement.



Romsey - Lancefield Probus

Welcome to Friendship

Our club provides an opportunity for retirees or semi retired people to relax and enjoy the welcoming company of those at the same stage of life.

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

Meetings are held at St. Mary's Catholic Church Hall, Main Street, Romsey.
The August meeting will be on Thursday 22nd August, 2019 at 10am

After the meeting, people so inclined, have lunch at a nearby restaurant.
There are many activities members can be part of (including Trips and Outings); some being regular, and others planned from time to time.

Join us for coffee at one of the venues in Romsey or Lancefield every second Friday;
or join the ten-pin bowling group for a bit of fun on the alternate Friday.
Or form a group with others of similar interests at a time that suits.

We are a friendly welcoming group from diverse backgrounds and with a variety of interests, and we'd love to meet you!

Visit our WEB-Site: www.rlprobus.org.au

Contact: President: Tony.0408536290; Vice President: Allan 0408098428 or Secretary: Jeni 5429 5480

New Podiatrist in Romsey!

Andrew Baddeley

B.Pod, GradCert.DiabEd

Providing a local, quality and friendly service to help with;

- ✓ Foot Orthotics ✓ Diabetes care
- ✓ Sports injuries ✓ Children's feet
- ✓ Heel pain ✓ Toe pain

Located within Romsey Medical
99 Main St, Romsey
For appointments please call 5429 5254



RANGES
PODIATRY



Pete's 'puters

For all your computer requirements

Computer Sales & Repairs
Systems Custom Built for Your Needs
Internet Connection Setup
Home & Small Business Networking
Tuition
Free Consultation & On-site Service

Call Peter Quinn on...

54 292229

0400 581 674

pfquinn3@bigpond.com

Operating in Lancefield over 15 years.

Help Young People by Skilling Up on Youth Mental Health

Register your interest in attending Council's award-winning Youth Mental Health First Aid training course, being held in September over four consecutive Tuesday evenings.

The course will be held at Kyneton Town Hall on Tuesday 3, 10, 17 and 24 September.

The 14-hour program for parents, guardians, teachers, sports coaches and others in the community who have a connection with young people in the Macedon Ranges, covers topics such as anxiety, depression, psychosis, alcohol abuse and other drug issues and eating disorders.

This fully-accredited course focuses on how to give initial help to young people who are in a mental health crisis situation, in the early stages of a mental illness, or experiencing the worsening

of an existing problem.

A refresher course for people who need to reaccredit their First Aid qualification is being held on Saturday 31 August from 9am-1pm at the Gisborne Council offices at 40 Robertson Street.

To find out more information or book your place for either of these courses, visit mrsc.vic.gov.au/ymhfa phone Loren Polzot on 5422 0275 or lpolzot@mrsc.vic.gov.au

Share Your Feedback on the Rural Conservation Zone

Residents can now have their say on issues and opportunities for the Rural Conservation Zone areas of the shire.

The Rural Conservation Zone covers a large proportion of the shire, and contributes a significant amount to the character of the Macedon Ranges. The zone includes bushland, farms and tourist attractions and features highly valued landscapes.

We'd like to know what residents value about the Rural Conservation Zone, and what opportunities there might be to preserve and enhance them into the future.

The community survey is the next stage in consultation for the Rural Land Use Strategy, which will provide guidance on the future use, development and protection of land in our important farming and conservation areas.

The survey follows on from consultation on issues in the Farming Zone carried out in 2017, and a survey of landowners in the Rural Conservation Zone carried out earlier in the year.

The landowner survey received more than 700 responses and will provide valuable input into the development of the draft Rural Land Use Strategy, which will be released for broad community consultation in late 2019.

The new community survey provides an

opportunity for anyone interested in these areas to have their say in the Rural Land Use Strategy project. If you've already filled in the landowner survey, thank you for your input – there is no need to also fill out the community survey.

The community survey will be available online at mrsc.vic.gov.au/yoursay from Monday 22 July until Monday 15 August 2019. Printed copies will also be available at Council's service centres.

For further information on the Rural Land Use Strategy and to register for updates, email strategicplanning@mrsc.vic.gov.au or call (03) 5422 0333.

Farm Fashion Comes to Macedon Ranges

Fancy an outfit made from baling twine or sheep ear tags?

An exhibition of imaginative garments created from farming materials repurposed into fashionable and unique clothing is on show in Kyneton.

Direct from the catwalks of the Elmore Field Days, the wildly unique dresses, hats and other wearable objects are

created as part of the event's Wearable Agricultural Art competition.

The challenge for the participating young designers in the Wearable Agricultural Art Competition is to create wearable art made from materials found on farms or farming related industries and transform them into wearable objects. Designers can use anything from baling twine to sheep ear tags to create garments that are judged on their creativity and individuality.

The 2017/18 entries from the Wearable

Agricultural Art Competition are on show at Kyneton Museum until 8 September. The Ag Art exhibition is full of colour and various textures and will showcase the interesting ways to repurpose agricultural materials.

For more information on the Ag Art exhibition, visit mrsc.vic.gov.au/museum or call 1300 888 802.

The museum is open on Fridays, Saturdays and Sundays from 11am to 4pm only, or by special appointment.



ROMSEY LICENSED POST OFFICE

New Location: 1/33 Main Street, Romsey VIC 3434
{03} 5429 5301

Offers the following services:

Bill Pay
Fax Services
Photocopying
Laminating
Office Stationary
Pre Paid Phone Credit

Seasonal Gifts
Children's Books
Passport Photos & Applications
Land Title Identity Verification
Fit to Work Applications
Working with Children Check
Banking for all Major Banks & many Credit Unions
Large range of printers for sale

Help shape new Reconciliation Action Plan

Would you like to help develop Council's first Reconciliation Action Plan? Take part by filling in our online survey, or coming along to our special consultation events next month. The Reconciliation Action Plan will guide Council to support improved outcomes for Aboriginal and Torres Strait Islander Peoples in Macedon Ranges. Council wants to hear from Macedon Ranges residents in order to understand what actions it can take to advance reconciliation.

To help shape the Reconciliation Action Plan, fill in the online survey at mrsc.vic.gov.au/yoursay between Monday 15 July to Monday 19 August.

Hip hop performance and dance workshop

Both Indigenous and non-Indigenous community members are invited to attend a special performance and dance workshop by Indigenous Hip Hop Projects at the Kyneton Mechanics Institute on Sunday 4 August from 1pm-2pm. The performance workshop will showcase the talents of Indigenous hip hop artists through an energetic, fun and entertaining event. The dancers will aim to teach a few of their deadly moves to anyone who wants to get involved

and dance.

This free family-friendly performance workshop is open everyone in the community, of all ages and abilities. Places are limited and you can RSVP by emailing shiley@mrsc.vic.gov.au

Consultation lunch

If you identify as an Aboriginal and/or Torres Strait Islander person you are invited to a consultation lunch at the Kyneton Mechanics Institute on Sunday 4 August from noon to 1pm. At the session local Aboriginal and Torres Strait Islander people can share what they would like to see in the new Reconciliation Action Plan.

This informal lunch session will be facilitated by Bonnie Chew, a Wadawurrung woman from Ballarat. Come along and have a yarn with Council on any relevant ideas or issues. The lunch is free and the session will be open to any Aboriginal or Torres Strait Islander peoples and their families. For catering purposes, bookings would be appreciated to Stephen Hiley on 5422 0333 or shiley@mrsc.vic.gov.au

For more information visit mrsc.vic.gov.au/events or call 5422 0333.

Council makes it easier to go green with sustainability initiatives

Are you thinking of building or renovating?

