

# The Romsey Rag

Issue No 363

1500 copies produced for the community by the community

March 2018



Healthy isn't  
a goal, its a  
way of living

HEALTH ON HIGH ST  
EDUCATING & INSPIRING YOU TO LIVE A  
HEALTHY, ACTIVE, HAPPY LIFE.

Day/time	MON	TUES	WED	THURS	FRI	SAT
7.30am						BodyPump
9.15am	BodyPump		Cardio Sweat		BodyBalance	
6.30pm		KettleWorx		BodyPump		
7.30pm	BodyBalance			BodyBalance		

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

Our March issue features Health and wellbeing , Cooking with Peter Russell Clarke, The Swaggie in the stook.



Tai Chi was developed 1000's of years ago specifically to teach us how to recognize and accept the challenges presented to us by everyday life that may disrupt our harmony and wellbeing, and teach us how to provide an appropriate response. These Arts are taught with patience and spirit and are appropriate for all levels of skill and ability.

A philosophy of Tai Chi and by extension Traditional Chinese Medicine is that humans are perceived as multi-dimensional beings, functioning on physical, mental, emotional and spiritual levels. In order to achieve and maintain personal balance, one must cultivate harmony in all these areas.

#### BENEFITS OF TAI CHI

- Learn and practice age-old breathing techniques designed to boost cardiovascular and lung function.
- Teaches good posture and creates an ability to better address the body's physical needs.
- Gently strengthen muscles, ligaments and improve bone density.
- Excellent for relieving stress as regular practice lowers

## WU LIN RETREAT

*"If you look beyond the technique, grace and power of Martial and Healing Arts you will discover a rich storehouse of wisdoms offering direction and purpose in an ever changing and challenging life. Empowering in its physical prowess and beauty but more importantly, through disciplined training, exposes its inner strength of influence to live a valuable and peaceful life"*

**James Sumarac**

*"Let's begin our journey"*

stress-related hormone levels and blood pressure.

- Assists in digestive function and tones the abdominal area.
- Helpful for dealing with arthritis and diabetes.
- Oxygenates the body's cells and muscles facilitating rejuvenation, vitality and mental clarity.
- A self-administered therapeutic massage for the internal organs.
- Cultivate Qi (best described in English as "life energy") and promote healthy bodily function, preventing and treating a wide range of common health problems.
- Takes only 20 minutes for an enjoyable mind and body workout that will build confidence and enhance personal presence.
- A highly rated exercise for prevention of falls in elderly citizens.

Tai Chi Chuan classes run at Wu Lin Retreat in Lancefield, a purpose built Martial and Healing Arts Centre nestled in the forest. Traditional Goju Ryu Karate classes are also held for children and adults, with an emphasis on self-defense and personal development. Teachers James Sumarac 8<sup>th</sup> Dan & Shou Mei Sumarac 5<sup>th</sup> Dan share 100 years of Martial and Healing Arts between them.

## WU LIN RETREAT

### Tai Chi Classes

Tai Chi has been practiced in China for centuries to develop balance, coordination and overall wellbeing. Classes are suitable for all ages offering a balanced approach to both martial and health traditions.

Classes are run on Saturdays at 11am. Come and try at a free introductory lesson.

### Traditional Goju Ryu Karate

Professional and caring instruction in a safe and supervised environment.

Practice effective self-defense and develop fitness, discipline and confidence.

Classes operate on **Tuesdays, Thursdays and Saturdays**, with a Children's class at 5:00 and adult class at 6:30 during the week, and at 2:00 on Saturdays.

All classes are run by Kyoshi James Sumarac, 8<sup>th</sup> Dan assisted by Shou Mei Sumarac, 5<sup>th</sup> Dan and Glen Cannon, 4<sup>th</sup> Dan.

Private lessons are available by arrangement

All Classes are held at the **WU LIN RETREAT** Lancefield.

**WU LIN RETREAT** is a purpose built Martial and Healing



Email: [james@jamesumarac.com](mailto:james@jamesumarac.com)

47 Sherwood Court Lancefield  
phone 54292122 Mob: 0417 350 398

[www.wulinretreat.com](http://www.wulinretreat.com)



## Healthy isn't a goal it's a way of life

My name is Emilie Chiller and my aim is to rub just a little bit of my obsession for health and fitness onto you. Nearly 4 years ago I opened Health on High St to help educate and inspire locals to live healthy, active, more positive lifestyles.

And I am very proud to say and to see that my aim is being achieved.

**As a qualified Naturopath**, I am extremely passionate about improving one's health from the inside out. I don't believe in any fad diets or excessive exercise programs.

I believe in nourishing foods, active living, positive minds, good quality sleep, and teaching healthy habits that are sustainable for life.

**My shop in Lancefield** is full of delicious health goodies. The fridge is stocked with raw Treats, and healthy lunches. Our fresh superfood smoothies are the best! You can find all your supplements, superfood powders, plant based protein, kefir, kombucha, cooking ingredients and health products on our shelves.

**To get you on track**, and keep you motivated, come in for our medical grade BODYSCANNER.

This scanner will give you an accurate reading of how healthy your body really is. Find out your body fat, muscle mass, and most importantly your visceral fat.

Find out about the dangerous fat that surrounds your organs and leads to certain preventable lifestyle diseases such as type 2 diabetes and cardiovascular disease. This quick, easy, noninvasive scan has changed the lives of many, motivating them to live healthier lifestyles.

To get you moving, a range of fitness classes are held at my fitness studio in Romsey. All classes are suitable for all fitness levels. It's such a fun, relaxed environment that is kid friendly, so mummies can get out of the house, and stay active. Exercise is for all, so it doesn't matter if you have never exercised -- we will make you feel welcome, supported and hopefully make you really enjoy moving. Classes range from high intensity cardio, strength/weights, to tai chi, yoga, and Pilates. Head to our website to book in.

To stay up to date with all the exciting things we have to offer, plus recipes and motivation, then follow me on facebook (Health on High Street). Coming up soon is one of my most popular healthy cooking classes called, "Healthy Lunch Box Ideas", and my next 14 day reset meal plan which is always a huge success. 2018 is going to be a great one!

Here is a yummy recipe for you to enjoy. Boost energy, stamina, focus, and reduce sweet cravings.

### Raw Chocolate Maca Balls

- 1 cup cashews
- 1 cup walnuts
- 1 ½ cup pitted medjool dates
- ½ cup shredded coconut
- 2 tbs coconut oil, melted
- 3 tbs cacao powder
- 1 tbs maca powder
- 1 tsp cinnamon powder

Blend together in high speed blender until smooth. Roll into balls. Store in fridge for one week, or freeze and take out when needed. Yum Yum, Enjoy x



28 High St  
Lancefield,  
VIC 3435

Tel: 03 5429 1191

[info@healthonhighst.com.au](mailto:info@healthonhighst.com.au)

**Health on High street educating and inspiring you to live a healthy active happy life.**

**Line dancing is a way to keep social and fit**  
**Join us for some light exercise and fun stay**  
**mobile and add another string to your bow.**



## CC Line Dancing

**Beginners \$5**

Mondays 9am -9.40am

**Intermediates \$7**

Mondays 9am -10.40am

Classes to be held in the  
Romsey Mechanics Hall

All Welcome

**Enquiries phn Carol**

**0419 121 369**

## The Romsey Rag

**Interim Committee**

**President** Tony Lakey

**Secretary** Russell Miller

**Treasurer** Karen Read

**Editor** Gillian Gorrie

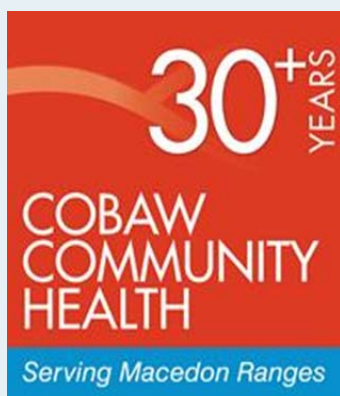
All enquiries phn  
0409 801 082

### Please note

The closing date for copy for the  
**April 2018** edition of the rag is  
**March 15th 2018**

We cannot guarantee inclusion  
of copy received after this date.