Council is demonstrating its commitment to protect the environment with a free advisory service focussing on the benefits of sustainable design.

Sustainable design is an approach to building or renovating that considers elements such as orientation, thermal mass, cross ventilation, better insulation, external shading and window placement as key factors in helping to reduce a building's reliance on natural resources.

Incorporating these principles when designing or renovating, ensures a resource-efficient home that is cheaper to run, and more comfortable to live in.

Sustainable design advisory service

Council is offering free advisory service, where feedback from a qualified sustainable building design officer is offered to home-owners.

The service is free, and can include recommendations on:

- site analysis and pre-planning
- siting and layout to optimise performance
- cross flow ventilation and access to natural light
- renewable energy generation
- environmentally friendly products
- energy and water efficient appliances
- reducing potable water use

To book an appointment, contact Felicity Houghton by emailing fhoughton@mrsc.vic.gov.au or call 5421 0829.

For more information on sustainable design, visit mrsc.vic.gov.au/sustainable-design

Update on Dogs and Cats in Public Places

Funding in the 2019/20 budget will see Council move a step closer to implementing the recommendations contained in Paws for Thought - the Dog on and Off Leash and Cat Curfew Review, which was endorsed by Council in March 2019.

These recommendations include introducing an Order that requires dogs to be under effective control of their owner in public places, dogs to be leashed in all public places except in designated off leash areas and dogs to be prohibited from some public places for environmental reasons.

It also recommends an Order for the introduction of a sunset to sunrise cat curfew and for cats to be prohibited

from some public places for environmental reasons.

Over the next six months, some further work is required in finalising some of the off leash areas and cat prohibited areas, a community education campaign will be developed and implemented and signage will be installed.

Funding for an additional Local Laws Officer (Ranger) will help ensure that officers are able to get out and about in the community to help to educate residents about the new controls. The new dog control orders will become effective from 1 January 2020 and the new cat controls after 1 July 2020.

For more information visit mrsc.vic.gov.au/Paws-for-Thought



Romsey Region Business & Tourism Association (RRBATA)

Jenny Stillman
Phone: 0412 349849
Email: jennystillman@optusnet.
com.au

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.

RRBATA Update

Romsey Plaques Project Update

Yes – it has been a long haul! However, the Romsey Digital Interface Historic Plaques Project is progressing! Photographs accessed from the Romsey Lancefield District Historical Society will be included where possible on every plaque to help bring to life the history of the sites. Some plaques will be affixed directly to walls with others being mounted on posts. The sites of installation for the first 20 plaques will be in the Main Street. Romsey's building and cultural history is an important asset for the town and it is anticipated that this project will highlight it to both visitors and local community members.



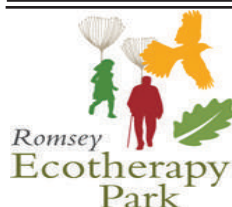
Romsey Hotel (currently Evans' Wine Bar)

Pedestrian Lights Installed

As you would be aware, the pedestrian lights in the town centre have now been installed. In the context of the heritage street lamp installation as part of the Streetscape Enhancement Project, RRBATA is most grateful to Vic Roads for having responded to a request to blend the pedestrian lights aesthetic with the heritage light poles as much as possible. The pedestrian lights will certainly facilitate the safe crossing of an increasingly busy road.

Tourism Macedon Ranges Update

RRBATA is the only "eastern corridor" committee member of Tourism Macedon Ranges (TMR) which advocates for the visitor economy in the Macedon Ranges. TMR is currently exploring its role into the future and anticipates increasing its advocacy role into the future as well as collaborating with Council in its delivery of the Visitor Economy Strategy 2019-2029. It is important the RRBATA is represented in organizations such as this as it facilitates the building of mutually beneficial relationships which ultimately enhances the Macedon Ranges as a whole.



The Sensory Therapeutic Space – Why it will be so important.

The Sensory Therapeutic Space, with its extensive sensory garden and ephemeral billabong, will arguably be the space which differentiates the Romsey Ecotherapy Park from all other parks in the region. The use of gardens as a therapeutic modality is nothing new. In ancient times, both the Mesopotamians and the Persians designed sensory gardens which included plants, flowers and water features. A sensory garden uses specifically selected plants and other landscape features to stimulate the five senses of sight, smell, hearing, taste and touch. Their value to those with physical or intellectual disabilities is well documented. Some sensory gardens are designed with specific needs in mind (e.g. dementia, vision impairment, anxiety and depression) by stimulating memory, senses and mood. In a broader context, sensory gardens can be beautiful places to relax, reflect, meditate and contemplate.

In 2018, Romsey Ecotherapy Park Inc (REP) committee members visited The Friends' Sensory Garden at the Royal Talbot Rehabilitation Centre in Kew (pictured, right). This garden was designed by Steven Wells who is a registered nurse and horticulturist and garden therapist at the Centre. He converted a stark garden with harsh walls into one with a series of smaller



spaces of colour, scent and flavor which plays a vital role in the rehabilitation of patients with spinal and acquired brain injuries. On a world stage, the Lerner Garden of the Five Senses in Maine USA features sound stones, elevated tasting garden beds, pathways delineated by striker stones to assist visually impaired visitors, tactile maps including Braille (pictured, left) and water features. The Bacon Sensory Garden in Chicago caters for visually impaired visitors with special radios worn around their necks which pick up signals from an antenna laid under a path to inform them about the plants.



Funded by the State Government and the Romsey Community Bank branch of the Bendigo Bank, the preliminary planning for the installation of Romsey Ecotherapy Park's Sensory Therapeutic Space is underway with construction being completed in 2021. IT WILL BE AMAZING!

Subscribe to the REP Newsletter by emailing romseyecotherapy.com.au or view it on www.romseyecotherapy.com.au

CONTACT DETAILS:

Romsey Ecotherapy Park Inc (REP)

P.O. Box 53, Romsey, Vic., 3434

romseyecotherapy@gmail.com

Bendigo Insurance. So good, you don't need the wrap.

Protecting what's important to you is important to us.

It's why we offer exceptional products and excellent service. It's also why our customers choose to stay with us year after year.

Drop into your nearest branch:

- Lancefield - 20A High Street or 5429 1977

- Romsey - 105 Main Street or 5429 5526

and speak with a member of our friendly team to find out more.

Is it worth it? You betcha.



 **Bendigo Bank**
Bigger than a bank.

Get a quick quote
bendigobank.com.au/insurance

Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. Issued by Insurance Australia Limited ABN 11 000 016 722 trading as CGU Insurance. Bendigo Bank is a member of the CGU Group. You should consider the Product Disclosure Statement available at bendigobank.com.au. (490936_v1) (15/07/2019)

Bendigo Bank Personal Loans.

Bringing your plans to life.

Life's a big deal.

At Bendigo Bank, we're all about how we can help you live it. That's why we offer personal loans for a huge range of purposes.

So, get busy living, with a Bendigo Bank Personal Loan. Because we'd love to help bring your plans to life.

Drop into your nearest branch:

- Lancefield - 20A High Street or 5429 1977

- Romsey - 105 Main Street or 5429 5526

and speak with a member of our friendly team to find out more.



 **Bendigo Bank**
Bigger than a bank.

bendigobank.com.au

All loans subject to the Bendigo Bank's normal lending criteria. Fees, charges, terms and conditions apply. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. (A234091-03) (490939_v1) (15/07/2019).





Community Wellbeing through Supportive Communities

Are you interested in improving the mental health of residents in Romsey and Lancefield?

Following on from the first workshop held in May, Swinburne University will be hosting a second workshop looking at ideas around community wellbeing.

Thursday 29 August 2019

9am to 12pm

Cobaw Community Health, 142 High Street, Romsey

We will explore what good mental health means to your community and understand the specific issues for Romsey and Lancefield that you feel the group can work together to address.

RSVP to: Rhani.Dean-Talbett@cobaw.org.au



Veteran's Lament

by Stewart Law

I joined a peacetime army,
But some fool made a war,
My life was calm and balmy,
But that was all before.

I used to be real healthy,
I'd take on any chore,
Some say I was wealthy,
But that was all before.

My skin was clear, no rashes,
No funguses I bore,
No itchy spots or patches,
But that was all before,
Before the war in Viet Nam;
Before I saw that place called Nam.
I used to sleep quite soundly,
But now my sleep is poor.
I didn't have these nightmares,
But that was all before.

I had a loving family,
Who loved me more and more,
We had a peaceful homelife,
But that was all before,

I used to be a young man,
With mates and friends galore,
I wasn't old and lonely,
Before the war in Viet Nam;
Before I saw that place called Nam.

REMEMBER VIETNAM



Romsey Lancefield Senior Citizens Bendigo Bank Monthly Bus Trips

Mill Market Castlemaine

We will be travelling to Castlemaine this month. Our trip will be on **Wednesday 7th of August**. We will explore the Mill Market, situated in the old Castlemaine Woollen Mill. The Mill is a place for foodies, art admirers and seekers of the collectable and curious. A 2 course lunch will be had at the Five Flag Hotel followed by a scenic drive home through Mt Franklin.



Depart:
Lancefield Post Office – 9.15am

Romsey Mechanics Institute - 9.30am – out the front.
Future trips will be:

4th September Mystery Tour

6th November Kyabram – to visit a Camel Farm and home via Rochester Silos.

4th December Christmas Breakup – at the Highlands Hotel.

Remember, we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, some card games and a chat, for just \$5 – everyone is more than welcome. On the 2nd Monday of the month we have some professional cooks come in to prepare a 2-course meal, costing only \$10. We would love to see you.

For further information please contact Helen on 0409 064 303 or Rae on 0408 338 759.

Hope to see you soon.

Proudly supported by

Lancefield & Romsey

Community Bank® Branches



Bendigo Bank

Library News

What's On at Romsey Library in August:

Then & Now Exhibition, Thursday 1 August – Saturday 31 August

To celebrate National Family History month, visit Romsey Library to enjoy the photographic exhibition compiled by the Romsey Lancefield Historical Society.

Before I Die wall, August

What do you want to do before you die? Write a book? Watch a sunset from some faraway destination? Share a secret? Participate in this year's Dying to Know Day "Before I Die wall", an interactive display hosted by our libraries. Share your 'dying wish'...inspire and be inspired.

Science Week Storytime, Monday 12 August from 10:30am.

Ancestry Online Learning Workshop, Tuesday 13 August from 2pm

Learn what's available on the ancestry.com database and how to access it free with your library membership. Basic computer skills a prerequisite. Bookings required.

Immersive Science III: Astronomy for all Australians Viewing Party, Saturday 17 August from 1:30pm

It's National Science Week and this immersive astronomy experience is one not to be missed. Swinburne University scientists devised this program that uses a virtual reality smartphone app to explore the universe, all without leaving the library! Ages 10 +. Bookings required.

What's On at Romsey Library in September:

Author talk with Glenna Thomson, Thursday 19 September at 2pm

Glenna Thomson lives in northeast Victoria on a cattle property. She portrays her experiences on the farm, and in her extensive garden, vividly in her writing. Glenna has written two novels inspired by her experiences as a blueberry orchardist and her work in overseas

aid and business. Book sales and signings. Bookings required.

For more information, check out our published programs available now from Romsey Library or online at www.ncgrl.vic.gov.au

Collection Reviews by Library Staff Member, Rae Good



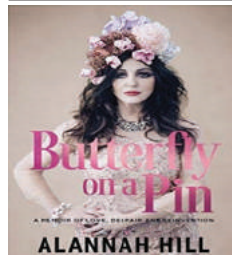
Storm Boy by Colin Thiele. Illustrations by Andrew Davies.

Set on a long and lonely stretch of rugged beach on the South Australian coast, Storm Boy is an unforgettable tale of

the friendship between a young boy and a rescued baby pelican named Mr. Percival. Available to borrow in picture book format for older readers, you can now read the book and then watch the original 1976 movie through one of the library's free streaming services - <https://beamafilm.com>, or borrow the recently released 2019 DVD production.

Beamafilm is Australia's only movie streaming channel for true stories and has an impressive range of documentaries and independent films. Kanopy has thousands of movies, documentaries and TV series available for streaming.

Using your library membership to access a range of free movies and documentaries online is easy. Simply go to the above web address, click on Library Card Access in the top right-hand corner, select Goldfields Libraries and enter your library membership number (barcode on your library card) to create an account. Alternatively, head to <https://www.ncgrl.vic.gov.au>, select e-library and music, film and dance.



Butterfly on a Pin – A Memoir, by Alannah Hill.

Self-made fashion designer Alannah Hill's autobiography, Butterfly on a Pin, is not at all what you would expect. Self-reflective and often witty, her story is essentially a tale of rags to riches, of determination, success, failure and come-backs, an on-going battle with mental health issues and the struggle to overcome the trauma of her childhood. It is harrowing and thought provoking, but ultimately uplifting. I have been an admirer of Alannah Hill's fashion brand and style for many years, but I had no idea about the woman behind the brand and I found her story so interesting. You most definitely do not have to be interested in fashion to take something away from reading this book and I highly recommend it to anyone who enjoys biographies and stories of triumph against all odds.

Some feedback on our Fun Night In Trivia Night...

Thank you one and all for your support and attendance at our Fun Night in Trivia Night in June. Eighty people came along and played games, answered trivia questions, laughed and helped raise a whopping \$1438.50 for the Indigenous Literacy Foundation. We are thrilled with the results of the night but more importantly, we are so grateful to a number of community groups for helping and supporting us in this venture including MRSC, Romsey RSL, Romsey Neighbourhood House, Romsey Toy Library, Romsey Playgroup and Macedon Ranges Libraries at Gisborne and Woodend and to the library staff at Romsey Library, it's my pleasure and privilege to work with you; thank you for your effort and enthusiasm! - Trish Gauci, Library Manager.



Romsey Library The Hub

98 Main Street
Romsey 3434
Ph: 54293086

Opening hours

Monday 9.30am-5pm
Tuesday 9.30am-5pm
Wed 9.30am-5pm
Thurs 9.30-6pm
Friday 9.30- 5pm
Sat 9.30am-12.30pm
Sunday Closed

Library Services

Open up your horizons
with Goldfields
Libraries eLibrary!
Goldfields Libraries
eLibrary offers free
access to a huge range
of online learning and
enjoyment
opportunities for all

Cooking with Peter Russell-Clarke

'Restaurant Soup'



SOUP. The word 'soup' comes from the Latin 'suppa' and has nothing to do with Lois Lane or that guy who flashes into phone boxes all the time. Literally it means 'to swallow'.

Soup can be hot, cold, thick or thin. It can be used to complement the main course or as the main course itself. Some light, clear soups are served to clean the palate before a delicate entree (similar to a sorbet). Other soups are served with steaming hunks of hot bread and are so thick they're like a wet stew.

In many parts of the world these big thick soups are usually only served at lunch time and without any entree or dessert. The meat, duck or fish is simply diced into the soup with whatever other food is to be eaten.