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## Editorial: Hop on your horse for Romsey

On page 14 of this March issue, you'll find local man Peter Mitchell's "The Swaggie in the Stook," a real-life anecdote from early times in Romsey. While the episode concerns only a famous practical joke, I'd still like you to look for the "community response" to the cries of "Money Miller" Anderson, as he rode through town that day. We are told that, quickly enough, "...several people hopped on their horses," and accompanied the policeman to Anderson's farm.

Now, we'd say, perhaps, "Well, *of course* they did." Because that's the Australian way; that's the country way; that's the sensible way – whatever "way" you like. If there's a problem, or a challenge; a threat, or a mystery, then the community acts, and solves it. The Interim Committee of The Romsey Rag feels, just now, that in response to last month's re-launch issue, the community has yet again "hopped on their horses for Romsey." We're here to thank all who volunteered reports, material, membership and advertising purchases, comments – positive and constructive, alike – helped with distribution, or even with "word-of-mouth" enthusiasm for the changes'.

Cook, cartoonist, media personality, and local man, Peter Russell-Clarke, has offered the Rag a regular article, and Peter's first

recipe and cartoon appear on page 21.

Thank you, Peter.

Now, I'm going to ask each and every reader of the Rag to continue your support for Romsey, and do at least one of the following, sometime during March.

Read your Rag. Read it all. When you've read it, pass it on to another – family, friend, neighbour, colleague – who may not have seen it. Tell them where you picked up the copy. Write something for the Rag, or suggest a topic or interest area that another could write for us all.

If you're a business person in Romsey and district, then buy a membership.

Place an advertisement; show us your business card; tell us about your products, services, activities. There's a good chance that you'll find some Rag readers will support you too.

In a growth time of the 1980s, Romsey residents got together to create the Rag. They kept up the momentum to sustain the Rag for more than thirty years, and in 2018, we have moved on to the next stage to help the Rag continue, grow and develop – along with its town and district, and be the best community news letter in the district.

Hop on your horse for Romsey!

## Bringing health and wellbeing services to Romsey Seeking health and wellbeing services close to home?

Opening mid-year, Cobaw Community Health (Cobaw) is establishing a centre on Main Street, at the site of the old Romsey Primary School.

The building project, in partnership with Macedon Ranges Shire Council, is picking up momentum. You may have driven past and seen construction works underway with the framework taking shape. Cobaw is excited to soon be delivering local place-based services in the east of the Shire -- a long held vision of the Board and staff.

Cobaw is a not-for-profit organisation that has been providing health and wellbeing services to the Macedon Ranges community for over 30 years, in the areas of early childhood, youth, families, adults, aged, and disability.

"We're thrilled to see the build well underway," said the Cobaw CEO, Margaret McDonald.

"We're looking forward to bringing more accessible health and wellbeing services to Romsey and surrounding communities."

For more information on Cobaw and the building progress, visit [www.cobaw.org.au](http://www.cobaw.org.au) or call 1300 026 229 (1300 0 COBAW).



## Coffee Shop Conversations.

### The Power of positive thinking

mmm Most of us would prefer to be positive rather than negative. Is your glass Half full or Half empty! Which one you chose around positive thinking may reflect your outlook on life and your attitude around self, it may even reflect on your health.

One of the biggest benefits of positive thinking is that it helps us stress less, and manage our stress easier, it is almost impossible to live a life with no stress, the key is how you deal with your challenges on a daily basis.

Positive thinking is not just a soft and fluffy statement that can so easily be dismissed, it is a way of life. Once we become aware of how we think, we can change our lives. It can give us more confidence, improve our moods and even improve the likelihood of developing conditions such as hypertension, depression and other stress related disorders.

Once you become aware of how you think it takes time and practice but you can change the way you think and change your life. So how do we do this?

**1. Identify areas of change.** Identify the areas where you think negatively

Then focus on one area at a time and approach that area in a more positive way.

**2 Check your self.** Watch your language. If you find your thoughts are mainly

negative try to find a way to stop think and Flick the switch. (negative into positive.)

**3.Be open to humour.** When you can laugh a little at life, and find fun I am sure You know someone in your life who is always smiling.

**4. Follow a healthy Life Style.** Exercise and a healthy diet.

Fuel your mind and your body. Balance between what you want to do, what you have to do and what you need to do.

**5. Surround yourself with positive people.**

Make sure you are supported in the process of just being you, same values similar interests. People who you can trust, cry with, laugh with and celebrate with.

**6. Practice positive self talk**

Rule number one don't say anything to your self that you wouldn't say to yourself.

Be gentle and encouraging with yourself and respond with affirmations that are good about you. (I can, I am, I will.)

**Just a couple of examples of negative to positive are.**

**I have never done it before (N)**

Its an opportunity to learn something new. (P)

**Its too complicated (N)**

Ill tackle it from a different angle (P)

**There is no way it will work (N)**

I can make it work, it might take a little time. Practise makes it easier.

## Health and Wellbeing



*Life Circle  
Solutions*  
GILLIAN GORRIE

**Be Empowered To Live  
The Life You Deserve**

**For More Information**

**Phone:**

**0409801082**

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**[gillian@lifecirclesolutions.com](mailto:gillian@lifecirclesolutions.com)**



## Big Thankyou to the Romsey Walking group and Co



In the December issue, I did a big thankyou to our collators, but failed to put their pictures in, so you could see them at work, this group of volunteers have worked tirelessly under the guidance of Joan Sparkes every month in the past.

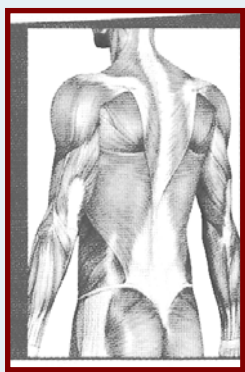
We have now moved into the next phase of the growth and development of the Romsey rag. We have outsourced the printing where it is printed, stapled and delivered.

## Thank you to the Mens Shed

Big thankyou to these Boys Gavin, Neil and Rob from the Men's shed in Lancefield for the great job they made on the Romsey rag stands, keep your eye out for them around town.

Please note the Romsey Rag is **PICK UP ONLY** from numerous places around town, The Bay tree, 5 Kings, IGA, The butcher, The Library, The service station and the Post Office.

## Staying In Tune



### Body Tunes Remedial Massage

Shop 2/110 Main Street  
Romsey  
PH: 0407367840  
54293802  
www.bodytunesmassage.com.au

### My opening hours

#### Mon- Tues -Fri

9 am – 6pm

#### Wed-Thurs

9am – 12pm,

5pm – 9pm

Sat 10am – 3pm

#### Sun -

appointment only

Hello.....If you are looking for more reasons for booking a massage , other than because it feels great , look no further. Lets face it , massage can make you a much happier person ,but here are nine rock solid benefits of regular massage that make a compelling argument to book in for one soon.

1. Correcting problems in your body. we use specific techniques to address an individual's injury, postural or joint issues as well as improving circulation reducing pain, and bringing a sense of wellbeing.
2. stress reduction
3. immunity boosting
4. heightens mental alertness
5. releasing muscle tension and pain
6. increased joint mobility
7. improved posture
8. improved skin tone
9. eliminating vicious cycle complaints ie jaw clenching by addressing the source of pain you can alleviate tension headaches and much more.

Remedial Massage is an intensive form of massage that aims to address the cause of pain and dysfunction. The typical initiation to massage is motivated either by a stressful or painful condition. Few things are as distressing as chronic pain. It saps your energy, and takes

an emotional toll. But massage's magical ministrations go deeper, and offer you far more than you may have suspected.

Many of my regular patients report improvement— often mental and as well as physical.

The analogy I use is the correlation between a car and our body. We maintain our cars by having them serviced regularly, so that they run efficiently. Our body is our vehicle, it is how we get around, and the impact we place on our body is often ignored. Pressure can build up in various parts of the body and create pain.

Through the wonders of massage, you can experience the life-changing results.

It is of benefit to EVERYBODY. Let's be honest we can all do with looking after ourselves a little better.

I am passionate about health and committed to working with you to achieve an improved state of wellbeing and long term results.

My remedial treatments are tailored to the individual so come in for an assessment as my goal is to help you improve your wellbeing.

I am a provider for private health funds.

Health Fund  
Rebates  
Available



# RSS

ROMSEY SELF STORAGE

### ROMSEY SELF STORAGE

For All Your Storage Needs

24 Hour Security -  
Access 7 Days a week.

Contact us on  
5429 6744 or 0438 684 023

Here at Romsey Self Storage, we have a great storage solution for those items taking up far too much room inside your house!

We have appropriate unit sizes to suit all individual needs!

A 1.5m x 3m unit, ideal for storing boxes and small items you're not ready to part with.

A 3m x 3m unit, excellent for storing those items of furniture that may be taking up a little too much room.

Or how about a 6m x 3m unit to clear out the spare bedroom that you've been needing to do since the kids left home!

Come visit us at 11 Park Lane, Romsey.

We're sure we can provide a solution to all your storage needs.

## Declutter and Find Clarity.

### *Is it time to declutter your mind, along with your home?*

Have you been contemplating decluttering your home or garage lately?

***We all know that clearing the clutter improves our health, life, not to mention our productivity.***

***We know we need to do something but not sure where to start.***

***We all know instinctively how to declutter.***

***You can start small, focus on one room at a time and your first step might be to get it out of the house.***





# Chinese Medicine and Your Health

At Essence of Chinese Medicine we strive to provide healthcare needs to people of all ages – from just a few weeks old to those advanced in years.

You are reading this because you are seeking more information about alternative or complementary therapy to conventional medicine.

Perhaps you struggle with chronic illness, pain, emotional stress or fatigue.

It could also be that you simply want to feel better with a more energetic, joyful and active daily life.

Chinese Medicine provides holistic medical solutions for those who are looking to get to the root cause of their health problems and empowers them to take an active role in their health. It places a strong emphasis on disease prevention, health maintenance, achieving better health by restoring balance to the mind, body & soul.

At Essence of Chinese Medicine we provide quality acupuncture, massage and herbal medicine treatments to help resolve your health problems effectively.

## Menopause is No laughing matter

For many women menopause is no laughing matter. Menopause affects women in a wide variety of ways. Some breeze through with this transition and others can be troubled for many years. The distressing symptoms of varying severity can be a true trial physical, emotional and intellectually.

That being said, menopause is not a disease. It is the natural phase in a woman's life signifying the end of the reproductive years. In this article I want to educate you about: - What menopause is, how it can affect women differently and how to reduce the impact it can have on your life.

**Preventative information for women in their younger years to help facilitate a smooth transition when your time comes.**

Help the male population out there understand what is happening to the women around you, be it your mother, wife, sister, teacher or even someone at your workplace.

**What is peri-menopause & menopause?**

'Climacteric' or peri-menopause is the period when the function of the ovaries declines and you are still getting your period, often irregularly. During this time the symptoms of hot flushes often appear (this stage usually spans 2 – 5 years). 85% of menopausal women suffer from hot flushes and of that group 45% may experience them for 5-10yrs after menopause has begun.

**Menopause indicates the complete and permanent cessation of your period/ menstruation** - an interval of 6-12mth usually establishes diagnosis. Menopause usually occurs between the ages of 48 and 55. Interestingly, menopausal age has remained unchanged for centuries.

**The main symptoms of peri-menopause** are due to the declining production of oestrogen by the ovaries: vaginal dryness, hot flushes spontaneous sweating / night sweats, dysfunctional uterine bleeding (heavy prolonged periods, shortened cycles)

**Other symptoms** often related to menopause to name a few include headaches, tiredness, lethargy, irritability, anxiety, nervousness, palpitations, weight gain, depression, insomnia, reduced libido & forgetfulness.

**How can I help my transition through perimenopause?**

Menopause is not an event that takes place suddenly in a woman's life. The type of menopause a woman is to have is influenced largely influenced by general health/ lifestyle and dietary habits throughout her lifetime i.e. if a woman has a poor diet, has high stress & overworks for several years prior to the onset of the menopause, she is more likely to develop more severe symptoms during the climacteric years.

**Here are some simple lifestyle practises that you can adopt immediately to help alleviate menopausal symptoms: -**

**Reduce stress** - emotions like anxiety, worry, anger, fear or guilt deplete the body, especially when run against a background of overwork. Balance your stressful times with periods of mental calm and relaxation with practises such as meditation, deep breathing, Tai chi, walking, swimming, listen to music etc

**Reduce Workload** – do not work long hours without adequate rest. Balance your periods of activity with enough rest to allow your body to rest and recover. These are often mother's working full-time, juggling children and running a house. Delegate, go part-time, learn to say "No"

## Health and Wellbeing

Dedicated to helping you Achieve  
Better Health & Vitality



Essence of Chinese Medicine



www.essenceofchinesemedicine.com.au  
75 Main Street, Romsey Vic 3434



We invite you to find out how Chinese Medicine can be a positive and life changing experience.