I make my soup Australian by adding my sausages and eggs to it. In whatever soup you've got heat some sausages for about 5 minutes then take them out and pop them under the grill. When they're brown, cut them into spoon-manageable pieces and put them back into the soup. Now pour the soup over a very lightly poached egg. You can do that with steak and eggs if you like. All you do is pop the steak under the grill then dice it up and drop it in the soup. A thought came to me as I was writing this. You could also do it with a ham sandwich. Hunks of ham go into the soup to warm and the bread floats on the top. "Crazy!" I can hear you say. But listen. French onion soup has bread on top - so why not a ham sandwich soup?

Anyway, try the restaurant recipe.

The word 'restaurant' comes from France and at one time simply meant soup. During the 16th Century one of the popular soups was called 'restaurant' because it was supposed to have restorative powers. The chef, M.Boulanger, who served the soup, had the name 'Restaurant' written over the door. Many other chefs copied M.Boulanger's restaurant soup and as more and more soup places opened, the word 'Restaurant' spread and gradually it occupied its present connotation.

And talking about soup having restorative powers I remember flying high on soup some years ago.

A friend of mine flew a small, double winged aircraft. I always thought it was a Tiger Moth but I'm told by my friends who seem to know about aircraft that, in fact, it wasn't. Anyway, my friend's name was Spook and he was a crop duster. "Would yer like to fly to Tassie?" he asked one day. "My

oath!" I replied.

So next day, like a junior Biggles, I clambered into his plane's cockpit just before it wobbled and roared into the sky.

"You're too flamin' low!" I screamed into the speaking tube as froth from the wave tops of the channel sprayed the windscreen. "Watch every seventh wave!" he bellowed back. "They're bigger than the rest! So give us a shout and I'll wave hop them!"

"Higher," I whimpered into the wind.

"My altimeter is busted and if I go any higher we'll get lost," he said. "You see, my compass isn't accurate enough, but don't worry. Once we've traveled the exact distance from Melbourne to Launceston, if Launceston isn't underneath us I'll know how far my compass is out by how far we've missed it. Get it?"

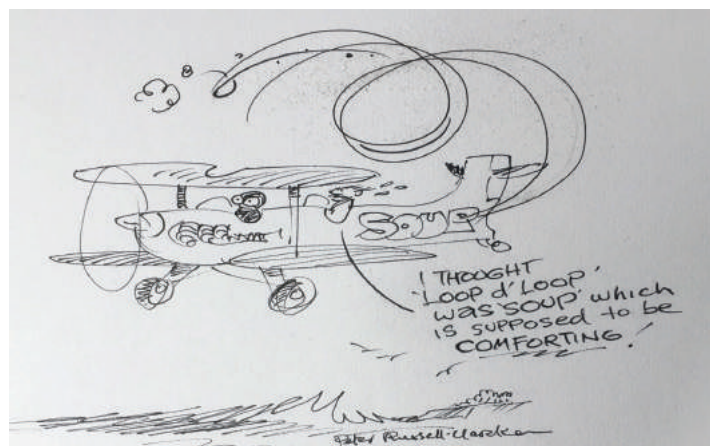
"Oh my God," I whimpered again. "But how will we find it?"

"Once we've traveled the distance, and if it's not there, we'll just make ever increasing circles until we find it."

"Have we got a lot of petrol?" I asked.

"Have a drink of soup," was the answer.

I pulled the stopper out of the vacuum flask and took a long draught. The liquid burnt its way down my throat. It was cold soup laced with whisky or, to be more accurate, whisky laced with cold soup.



RESTAURANT SOUP

1 1/4 cups dried beans, soaked and cooked;
2 potatoes;
2 tomatoes;
2 zucchini;
2 peeled carrots chopped;
1/2 small cabbage chopped;
1 stalk celery chopped;
1 onion chopped;
2/3 cup rice;
2 tablespoons butter;
2.5 litres stock;
3 tails of bacon rashers;
4 cloves garlic, crushed;
3/4 tablespoon dried basil;

salt;
freshly ground black pepper;
1 1/2 tablespoons olive oil;
3 tablespoons tomato paste;
grated Gruyere cheese.

In a large saucepan melt the butter and fry the bacon until it's crisp. Take the bacon out and add the vegetables. Fry lightly for a few minutes. Pour in the stock and bring to the boil. Add the rice and beans and boil for 15 minutes. Season to taste with salt and freshly ground black pepper. Crush the garlic into a bowl and mix in the basil, the oil (drop by drop) and the tomato paste. When the soup is cooked slowly stir in the oil and garlic mixture. Serve with a bowl of grated Gruyere cheese.

START RUNNING GROUP - SPRING 2019

Get active and social this Spring by joining the Macedon Ranges Running Club (MRRC), kick start running with our 5km and 10km SRG Training Program

This program will provide training to a non-runner with basic fitness to run 5km in 8 weeks! The MRRC club is a fun and vital community outdoor running group with all ages, women and men, and varying levels of running ability, experience and confidence.



**Join Us Now -
Across multiple towns
within the Macedon Ranges**

Program

13 weeks, 8 weeks = 5km + 5 weeks = 10km (optional)

Start Date

From week commencing **Monday 26th August 2019** at all Locations across Macedon Ranges

Membership

\$10 for Individuals

\$15 for Families

Membership renewal occurs every November.

Member Offers – thanks to our Sponsors, members receive discounts at participating local businesses.

Join Now

Visit the MRRC Website to join:

<https://www.macedonrangesrunningclub.com>

Register via the Membership page

TOWNS AND TIMES

GISBORNE

Tuesdays 6pm, Thursdays 6pm
and Sundays 8am

WOODEND

Mondays 6:30pm, Wednesdays
6:30pm and Saturdays 8am

RIDDELLS CREEK

Tuesdays 6pm, Thursdays 6pm
and Sundays 8am

MACEDON

Tuesdays 7pm, Thursdays 7pm
and Sundays 8am

ROMSEY

Mondays 7pm, Wednesdays 7pm
and Saturdays 8am

KYNETON

Tuesdays 6pm, Thursdays 6pm
and Sundays 8am

Contact Us

Questions and Enquiries:

Email Us:

macedonrangesrc@gmail.com

Website:

www.macedonrangesrunningclub.com



**Macedon
Ranges**
Shire Council

**Aquatic &
Leisure Centres**

Get active

at Romsey Recreation Centre

Keep fit for life and
join in the fun at
one of our fitness
classes for mature
adults.

Staying Strong
circuit:

**Mondays,
Wednesdays and
Fridays, 9.20am
and 10.30am**

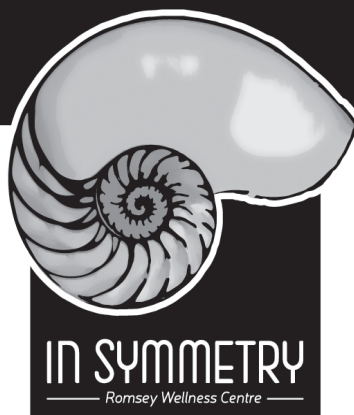


**Contact 5429 5637 or visit
mrsc.vic.gov.au/RRC**

VACANT SPACE

**If you want to promote your business
contact us to see how easy it is to
advertise.**

email@theromseyrag.com.au



Discover Better Health

Our Practitioners

Hannah Sutton

Jessica Jackman

Nicolette Truscott

Camille Scott

Margo Field

Jen Frankcombe-Campbell

HEALTH SERVICES @ ROMSEY WELLNESS CENTRE

- Acupuncture
- Herbal Medicine
- Health & Wellness Coaching
- Counselling
- Children's Nutrition
- Osteopathy
- Remedial Massage
- Cupping
- Hypnotherapy
- Crystal Reiki

OPENING HOURS

Monday _____ **9am to 9pm** **Thursday** _____ **9am to 8pm**
Tuesday _____ **9am to 3pm** **Friday** _____ **9am to 3pm**
Wednesday _____ **9pm to 9pm** **Saturday** (alternate) **8am to 3pm**

120 Main Street Romsey 03 5429 3610
www.insymmetry.com.au

Romsey Primary School News

Romsey Primary School is an inclusive and empowering learning community which fosters confident, creative, caring, curious and collaborative learners who "dare to be excellent".



Semester 1 at Romsey Primary School has been a busy one. We welcomed 2 and ½ grades of Prep children into the school, the largest number of Preps for the past 6 years. 2020 enrollments are now open and we ask families with Prep aged students to submit their paperwork as soon as possible to assist with planning and staffing. If you have not had a tour of our awesome school please call the office on 54295099 to make a time.

Romsey Regeneration Project Update

In October 2018, the Victorian School Building Authority (VSBA) consulted with the community from Romsey and the surrounding Macedon Ranges area to gain feedback about factors influencing secondary school access and choice for local students. The consultation included student and teacher workshops, community drop-ins and an online survey. It also explored the potential benefits and concerns raised by possibly expanding Romsey Primary to a P-9 school. The VSBA have gathered all of your ideas and feedback to produce the Romsey School Regeneration Project, Community Engagement Summary Report. Please contact the school if you would like a copy of the summary report.

Nearly 220 people, including students, parent/carers, teachers, principals and other community members provided input. The community engagement findings have informed an independent education review commissioned by the Department of Education and Training (DET) to help plan for local secondary education. This review found there are not enough students in the Romsey area to offer a broad, quality Year 7-9 curriculum at Romsey Primary School or a standalone Year 7-12 secondary school, in the short or medium term. The Victorian Government will continue to closely monitor population changes to ensure Romsey families have sufficient quality primary and secondary education options.

At Romsey Primary we are now in the planning stages of the \$3.2 million upgrade to ensure our students have access to further enhance our magnificent facilities. We will keep the community informed as the building works occur.

Comedy Night Saturday 14 Sept

Our annual comedy night hosted by Gold Logie winning local Tom Gleeson will take place at Gisborne Secondary on Saturday the 14 Sept. This year we have Dave Hughes and Geraldine Hickey as our 2 comedians. Last year's event sold out in 2 weeks, this year we anticipate selling out in a matter of days. Tickets will be available on Try Booking on Friday 26th July. We are fundraising for our Kitchen Garden Program.

Replanting White Avenue

Over the Christmas holiday period the unsafe row of pines was removed from the White Avenue boundary of the school. The Junior School Council (JSC) is working on replanting this area with more suitable trees which will enhance the school and community for many generations to come. The JSC are calling for support from the local community for advice in the types of trees and plants to occupy this space and assistance with preparing the area and planting. If members of the community are willing to provide support to the JSC could they please contact the school on 54295099. We are hoping this project will engage community members with our students in an authentic learning experience for the benefit of the whole community.

STEAM

2019 has seen the introduction of STEAM, this subject incorporates Science, Technology, Engineering, Arts and Mathematics and involves the students in collaborating to solve problems which are posed to them. Please see the photos of our students in action. They are just loving this addition to our curriculum.



Adventure Playground

Those of you who walk/drive past the school will see that we have retained many large trunks from the White Ave trees, these are going to be included in our Adventure playground which will commence construction we believe in mid Term 4. We are excited about this space as it will add to already magnificent playground spaces we have in the school. The space adds to the creative play we encourage in the yard. At RPS we believe in children making and creating and learning from taking measured risk. We allow the children to climb trees and build cubbies and bases. The new space will further enhance this with the inclusion of many sensory and nature based activities.

12noon run/walk

Every day, if the weather permits you will see our students out in the grounds running/walking the oval and court areas for 7mins of continuous physical activity. This activity time provides the children

with a brain break in their learning day and it builds up students' physical stamina. It is based on the work in the UK around the Daily Mile.



Community Volunteers

Please feel free to contact the school at any time about our school programs or if you would like to be a community volunteer in the school. We are always looking for volunteers with current Working With Children Checks who would like to help our learners. Areas we need help in are; gardening, reading, mathematics, cooking with the kitchen garden, working in the canteen or any area you may have a skill in which you would like to share. Please contact the office on 5429 5099 for more information.

PUBLIC HOLIDAYS

Fri 27th September
AFL Grand Final Friday

Tues 5th November
Melbourne Cup

Weds 25th December
Christmas Day

Thurs 26th December
Boxing Day

OBSERVANCES

Sun 1st September
Father's Day

Thurs 31st October
Halloween

Mon 11th November
Remembrance Day

SCHOOL HOLIDAYS

Spring Holidays
21st Sept - 6th Oct

Summer Holidays
21st Dec - 28th Jan

MACHINE GUN PREACHER

SAM CHILDERS

*I DON'T THINK ABOUT THE ONES I RESCUED
I THINK ABOUT THE ONE'S I DIDN'T*
SAM CHILDERS

COME & HEAR **SAM CHILDERS**
"THE MACHINE GUN PREACHER"
SHARE HIS INCREDIBLE STORY

SAM'S JOURNEY HAS TAKEN HIM
FROM A LIFE OF VIOLENT CRIME TO
WAR TORN EASTERN AFRICA WHERE
HE HAS RESCUED OVER **1500 CHILDREN**
FROM REBEL ARMIES

Date : Wednesday 28 August 2019

Time: 7:00pm

Place: 7 Mitchell Court, Romsey

Come and meet Sam personally

All Welcome Free Event

www.encouragechurch.com.au



SAM'S STORY WAS MADE
INTO A HOLLYWOOD FILM
STARRING **GERARD BUTLER**

RIDDLES

1. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
2. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?
3. A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet?
4. What room do ghosts avoid?

Answers

1. The word is starting! starting, staring, string, sting, sing, sin, in, I. Cool, huh?
2. An apple a day keeps the doctor away!
3. The man did exactly as he said he would and wrote "your exact weight" on the paper.
4. The living room.

Walking Together to Prevent Suicide

Every year, on the Sunday before World Suicide Prevention Day, the Macedon Ranges Suicide Prevention Action Group (MRSPAG) extends an invitation to the local and surrounding community to come together and share time, reflect, remember and walk... united in our efforts to continue to work together to prevent suicide.

In walking together, on Sunday 8th September, we remember those lost to suicide and acknowledge the deep pain of those left behind. By walking together, we can better understand the important role we all can play to both decrease stigma and raise awareness of mental health issues. By walking together and working harder as a community we can both provide and build better supports for those who live with mental health issues in our community.

Over 8,000 young people and adults have participated in Mental Health/Suicide Prevention Education in Macedon Ranges – come along and find out how you can do the same.

Registration opens at 9.30am – Walk will commence at 10.00am from Woodend Children's Park
Coffee and Light Refreshments available

To register your interest online or for more information email: suicidepreventionwalk@mrspag.com.au or call 0411 963 711



Submitted by Annie Rowland

Exercising with your Dog During Winter

If you find it hard to drag yourself out of bed to walk your dog on cold, wet and windy mornings, you are not alone. As much as we would all like to stay in bed all day, duty calls, especially if your dog is eagerly awaiting a walk. Here are a few tips to make it easier for you and your pooch to venture outside during the colder months:

Invest in an Umbrella

Golf umbrellas are so big they can fit you, your dog and three others from getting wet. If you find it a bit tricky to navigate a leash and an umbrella while trying to scoop up your dog's business, try a raincoat instead. Make sure it is waterproof and not just water-resistant though, otherwise you can easily become soaked.