Call us to arrange an appointment on.  
(03) 5429 3610 or email

[e contact@essenceofchinesemedicine.com.au](mailto:contact@essenceofchinesemedicine.com.au)  
[w http://www.essenceofchinesemedicine.com.au](http://www.essenceofchinesemedicine.com.au)



**Hannah Sutton**

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B.App.SC (Chinese Medicine)  
Registered Acupuncturist &  
Chinese Herbal Medicine  
Practitioner

## Health and Wellbeing

### Essence of Chinese Medicine



www.essenceofchinesemedicine.com.au

Ph: (03) 5429 3610

75 Main Street, Romsey 3434

## Menopause continued

**Smoking** – injures the Lungs, heats us up and dries us out. It's no wonder it will aggravate.

**Irregular diet** - eating irregularly and eating excessive amounts of dairy foods, sugar and greasy-fried foods often aggravates menopausal symptoms. Clean eating, don't skip meals and drink LOTS of water. Limit tea, coffee and alcohol – these substances are very hot in nature and therefore aggravate menopausal symptoms and hot flushes. Even one cup of coffee a day can make a huge difference

Therefore, based on the above information if you are a young woman at around 35 years of age, take note of all of these factors and start now working on reducing these factors in your life so that you positively influence your own transition when it comes time: -

Don't overwork

Avoid emotional stress & practise relaxation techniques

Do moderate exercise

Don't smoke

Consume only moderate amounts of alcohol/tea/coffee

Avoid eating processed foods and dairy products

### Menopause in Chinese Medicine

From a Chinese Medicine perspective, menopausal symptoms arise from an imbalance of Yin & Yang. As we age our Yin & Yang should decline at the same rate – this is called “aging gracefully”. When either Yin or Yang declines at a faster rate than the other you get an imbalance and unwanted symptoms arise. I like use the analogy of

comparing the menopausal woman's body to a pressure cooker that overheats that keeps boiling over.

Chinese medicine treatment can help women to minimize their problems during menopause by bringing them back into balance – take that lid off the pressure cooker!! Herbal medicines are the most common form of treatment as they have a stronger effect in nourishing the body and acupuncture is often supplemented to help control menopausal symptoms such as hot flushes and reducing stress. Usually patients notice improvements in their symptoms in the first month of treatment with a course of treatment being 3-6 months.

If you taking nothing else away from this article please take on the following advice: -

Never laugh at a woman having a hot flush – be compassionate & tactful

Slow down, take time out to nurture yourself and reduce stress wherever you can.

## An Invitation for you

### INVITATION: LEARN HOW TO USE A DEFIBRILLATOR

**Do you know how to use a defibrillator?**

**Do you know where defibrillators are located?**

The Romsey-Lancefield & District Ambulance Auxiliary would like to invite the community to an **AED ( Automatic External Defibrillator) familiarisation session.**

Come along to the Romsey Ambulance station, Main Street, Romsey (next to the Police station) on

**WEDNESDAY, MARCH 14<sup>th</sup>**

**10 am or 7pm**

to learn how to use these life saving devices

**ALL WELCOME**



### **Romsey-Lancefield & District Ambulance Auxiliary**

For further information  
contact:

Helen Richardson

0448208655

## Public Transport Romsey

Yes, we do have public transport. Buses depart from the front of The HUB for various destinations, and railway stations as far north as Bendigo and into Melbourne.

Time tables are available from the library.



# Women's Health, Heart Health

Most people know that cardiovascular disease is the most common cause of death among men, but how many know that it is also the leading cause of death in women?

Women are four times more likely to die of heart disease than of breast cancer.

Cardiovascular disease (CVD) is disease of the heart and blood vessels. This includes heart attack and stroke, as well as high blood pressure, DVT (clots in the legs), PE (clots in the lungs), a narrowing or blockage of arteries, including those in the legs, kidneys or brain, resulting in pain or loss of function in these areas.

Did you know that 90% of women have at least one risk factor for CVD?

## So, what are the risk factors for CVD?

It is useful to think of these in three groups:

**1. ones we need to know about, but cannot change; Age:** the older we are the greater the risk of CVD. If you are 45 or older you should

consider your risk factors for CVD.

**Family history:** a history of heart attack or stroke under 55 increases your risk of CVD

**2. the ones we can change;** Smoking (including exposure to second hand smoke) Sedentary lifestyle (too much sitting!)

Diet: too much fat, sugar, salt or alcohol  
Overweight

**3. the ones that we need to identify** so that we can reduce the effect they have on our chance of developing CVD. High blood pressure High Cholesterol Diabetes Chronic kidney disease

## What can we do to reduce our risk of CVD?

Quit smoking, Healthy lifestyle: healthy eating, regular exercise, healthy weight

Regular health checks to pick up risk factors  
**Under 45?**

Blood Pressure check if you are on the pill or have other risk factors outlined above

## Aged between 45 and 49?

Visit your GP to see if you qualify for a 45-49 year-old health check. This is funded by Medicare for anyone who has a risk factor for chronic disease. (Note that you can see your GP at any time for a health check. This is just a more comprehensive fully funded checkup for those with increased risk.)

## Over 50?

Regular check with your GP for BP, diabetes, cholesterol and kidney function -- every 1-3 years depending on your risk. Ask your GP to calculate your CV risk. Remember that CVD is the biggest cause of death for both women and men. Every hour, five Australians die from heart disease, stroke or blood vessel disease (CVD), and many others are left disabled. Consider your risk, and take action now, before it is too late!

## BULK BILLING FEMALE GP AVAILABLE IN FEBRUARY 2018

Dr Hawa Yasir completed her MBBS at Monash University in 2009.

Dr Yasir has gained knowledge and experience working as a Rural GP in Swan Hill, and has special interests in skin cancer, surgery and preventative medicine. Additionally she continues to work on a monthly basis with one of the plastic surgeons at Epworth Hospital. Outside medicine, she enjoys travelling and the good

eateries that Melbourne has to offer.

Dr Yasir will commence four days a week at Romsey Medical in February 2018. She is in her final year of Australian General Practice Training, and will be with us until February 2019.

The Romsey and Lancefield Medical Centres are fully accredited.

We are committed to providing the highest quality medical care to our community by delivering ethical, consistent, timely and comprehensive care encompassing family medicine, emergency care and preventative health strategies.

## Health and Wellbeing



Romsey and Lancefield  
Medical go to:

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

## Romsey & Lancefield Medical

Welcomes:

Dr Hawa Yasir

Dr Suki Allen Romsey & Lancefield Medical



Romsey Medical



Lancefield Medical

Telephone (03) 5429 5254

ROMSEY MEDICAL  
99 MAIN STREET  
ROMSEY VIC 3434

LANCEFIELD MEDICAL  
20 CHAUNCEY STREET  
LANCEFIELD VIC 3435

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

We are committed to providing the highest quality medical care to our community by delivering ethical, consistent, timely and comprehensive medical care including family medicine, emergency care and preventative health.



## ROMSEY & LANCEFIELD SOCIAL CLUB

For more information  
please contact:

Rae Hooke 54291602  
Eileen French 0412787213



## An Invitation For You

*Inviting men and women 55 to 105 who are retired, who wish to make new friends and are helpful.*

We meet **Every Monday** in the back rooms of the Romsey Mechanics Hall from 11am to 3pm for lunch and afternoon tea. Hot soup, rolls, nibbles and biscuits and cake. Cost \$5. Some groups play cards, others sit and chat and now we have Bingo.

For those who don't drive, we have a council bus that will pick you up and drop you off in the afternoon.