Rug up your Dog

Buy a jacket or raincoat for your dog as well – if you have to put on extra layers, your dog is probably feeling the chill too. The coat will keep your dog warm, and make the drying process a lot easier for you as only their paws will be wet, rather than their whole body. Plus they will not smell as bad afterwards, which is always a bonus.

Seek out man-made Shelters

If you live in the city, maybe skip the muddy parks and make a detour down a strip of shops. There are man-made undercover shelters there and as you pass the café's you have ample opportunities to warm up between those toasty outdoor heaters.

Exercise with your Dog

An excellent way to warm up in the morning is to run or jog with your dog. It will improve your health and save you time and money on expensive gym memberships. Another advantage is that you can cover the same distance in half the time, giving you a bit more of a sleep in.

If you really can't handle the environment outside, try the following:

Share the Load

Get in contact with a neighbour who also has a dog and see if they would be interested in alternating dog walking schedules with you. This means you are only out there half the time, and your dog gets to make a new friend!

Hallway Fetch

If you have a small sized dog or a long hallway at home, it could be the perfect place to play fetch where you do not even have to leave your home.

Stairs

If you live in an apartment, fetch in the hallway is not possible without knocking the whole place down. However, you can still remain indoors by utilising the stairways of the building as all you have to do is attach a leash to your dog and start climbing.

Teach your dog some new tricks

If your dog has arthritis or any other injuries it is best to avoid stairs or any strenuous exercise altogether. They do not have to miss out on all the fun though. While they may not be physically active, they will still enjoy mental stimulation so spend some time teaching your dog new tricks such as to give a high five, shake, bring your slippers or even to put their toys away!

Sourced from: <https://www.petplan.com.au/blog/dog/exercising-your-dog-during-winter/>



Romsey Golf Club, Men's & Women's Reports

Park Lane, Romsey
PO Box 200, Romsey 3434

www.romseygolfclub.net
mail@romseygolfclub.net

President 0417 088 891
Secretary 0400 768 040



Over the past few weeks golfing has been quite a challenge. All play washed out on Jun 29th with the June Medal rescheduled for July 6th, footballers and netballers not so lucky having to play their matches in teeming rain. Cold days with little sun and often very cold winds add to the challenge of getting around the course and still being able to have a good conversation at the end of the round

It seems as soon as we burn off one pile another starts to accumulate. Our members have been busy collecting bark & smaller twigs that have fallen from the trees while others have trimmed low or damaged branches so that we can cut the grass without endangering the drivers. While the weather has made it impossible to mow anything bar the greens (leading to some challenging fairways) it has been excellent

for the 40 trees & bushes we have planted; these replace those lost to drought, vandalism or mower induced injury.

Given that many of our members head south during these colder, wetter months the club has decided to move the AGM from July to October. The committee has also agreed to keep the 2019/20 membership fees at current rates; this means our membership charges have remained virtually unchanged since 2010/11.

The club, with assistance from Golf Australia, has recently completed a three-year strategic plan. This plan lays out and formalises existing club practices and procedures and includes many new policies as per the Golf Australia "Vision 2025" plan.

RGC Weekly Competition Results:

Jul 13th - Stableford	Anthony Lakey (20)- 34 pts from Chris vanDerVliet (26) – 33 pts
Jul 10th - Silver Spoon P/off	Jenny Hartley from Kath Jekabsons & Lorraine Robb
Jul 6th - June Medal	Rob Rea – 92/17/75 from Mick Squire – 81/5/76 & Bob McLennan – 88/13/76
Jun 26th - June Medal	Kath Jekabsons – 104/29/75 from Lorraine Robb - 18/33/85.
Jun 22nd - 4BBB Stroke	Les Gaunt (7)/Pat Chisholm (13) – 69 from Mick Squire (5)/Mal Mottram (10) – 70
Jun 19th - Aggregate Sford	Jenny Hartley (21)/Wendy Gosden (27) – 44 pts from Kath Jekabsons (28)/Lorraine Robb (33) – 43 pts.

For more detailed reports please go to; <http://www.romseygolfclub.net/results/2019/>

Avoid a frozen meter this winter

When meters and pipes are exposed to very cold temperatures, the water inside them can freeze. This can result in your property having no water.

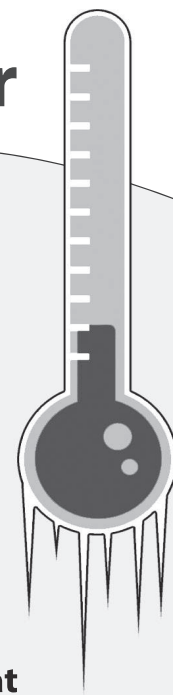
If frost is forecast, protect your meters and pipes by covering them with a container or blanket.

Never use boiling or hot water to defrost your pipes as this can cause them to split.



**COVER
METERS
AND PIPES**

**Find out more at
westernwater.com.au/frost**





Encourage Church

Romsey Office:
7 Mitchell Court Romsey
Ph (03) 5429 6327

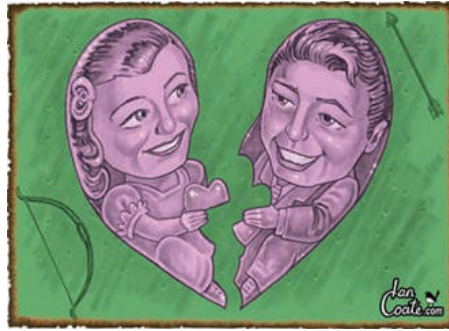
office@encouragechurch.
com.au
www.encouragechurch.com.au

At Encourage Church, we are
all about people.
God commands us to love one
another and by this shall all
men know that we are His.
We hope to see you at one of
our services or events soon.
Service Time - Sunday 10am

Worship service Sunday 10am
Fortnightly life groups
Youth events
Weekly children's program

PASTOR'S PARABLES

Two Halves Make a Whole



Many things have two parts to make a whole. A candle needs wax and a wick to make light. A bow needs an arrow to hit the target. A CD needs a CD-player to make beautiful music. A BBQ will not cook without gas or coals. And a hose is just a pipe without water.

So many things need a counterpart before they can become truly effective. God designed man and woman as two parts that come together to work as an effective whole. Quite often, we will only start functioning when we are connected to our counterpart. What one lacks, the other has in abundance and vice versa. Only as a whole do we start realizing our purpose and full potential. God created marriage so greater things could be accomplished. However, we

must remember, in order for this to happen both parts must be in working order. (See Ecclesiastics 4:9 and Ephesians 5:31)

It is the same with us and God. Only as we connect with Him can we realise our FULL potential in life. After all, He created us with this very thing in mind. To live in relationship with Him and together to accomplish many Good, beneficial and worthy works in life. (See Ephesians 2:10; 1 Corinthians 3:9)

We are a Family Church and genuinely care about the people of our Community. We offer Life Groups for Adults; Young Adults; Youth and Children. mainly music is held on Wednesday mornings for babies to pre-school aged children and we also run the Kidzone Before and After School Nationally Accredited Program. WE are a progressive Church with a live band as part of our Worship team. If you have needs we would welcome you to join us on a Sunday morning and connect with someone who can help you or just drop in enjoy the music, friendship, and have a barista coffee on us.

Our aim is to Encourage one another to be all we can be, in Life and in God.

If you would like to know more about faith in Jesus please contact Pastor Marilyn or our Church office Ph 5429 6327



The Anglican Parish of Christ Church Lancefield and St. Paul's Romsey

Correspondent:
Doreen Morgan

Parish Office: 5429 1380

Minister: Rev. Judi Pollard
Mobile: 0402 268 001
Email: judepol@bigpond.net.au

AUGUST 2019 DIARY

ALL Services as usual.