**Once a month** we have professional cooks who come in and give us a 2 course lunch. This meal is \$10.

We also have a **Bus Trip** to some very interesting places on the first Wednesday of the month with a 2 course meal and morning tea. Trips are \$40 which includes your lunch.

## Monthly Bus Trips      Come along and give us a try.

### Wednesday 7th March 2018 – MARYSVILLE

Today we are off to Marysville to take in all the beauty this town has to offer. Starting at Bruno's Art Sculpture & Garden we will see how he rebuilt his garden after it was destroyed in the Black Saturday Bushfires. We are then heading up the road for a moment of tranquility to Stevenson's Falls. Lunch will be served the Black Spur Inn which was a crowd pleaser in 2016.

**Depart Romsey – 8.00am, Lancefield 8.15am**

### Wednesday 4th April, 2018 – a day by the sea WILLIAMSTOWN

We will have a guided driving tour with commentary along the way. For lunch we are off to the Bay Bridge Hotel for a 2 course meal.

**Depart Lancefield – 9.00am, Romsey 9.15am**

### Wednesday 2nd May 2018 – MARYBOROUGH

Today is all about sightseeing. On our way to Maryborough we will be driving along the Sunraysia Highway to see the Waubra Wind Farm. For lunch we are heading to Maryborough Highlands Society for a 2 course meal and at the end of the day we will be having a wander through Maryborough's historical Railway Station.

**Depart Romsey 9.00am, Lancefield 9.15am.**

### Wednesday 6th June 2018 – ESSENDON & AIRPORT WEST

This month we are going to see the only aviation museum dedicated to the preservation of Australia's domestic aviation development and formally recognizes all participants in aviation development in this county. For lunch we are going just around the corner to Windy Hill Bistro for a 2 course meal. To finish off we are going for a browse around the Poyntons Nursery.

**Depart Lancefield 9.00am Romsey 9.15am**

## Girl Guides



The Romsey Lancefield Girl Guides is a group of girls that meets on Monday nights at Lancefield Park. We do a variety of activities outdoors and inside with different aims and themes. We recently celebrated Thinking Day on 22<sup>nd</sup> February, at a combined night with Woodend and Gisborne Guides. "Impact" was the theme – the impact that Guides can have on each other, our families, and our communities. A badge can be earned for this day. A fun Commonwealth Games badge has been designed for the girls to complete in the near future too. It offers challenges under the headings Physical, People, Practical and Self. It is designed to learn about some of the challenges for competitors and challenge the determination and personal development of each girl in the unit.

We currently have girls aged 6 to 15 years.

If you are interested in finding out more come along to the pavilion at Lancefield Park on Monday evenings from 5.00 to 6.30pm. Or ring Rita on 5429 1996.

# Romsey Primary School News

## School News

2018 has started on a very positive note at Romsey Primary School. All students have settled very quickly into the school routine, including our 46 preps. A lot of time in class has been spent on studying and understanding our school values of

### **Respect, Responsibility and Integrity.**

In 2018 the school has a major focus on the reading and spelling approaches across the school. We are implementing SMART spelling across all year levels. This year we have welcomed two new staff members – Liz Troost who works in the office from Wednesday to Friday and our new handyman Leo Vandervalk.

We also welcomed back Amy Green (Visual Arts) who has returned after family leave.

We were sad to say farewell to our handyman and “go to guy” Steve Westbury after 20 years of service to the school. Steve’s contribution to the maintenance of the school buildings and environment has been enormous and very much appreciated.

Major renovation works to the school were carried out over the Christmas holidays and the office and library now look amazing with new carpet, new paint and some changes to the configuration of these two areas.

The classroom block of rooms 6 to 10 will be refurbished over the next school holiday period.

Our canteen is now open 5 days per week with a new colour coded menu to assist parents and students to make informed healthy choices. There are some new items on the menu proving to be very popular with students. Thanks goes to canteen manager Trish who is always looking for new ideas to introduce.

Don’t forget to check out our website to find out what is happening around the school. As always we are a community of learners and we are all daring to be excellent.



Are you a green thumb, or a whiz in the kitchen?  
Are you interested in learning cooking and gardening tips, or sharing some of your expert skills?

### **Did you know Romsey Primary School has a gorgeous Stephanie Alexander Kitchen Garden?**

We are looking to re-establish the Stephanie Alexander Kitchen Garden program for our students.

Our goal is for students to experience pleasurable food education – teaching them to grow, harvest, prepare and share fresh, seasonal, delicious food.

We are calling for our community members (including grandparents, great-grandparents, retirees) to participate.

Join in our weekly Gardening Sessions  
(Mondays, 9.00 am – 10.45 am)

Assist with various cooking activities throughout the year

Any supplies (e.g. seedlings, fertiliser, cooking utensils) would be greatly appreciated

Working with Children Checks are required, but the school can help obtain them.

**Please contact**  
**Mandy (0408 337 623) or**  
**Ellie (0417 695 058) if you are**  
**interested -- we would love to**  
**hear from you.**



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**COMBINED  
PROBUS CLUB OF  
ROMSEY and  
LANCEFIELD Inc.**  
A0042634P  
P.O. Box 280, Romsey.  
Vic. 3434

**President:**  
Gerard Hanrahan 5429 5630  
**Secretary:**  
Jenifer Clampitt 5429 5480

## Join Probus for Fun and Fellowship

Probus is an association for active community member, and those no longer working full time, to join together in a club for a new lease of life.

The basic purpose of Probus is to advance intellectual and cultural interests among adults; to provide regular opportunities to sustain healthy minds and active bodies; and, through social interaction and activities, to expand interests and enjoy the fellowship of friends.

Our members are active, age 60 years and above. We enjoy each other's company, and have made good friendships along the way. Always plenty of chat and laughter, whenever we are together.

Monthly meetings are at 10am, on the 4<sup>th</sup> Thursday of the month, in St.Mary's Church Hall, Main Street, Romsey.

**Our next outing is on**

**Wednesday, March 21<sup>st</sup>, when we will enjoy a bus trip to Ballarat.**

**Our next meeting is our AGM, at 10.00 am on Thursday, March 22<sup>nd</sup>.**

The group enjoys fortnightly Ten Pin Bowling at AMF Bowling, Watergardens, and holds a coffee morning on the alternate fortnight.

**The dates for coffee mornings in March are 10.00 am on the 9<sup>th</sup> and 23<sup>rd</sup>, at the Mad Gallery in Lancefield.**

Check out our website for information about the Romsey & Lancefield Probus Club **rlprobus.org.au**

Now that you are retired, or close to retiring from work, come and join the friendly folk in the Romsey & Lancefield Probus Club, and learn more about what Probus can offer to assist you in staying active.

Or phone the numbers to the side.

## Cultural Diversity at Kyneton Museum



**Kyneton Museum is celebrating Cultural Diversity Week during March with the new myth-busting exhibition, *Chinese Fortunes*.**

The exhibition, opening on **Tuesday 20 March at 5pm**, explores the stories of Chinese migrants in Victoria, and offers new insights into the political, economic, and cultural dimensions of their experiences.

Developed in conjunction with The Museum of Australian Democracy at Eureka (M.A.D.E) in Ballarat, and The Golden Dragon Museum in Bendigo, *Chinese Fortunes* uncovers the remarkable contributions made by Chinese migrants from 1851 to 1901, and highlights their resilience and cultural pride.

The exhibition, which is part of the state-wide multicultural celebration, Cultural Diversity Week, has toured to the Immigration Museum and Parliament House in Melbourne, and is supplemented with education and public programs that will teach and demonstrate aspects of Chinese arts, language and culture.

**Kyneton Museum is open Friday to Sunday from 11am to 4pm. Entry fees apply.**

**For more information, visit [mrsc.vic.gov.au/museum](http://mrsc.vic.gov.au/museum) or call 1300 888 802.**



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# Mechanics Institute Update for March

The Supper Room works have moved ahead well. Both fireplaces have had their surrounds stripped, and these are now ready for staining and sealing. The cast iron fireplace inserts are almost in place.

**An insert in place prior to hearth repairs and tiling**



We have located some appropriate tiles to use on the severely damaged concrete hearths, and around the inserts. The new lighting and fans will be put in place over the coming weeks.

**The Upstairs South Room will soon be ready for summer and winter**



Painted this room, and put in new carpet, it will be available for hire. A number of people have donated good quality furniture, which will be moved into the room once the renovations are completed.

The 3<sup>rd</sup> Romsey Antiques Fair will be held at the RMI on Saturday March 17<sup>th</sup>.

All stall spaces have been filled so there will be a wide variety of items available for purchase. The Romsey CWA will again be preparing and serving their wonderful afternoon teas. Please come along to have a look at the various stalls, and to see how good the main hall and supper room look after the render/plaster repairs and repainting works. Please note that there will be a \$5.00 entry charge (this event is a combined fundraising activity between RMI and RNH).

If you are planning something -- a birthday, anniversary, engagement or any other function, please consider the RMI. Our web site gives a good idea as to what we have to offer. Bookings and all inquiries can be made at; [rmibookings@gmail.com](mailto:rmibookings@gmail.com). We are very happy to discuss your function, show you through the hall or supper room, and explain the hire process.

Anthony Lakey, Chair, RMI CoM

## Community News



### Romsey Mechanics Institute

PO Box 130  
Romsey 3434  
Victoria  
Mob; 0458 726106  
ABN; 99 340 024 758

[www.romseymechanicsinstitute.com](http://www.romseymechanicsinstitute.com)

inquiries can be made at;  
[rmibookings@gmail.com](mailto:rmibookings@gmail.com)

the Upstairs South Room. Once we have

## Macedon Ranges launches 2018 Arts & Culture program



Get the scoop on what music, comedy, drama and cabaret events are headed to the Macedon Ranges this year as Council launches its Arts & Culture program for 2018 on Friday 16 March at Kyneton Town Hall.

The festivities begin at 5.30pm, with guests treated to door prizes, complimentary drinks and nibbles and a generous 20% discount on full-priced tickets.

This free event, hosted by performer Emilie Bloom, will include special live performances, roving entertainers and the premiere screening of the Too Many Mirandas dance flash mob film.

To attend the launch, please RSVP by Thursday 15 March by calling 1300 888 802 or email [ktickets@mrsc.vic.gov.au](mailto:ktickets@mrsc.vic.gov.au)

Copies of the 2018 season brochure will be available for collection from Monday 19 March in Council service centres in Kyneton, Gisborne, Woodend and Romsey.

Program details will also be published on Council's website after the launch, [mrsc.vic.gov.au/arts-program](http://mrsc.vic.gov.au/arts-program).



### Romsey Library The Hub

98 Main Street  
Romsey 3434  
Phn: 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

**Tech Savvy Seniors @ Romsey Library**  
Want to improve your digital skills? Join us for a Tech Savvy Seniors session, designed to give people over 55 years the opportunity to develop technology skills for socialising, accessing important services and conducting personal business.

Tuesday 17th April  
Introduction to the Internet & Tablet  
Tuesday 24th April  
Introduction to Email: Part 1  
Tuesday 1st May  
Introduction to Email: Part 2  
Tuesday 8th May  
Introduction to social media

This 4-part series is being run over 4 consecutive Tuesdays from 10am – 12pm.

Includes morning tea.

To book your place, please visit the Library or call us on 54492 726.

Book now, places are filling fast!

#### IT Help

One-on-one assistance with technology related questions. Learn about using your own device – laptop, tablet or phone and discover fantastic online resources including books and magazines. Find out how to get the most out of your library membership.

### International Women's Day Thursday 8th March

Romsey Library is celebrating International Women's Day on Thursday 8th March with a display of girl- power books for all ages. Pop in and borrow some ideas to help you change your life and our world.

To book, please visit the Library or call us on 54492 726.

#### Housebound Services

Goldfields Libraries provide library services to individuals who are unable to visit the library themselves and to institutions.

Who is eligible?

People who are ill, frail or have a disability, on a temporary or permanent basis

Those who live in residential or special accommodation homes People who have been in hospital

Full time carers

The Home Library Service offers:

Regular deliveries of fiction and non-fiction books, large print books, talking books, DVDs, magazines

Temporary deliveries after hospitalisation

Bulk Loans – regular book deliveries can be arranged for nursing homes.

Please note that these services are provided by selected Goldfields Libraries, including Romsey Library.

#### Contact Us

**If you require the Home Library Service or know someone who does, please contact Housebound Services for more information.**

**Phone: 03 5449 2790**

**Email: Gemma - [gemmar@ncgrl.vic.gov.au](mailto:gemmar@ncgrl.vic.gov.au)**



## THE SWAGGIE IN THE STOOK by Peter Mitchell

Back in the horse-and-buggy days, the Anderson brothers emigrated from Ireland, and settled on adjoining properties near Brock's Monument, west of Romsey. Each brother had a large family, and one of them had a son, who became a medical doctor.

Doctor Anderson had researched the family genes. He advised his siblings and cousins that, owing to a genetic fault, none of them should have children. Two daughters of his cousin's family married -- one was childless, while her sister's child was intellectually disabled.

One of the doctor's brothers was highly excitable, and always dreaming up ways to make money. Because of this, he was nicknamed "Money Miller."

One night during harvest, a practical joker took a dead calf up to one of the Andersons' paddocks that had stooked hay. He laid the calf down, and built a stook around it with sheaves of hay. The nose was showing at one end, and the hind feet were showing at the other. He put a battered hat on the nose, and two old boots on the feet. By the time the Andersons were ready to cart in their hay,

the calf was very smelly. "Money Miller" Anderson went to check out the smell.

When he saw the hat and boots, he jumped back, leapt on his horse, and raced into Romsey to notify the policeman. Riding down Main Street, he called out, "Body! Body! Body!"

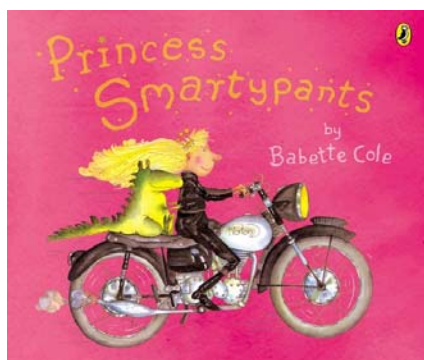
The policeman notified Diggle the undertaker., while several people in the street hopped on their horses. With solemn urgency, a posse then proceeded up Ochiltrees Road to the stooked paddock.