Sat 24th Aug. SAUSAGE SIZZLE;
Farmers' Market Lancefield.

Sun 6th Oct. Diary date for You
- MARIA FORDE -Irish singer -
Christ Church L/Field

*** G R O W I N G ***

A month ago, we became the happy great-Grandparents of twins - Lili and Cai - and already one can see how they have grown in that time. If this did not happen, we would worry. As with our physical growth so is it vital to our spiritual growth. We may have a second birth. The physical and the spiritual. Jesus declared, 'Except a man born again, he cannot see the Kingdom of God.' (John 3:3). This is the second birth and the work of the Holy Spirit.

The Holy Spirit may find a heart, cold and unbelieving in God - so no conception takes place; He may find a heart that is receptive but changes its feelings and so is 'stillborn'. Then there is the heart that is warm and consciously or unconsciously seeking God. The Holy Spirit enters that heart and gives it new life - Life in the Spirit. "Born again". That is only the beginning of a new life with God. We have to grow and not remain as babies in our knowledge, love and service for God.

It is all too easy to miss the Spirit's voice speaking to us, we must be sensitive To "His still small voice." (1Kings19:12). Many years ago, He spoke to me and said "Go to Church" and I did, that was the beginning of my Christian pilgrimage.

To grow physically and mentally, we need good food; so it is for our spiritual well-being. Paul reproved some Christians for still being on milk instead of by now being on solid food. (1 Corinthians 3:2)

The liturgical colour for these days of Trinity/Pentecost is green. Green speaks of growth. So, in this season we are to grow in grace and in our knowledge and love of God. We do this through spending time with God in prayer, praising Him in Church worship and Sacraments, fellowship with other believers, learning from each other and importantly studying His word - the Bible.

Though our physique may not be what is used to be, our spiritual being should still be growing and maturing and glorifying Him who made us and gave Himself for us.

"It passes knowledge that dear love of Thine,
Jesus my Saviour; yet this soul of mine
Would of Thy love, in all its breadth and length
It's height and depth, its everlasting strength,
Know More And More."

Mary Shekleton.

Macedon Ranges Uniting Church Partnership Contacts

Office Phone: 5428 6920

Email: macedon.ranges.partnershuip@hotmail.com

Website: www.macedonrangesunitingchurch.org.au

Ministers:

Rev. Peter Cannon Ph. 9746 3454 or 0418 570 013

Pastor Annette Buckley Ph. 5429 5351 or 0457 608 539

On Wednesday 14th August the Romsey UCAF will be sorting stamps for Sammy Stamp. The Uniting Church Adult Fellowship Stamp Fund, Sammy Stamp, has its origins about 1919 when a group of the Presbyterian Women's Missionary Union formed the Foreign Mission Stamp Department to sell stamps collected from church supporters to stamp collectors, etc. to raise monies to support foreign missions of the church. In 1977, with the combining of most of the Congregational, Methodist and Presbyterian churches, the existing stamp funds were combined as the Uniting Church Adult Fellowship Stamp Fund.

In its 41 years, the fund has raised over \$1,000,000 and given grants totalling \$950,193 to many worthy projects to help relieve suffering; whether spiritual, physical or emotional. If any members of the community want to get rid of stamps, please speak to any member of the Romsey Uniting Church.

Prayer: *Living Lord, may we trust in your promise that You will be with us always, even when we do not see You clearly. Help us to lay our worries at the foot of your cross and experience the transforming power of Your love that turns our despair and fear to Joy and delight Amen*

Romsey Church Services & Activities during August 2019

Monday 5, 12, 19, 25, 2pm. Coffee Get-together at Romsey Uniting Church

Sunday 4th 9am. Worship Service

Wednesday 7th 7.30pm. Church Council meeting in Meeting Room.

Sunday 11th 10.45am. Worship Service & Holy Communion at Lancefield Uniting Church

Wednesday 14th. 1.30pm. UCAF meeting - sorting stamps

Sunday 18th 9am. Worship Service

Sunday 25th 9am Worship Service & Holy Communion at Romsey Uniting Church

MASS TIMES

1st & 3rd Sunday of the month:
8:00am Lancefield and 10:00 am Romsey

2nd, 4th & 5th Sunday of the month:
8:00am Romsey and 10:00am Lancefield

1st Saturday of the month:
10:00am Romsey – Healing Mass

Reconciliation available from 9:30am

COMMUNION SERVICES

Tuesday 9:00am Romsey Church

Saturday 10:00am Romsey Church

ROSARY

Saturdays 9:45am Romsey

RECONCILIATION

By arrangement.

BAPTISMS

2019 – Romsey Church – October 6th & December 1st.

2019 – Lancefield Church – November 10th.

For more information, please phone 5429 2130.

ST. MARY'S DROP-IN:

First Thursday of each month,
10:30 a.m. to 4:00 p.m. - St. Mary's Church Hall, Romsey.

All welcome to come for a game of cards/ chat and free lunch.



The Uniting Church in Australia

Macedon Ranges Partnership

Romsey Congregation
25 Pohlman Street,
Romsey. 3434
(P.O. Box 264)

Chairperson
Mr. Noel Shaw
5429 5509

Secretary
Mrs. Jenifer Clampit
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.*



St. Mary's Parish - Lancefield & Romsey

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

lancefield@cam.org.au

Parish Priest	Fr. Martin Fleming C/O Woodend Presbytery 5427 2690
Supply Priest	Fr. Daryl Montecillo C/O Woodend Presbytery 5427 2690
Parish Secretary	Mrs. Tammie Dalgleish 5429 2130
School Secretary	Ms. Julie McDougall 5429 1359
School Website	www.smlancefield.catholic.edu.au

BUSINESS & TRADE DIRECTORY

ACCOUNTANTS & BOOKKEEPING



BOOKKEEPING

BOOKKEEPING SERVICES - TEL: 0421 665 655

Our Clients Include:

- Hospitality
- Commercial Printing
- Earth Moving Contractors
- Manufacturing
- Fitness & Personal Training
- Couriers
- Property Management & Development

Remote & Onsite Services **myob** AUTHORIZED PARTNER

DIRECTIONS

The Complete One-Stop Bookkeeping Service!

PROFESSIONAL & RELIABLE

KRAMMER ACCOUNTANTS

Email: wkrammer@bigpond.net.au

W.F (Bill) KRAMMER FPNA

Essendon Suite 7, 2nd floor, 902 Mt Alexander road Essendon
 Tel: (03) 93260211 Fax: (03) 93700759
Romsey 106 Main street Romsey 3434
 Tel: (03) 54295477 Fax: 54296778
Sunbury rear of 36 Macedon Street (PO box 96) Sunbury 3429
 Tel/Fax (03) 87469890

AUTO

WE BUY
CAR - CARAVAN - MOTORHOME
0418 183 360

Cash - Bank Cheque - Finance Paid Out - EFT

SELL TODAY

LMCT 10132 SHD 0015048

ELECTRICAL



- Commercial & Domestic feasibility assessments
 - Project Management
- info@bluetonguesolar.com

Ph: 5428 5390

ELECTRICAL

CJ BROMLEY

ELECTRICAL CONTRACTOR

For All Your Electrical Requirements

Split Systems, Garages, Rewires, Extensions

Switch Board Up Grades

SOLAR PV SYSTEMS

Design, installation & maintenance
colinjbromley@gmail.com



Rec 13897



CLEAN ENERGY COUNCIL
**ACCREDITED
 INSTALLER**

M: 0419 580 380
Ph: 03 5429 5938

HEALTH & WELLBEING



Eileen French
 E: eileenfrench123@yahoo.com.au

Horsfield Muscle Technique

The Peter Horsfield Method
and more

To release pinched nerves

For an appointment phone
0412 787 213

HEALTH & WELLBEING

Romsey
03 5429 3543

Chiropractic

Lifeline Medical Centre,
 28 Main Street,
 Romsey,
 VIC 3434

HOME & GARDEN

CENTRAL TREE CARE

Professional Tree Service
BRADLEY NUTTALL
Adv. Cert. of Arboriculture

Travel Tower
 Wood Chipper
 Tree Climbing
 Stump Removal

18 Palmer Street,
 Romsey, 3434
 Phone/Fax: (03) 5429 5549
 Mobile: 0409 023 282



BUSINESS & TRADE DIRECTORY

HOME & GARDEN cont.