The policeman took away some of the sheaves, and revealed the calf. Money Miller's wrath was so great that, twenty years later, his reaction was still being shared around the district. The perpetrator of this episode never owned up, but some thought it would have been Fred White, a local store keeper and cattle farmer. Fred was known to have been involved in several practical jokes.





## Book Reviews by Rae Good from Romsey



### ***Princess Smartypants by Babette Cole***

Tired of traditional fairy-tale endings? Keen to introduce your child to princess stories with an alternative plot? In this entertaining picture book the main character, Princess Smartypants, has no intention of ever getting married and sets potential prince suitors a series of impossible challenges designed to scare them off. But is she a match for the more determined Prince Swashbuckle?

## Library News Cont



### **Romsey Library The Hub**

98 Main Street  
Romsey 3434  
Phn: 54293086

### **Opening hours**



### ***The Hypnotist's Love Story - Liane Moriarty***

"I know what I do is unacceptable. Deep down I do know this. But he started it. Mum used to say that when she met my Dad it was like a perfect love story. I thought Patrick was my perfect love story. Except he's not. He's the hypnotist's love story".

Written in 2011 by popular Australian Author, Liane Moriarty (*Big Little Lies* and *The Husband's Secret*), *The Hypnotist's Love Story* centres around widowed father, Patrick and is compellingly told from the perspectives of practising hypnotist Ellen, his current love interest and Saskia, Patrick's ex-girlfriend and current stalker, whom it is impossible not to relate to and feel sympathy for.

I've loved Moriarty's more recent novels, particularly her ability to develop great characters with believable voices, and this story of love, loss and obsession is no exception.



## Community News

## Kindergarton news in the Macedon Ranges

### **Help prepare your child for kindergarten**

Parents of children who are thinking about registering their child for a kindergarten program in the shire are invited to attend a free kindergarten information session in Woodend in May.

Presented by Council, the session will offer an overview of what kindergarten is, what children will experience when they attend, how the centres are run and tips on identifying kindergarten readiness in children.

The information session will take place on Wednesday 16 May from 7 pm–8.30 pm at the Woodend Community Centre, Corner of High and Forest streets, Woodend.

Places are limited.

To register, or for more information about kindergarten programs, fees and registration, visit [mrsc.vic.gov.au](http://mrsc.vic.gov.au) or call Council's Early Years team on 5422 0222.

### **Kindergartens on target to meet community needs**

Riddells Creek and Romsey Kindergartens and Maternal and Child Health centres are set for a facelift over the coming months following funding from the Victorian Government.

The entrance to Romsey Kindergarten will be reoriented to create dual access to both the kindergarten and primary school, forming an education precinct and improving opportunities for partnership and integration.

Riddells Creek Kindergarten will undergo a major refurbishment of the facility that will increase the licensed capacity to meet expected growth in the area. Accessibility to the kindergarten will also be improved.

Works will start in the July school holidays, and will require the relocation of kindergarten and Maternal and Child Health services for Term 3.

**For information about the works, visit [mrsc.vic.gov.au/works](http://mrsc.vic.gov.au/works) or call 5422 0333.**



## 2018 funding program opening soon

**For more information on the Community Funding Scheme, or to RSVP to attend the workshop, call Emilie on 5422 0206 or email [placesforpeople@mrsc.vic.gov.au](mailto:placesforpeople@mrsc.vic.gov.au)**

Community groups and organisations with a great idea for a project are invited to apply for financial assistance via Council's Community Funding Scheme, opening on Friday 30 March.

The Community Funding Scheme is Council's annual grants program for not-for-profit community groups and organisations of all sizes, and offers financial assistance towards a variety of projects and activities such as equipment purchase and/or community building improvements. Groups can apply for up to \$6,000.

Community groups are invited to submit an application that aims to do one (or more) of the following:

- Meet local needs
- Strengthen community relationships
- Aligns with the scheme priorities of:
  - Accessibility, diversity and fairness
  - Economic benefit to local towns
- Environmental sustainability and conservation

- Health and wellbeing

• **Complement strategic Council directions and plans**

**Applications must relate to projects/activities commencing from 1 July 2018 and be completed by 30 June 2019.**

A grant writing workshop to assist community groups and organisations in preparing their application will be held on **Thursday 29 March, from 6pm (workshop from 7pm) at the Woodend Community Centre, corner High and Forest streets (next to Woodend Library).**

This will be the official launch of the Community Funding Scheme, with Council officers available to provide an overview of the grant application process, answer questions, offer grant writing tips and distribute grant guidelines and application forms.

**Applications for the program close on Monday 30 April.**

Community Funding Scheme guidelines and application forms will be at **[mrsc.vic.gov.au/Community-Funding-Scheme](http://mrsc.vic.gov.au/Community-Funding-Scheme) or**

**at Council service centres in Gisborne, Kyneton, Romsey and Woodend closer to the launch.**

## Deep Creek Landcare Group



### DEEP CREEK LANDCARE GROUP 3434

Covering Lancefield, Romsey & Monegeeta Districts  
[deepcreek-landcare@gmail.com](mailto:deepcreek-landcare@gmail.com)

It has been a busy time for the Landcare Group, with onground work and strategic planning in a range of areas to help enhance and protect local biodiversity.

What is Biodiversity? Biological diversity refers to the variety of species of animals, plants and micro-organisms, and the ecosystems in which they live and interact. This is a major part of what Landcare strives to protect and enhance.

With this in mind, we are currently contributing to the Macedon Ranges Shire Council Biodiversity Strategy, which aims to identify policy and planning initiatives and priorities for onground action, and monitoring change in our unique and diverse environment. Pleasing results are being obtained by some dedicated Landcare members, who have been

training with Melbourne Water, and then monitoring the creek as part of the Water Watch program.

Elements assessed at regular intervals include water turbidity, salinity, temperature, and general water quality.

Deep Creek is home to the endangered Yarra Pygmy Perch. The creek's health is crucial to the survival of this species.

Also, we have been working with the Rivers of the West Campaign, launched by Environmental Justice Australia, which seeks to gain great

er legal protections for the Maribyrnong and Werribee catchments. Growth in urban development and land clearing are two of the many threats to these vital waterways. Deep Creek is one of the upper tributaries of the Maribyrnong -- an important component of the catchment, and well worthy of protection.

If you have a property with Deep Creek frontage, and are interested in learning how to better protect and enhance this beautiful natural asset, feel free to contact us at [deepcreeklandcare@gmail.com](mailto:deepcreeklandcare@gmail.com).

The annual Indian Myna bird count submission from Lancefield for 2017 was an incredible 612. Well done to those who contributed! For any trapping enquiries, please contact Pat Danko at [deepcreeksecretary@gmail.com](mailto:deepcreeksecretary@gmail.com).

Anyone may attend the Landcare meetings, which are held on the second Monday of every month at the Lancefield Mechanics Hall Annexe, at 8 pm. All are welcome.