Mighty Mouse Roofing
Lancefield VIC 3435

Mark Mouser
Phone: 0419 562 605

All aspects of Metal Roofing & Gutters:
New Houses, Renewals, Extensions

Licence No. 48263



Quick Fix Services

- Small Repairs & Construction
- Labour Hire
- Light Fabrication
- Home Maintenance

Fully Insured
ABN: 74 565 332 611

Colin Showler
Mob **0419 322 921**
Email c.showler@inbox.com
6 Gwen Place Lancefield 3435

PLUMBING



MURPHYS PLUMBING VIC

- Hot Water Units
- Gas Fitting
- Split Systems
- Hydronic Heating
- Rain Water Systems
- Bathroom & Kitchen Renovations
- Roofing & Drainage

Servicing Macedon Ranges
No job too small

Paul Murphy 0438 298 659
murphysplumbingvic@gmail.com

REAL ESTATE



first national
REAL ESTATE | Kilmore & Broadford

Denis Linehan CAR REIV
SALES CONSULTANT

MOBILE 0421 828 511
PHONE (03) 5782 1433 FAX (03) 5782 2230
EMAIL sales@kilmorefn.com.au
WEB www.kilmorerealestate.com.au

TRAVEL SERVICES



Travel Cruise & More
Let me show you the way

Travel Cruise & More

Pam McLaughlan
Travel Consultant
Phone: 0421198285
www.travelcruisemore.com.au
pamella@travelcruisemore.com.au
Facebook @travelcruisemore

VETERINARY SERVICES



Romsey Veterinary Surgery

80 Main Street admin@romseyvet.com.au
Romsey 3434 www.romseyvet.com.au
5429 5711

Open 7 Days • 24hr Emergency Service

VACANT SPACE

If you want to promote you business
contact us to see how easy it is to
advertise.

email@theromseyrag.com.au

ADVERTISING

The Romsey Rag Inc.

ABN: 80 102 393 407

Inc. No: A0102067K

ADVERTISING/MEMBERSHIP COMMITMENT FORM 2019

*must be completed

Business Name*	
Contact Name*	
Address*	
Email*	
Ph*	Mob

Advert Size	One off advert	3mths	6mths	11mths	Tick
Public Notices one paragraph	\$15.00				
Business Card	\$35.00	\$94.50	\$178.50	\$308	
Quarter Page	\$65.00	\$175.50	\$331.50	\$572	
Half Page	\$120.00	\$324	\$612	\$1056	
Full Page	\$200.00	\$540	\$1020	\$1760	
Front Page Sponsorship - in colour	\$240.00				
Back Page in colour	\$240.00	One off ½ page- \$140	One off ¼ page- \$80		
Inside front or back cover – colour	\$200.00	One off ½ page- \$140	One off ¼ page- \$80		

Business Membership

Package Type	Size	Cost	Tick
Business Package 1	Business Card	\$400.00	
Business package 2	¼ Page	\$600.00	
Business package 3	½ Page	\$1,000.00	
Business Package 4	Full Page	\$1,800.00	

Not For Profit Community Group Membership

Package Type	Size	Cost	Tick
Community Membership 1		\$50.00	
Community Membership 2		\$100.00	

Preferred Method of Payment

Electronic Transfer	Amount \$
Cheque	Amount \$
One Total Payment	Amount \$
Monthly Payments of	Amount \$

All cheques payable to "Romsey Rag"

BSB: 633-000	Acc No: 161 577 895
Name*	Signed*

Romsey Rag Payments Email; payablesromseyrag@gmail.com

Office Use Only (no edition in January)

Starting Date	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Invoice											
Paid											

Contributions

We accept legible, typed or hand written articles and articles on USB. These can be dropped off at the **Romsey Post Office** or the **Library** on or before the **15th of the month** prior to publication month. Please note all payments must be made to the bank account, cash is no longer accepted.

Alternatively, articles can be sent via e-mail to:

email@theromseyrag.com.au

The preference via email is for Word Documents with no formatting. All logos and photos should be jpegs.

No material will be printed unless a commitment form

is completed in full and returned prior to publication. Evidence of payment must also be submitted.

Views expressed are not necessarily those of the Editorial Committee. All contributions remain the responsibility of the author. The Editor reserves the right to refuse inflammatory or derogatory material and make minor adjustments where necessary.

Distribution

The Rag is available for **PICK UP ONLY** from The Romsey Post Office, IGA Supermarket, Bendigo Bank, The Burnbrook Fields Butcher, The HUB/Library and Caltex Servo.

What's on at Romsey Neighbourhood House



Children's Meditation Classes



Kokedama Workshop



Cake Decorating



Creative Dance Workshop



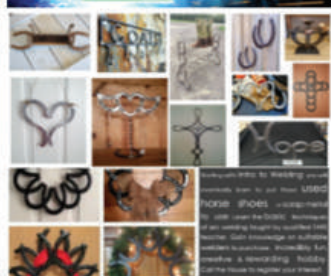
Boomerang Bags



Shared Reading



Group Therapy



SAVE THE DATE
TOWN-WIDE
GARAGE SALE

Saturday
14th September from 8am
Register now!
Sites \$10 - Maps \$3

We offer fitness classes, accredited training, creative classes for kids and adults, courses for computer skills, classes for health and wellbeing, languages and many more! See our term brochure for full details!!

Call the Romsey Neighbourhood House on 54296724 for any further enquiries

LOCAL ROMSEY GROUPS
CASH STRAPPED?
ENTER PHOTOS OF THE GROUP
TO BE IN THE RUNNING FOR
CASH PRIZES.

2019
ROMSEY GET SNAPPING
AMATEUR PHOTO CONTEST
Shoot & Win the Cash Prize!

CASH PRIZES

PHOTOGRAPH
YOUR EVENTS
AND ACTIVITIES

Images of life and work in Romsey: having family fun, playing sport and hobbies and exploring the countryside.

FREE ENTRY
COMPETITION ENDS 30TH OF
SEPTEMBER
CHECK OUT THE WEBSITE
FOR TERMS AND CONDITIONS

WWW.ROMSEY-GETSNAPPING.ORG



Viet Nam Veterans' Day Memorial Service Sunday 18 August 2019, 11am Romsey Cenotaph



The Romsey-Lancefield RSL will conduct a ceremony at the Romsey cenotaph on Sunday, 18 August at 11am.

This date is the 53rd Anniversary of the Battle of Long Tan in South Viet Nam.

All Vietnam veterans, other ex-Service men and women, RSL members, and members of the community are most welcome to attend

LEST WE FORGET



THE ROMSEY RAG WEBSITE IS LIVE!

Each edition is available for download along with previous editions back to 2006!
We are also working to scan and upload all the Romsey Rags from August 1984.

<http://www.theromseyrag.com.au/>