**Hayley Goodman**

## RRBATA Update



### Romsey Streetscape Project Update

The civil works element of the Romsey Streetscape Project has commenced, with bluestone edging being restored, and installed in the Main Street between Barry and Murphy Streets. Civil works will precede the garden works (Autumn) to be followed by the lighting works. All is expected to be completed by the end of June.

### RRBATA Inaugural Business Dinner 19th April

RRBATA will be convening its inaugural RRBATA Business Dinner to be held on Thursday 19th April

2018 with venue to be confirmed soon (see RRBATA Facebook or Romsey Online). The recently appointed Macedon Ranges Shire Council Chief Executive Officer, Ms Margot Stork, will be a special guest. It will be a great opportunity to learn of her vision for the Macedon Ranges in the context of her role. Convening an evening event allows those unable to attend the annual Business Breakfast event to be involved in a worthwhile local networking opportunity.

### Historic Digital Interface Plaques Project

This RRBATA project continues to progress with Stage 1 to be installed by midyear. Plaque design has been confirmed, and collation of information for inclusion on plaques as well as that to be interfaced with Romsey Online is ongoing. The working group is to be commended for its hard work so far on what is a huge task, but one that will enhance the "Romsey history experience" for both visitors and local community members. RRBATA acknowledges the generous support of Macedon Ranges Shire Council and Bendigo Bank for this project.

### Clean Up Romsey Day

The 3rd Annual Clean Up Romsey Day will be held on Sunday 18th March 2018 between 9am and 11am. Even half an hour of your time would be appreciated to demonstrate your pride in our town. This year, it is hoped to engage some of the community groups, sporting clubs, and schools. Don't forget to bring a sunhat, water bottle and gloves! A free sausage sizzle will be ready from 10.30am!

**For further enquiries, please contact**

**Jenny Stillman (jennystillman@optusnet.com.au , 0412 349849).**

### Localised Planning Statement

RRBATA Committee members recently attended the Information Forum held in Romsey regarding the draft Localised Planning Statement. Unlike other Macedon Ranges townships, Romsey's town boundary will not be reviewed until the new Strategic Plan (formerly known as the ODP) is drafted. However, RRBATA has considered the Localised Planning Statement more generally, and will make a submission to State Government.



## Community News



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

Jenny Stillman  
Phone: 0412 349849  
Email: [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au)



Follow  
RRBATA



## Follow RRBATA



## Equine Insight Inc ANNUAL BUSH DANCE SATURDAY APRIL 21ST , 7pm-10.30pm KERRIE HALL



**Equine Insight Inc.** is a charitable, not for profit organization.

Venue - the Kerrie Hall, is located on the Kerrie Valley Road.

**Cost is \$15/person, \$40/family.**

We shall also be having a sausage sizzle and a raffle.

A great night of fun and laughter.

Funds raised will go toward our 'youth at risk' programs in the  
**Macedon Ranges, contact # 0400224174.**





## RRBATA Update Cont



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

Jenny Stillman  
Phone: 0412 349849  
Email: [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au)



Follow  
RRBATA



#### Annual General Meeting has been set for Wednesday 29th April 2018

As reported in last month's Rag, the 2017 Committee of Management members agreed to accept nomination to the 2018 Committee in order to oversee the Romsey Streetscape implementation and acquittal of grant funds (including the Plaques Project). For the sake of Association renewal as well as current committee members' wellbeing (!), RRBATA seeks new members willing to continue RRBATA's good work in advocating business and tourism for the Romsey region.

The next Annual General Meeting has been set for Wednesday 29th August 2018.

It is vitally important to keep RRBATA fresh, strong and able to effectively continue its

contribution to the region's business and local community.

Therefore, it is hoped to transition to a new committee membership at this meeting.

Otherwise, RRBATA's future will be uncertain.

Anyone wishing to discuss this further, should contact



Jenny Stillman on 0412 349849 or [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au).

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



#### RRBATA Membership Package

RRBATA Membership is open to all businesses, organizations, and individuals who support Romsey business and tourism. Website listing, discounts to RRBATA events, reciprocal membership rights with Business Kyneton (formerly Kyneton BATA), and Macedon Ranges Business Connect discounts will all feature in this package. RRBATA aims to provide networking opportunities as well as facilitating communication with key stakeholders for all RRBATA members.

For further details, contact Jenny Stillman (ph. 0412 349849, email [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au) or go to Romsey Online and RRBATA Facebook.

#### Romsey Online

Remember - The website must be fed! 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).

### THE WHITE COCKATOO

by C.J Dennis



They count me as a common bird,  
Unworthy of respect,  
Who see me chained, mien absurd,  
Striving to croak some alien word  
Of some strange dialect:  
A captive robbed of freedom's right,  
To be a clown for man's delight.

But where, in these blue skies, wild and free,  
My gleaming cohorts go,  
Screaming in joyous ecstasy,  
To settle on some withered tree  
Like sudden fallen snow,  
Of great white blossoms heaven sent –  
Here am I in my element.

Come, seek me then to be a clown  
For man's divertissement!  
For as great flocks settles down  
To raid your fields by bush or town,  
High in my sentry sent  
To watch from out the topmost tree  
With keen, unwinking scrutiny.

Now, let the smallest sign denote  
Some threat of danger nigh,  
And sudden, from a screaming throat  
He sounds his warning trumpet note.  
His golden crest held high,  
And we are gone, like drifting snow,  
Shrieking derision as we go.

## ROMSEY BRANCH OF C.W.A. INC

### 2018 STATE THEMES:

**Theme:** Celebrating 90 Years of Diversity

**Product/Resource:** Lamb and Wool

**Country of Study:** Peru

**Social Issues Focus:** Elder Abuse

**State Project:** Umina B & B

**Thanksgiving Fund:** National Centre for Farmer Health

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 1<sup>st</sup>**

**Wednesday of each month from 10.00 am to approx. 12.00 noon.**

Our fun craft days occur on the 3<sup>rd</sup> 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-crafts.

On Tuesday 20<sup>th</sup> March we are having a CWA Open Day in Romsey at the Mechanics Institute to promote our organisation in the

local community. See flyer for more details.

Creative Arts encompasses handcrafts, sewing, cooking and baking, preserving, photography. There is also opportunity to be involved in performing arts in some branches. Creativity is as diverse as the individual members. There are also regional exhibitions throughout Victoria periodically.

In March 2018 there is the Creative Arts Exhibition of the Central Highlands Group. It will be held in Kyneton, at the Masonic Lodge, on Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> March 2018. In August each year there is the Victorian State Creative Arts Exhibition. In 2018 it will be held on Friday 3<sup>rd</sup> & Saturday 4<sup>th</sup> August.

Around May/June each year, in a different location around the state, our Members attend and enjoy the annual CWA State Conference which is held over 3 days. Information from the many speakers & presentations is in turn shared within our Branch. There are many initiatives that the CWA are involved in, from State to International level.

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



## ROMSEY BRANCH OF C.W.A. INC

### **President :**

Anne Barry

M: 0402 066 318

### **Secretary :**

Belinda Smeal

:0429 429 036 or email:

[cwaromsey@gmail.com](mailto:cwaromsey@gmail.com)

### **Treasurer:**

Susy Jarman M: 0409 860 631

### **Craft Leader: Shirley Jones**

M: 0428 525 372

## CWA ROMSEY OPEN DAY INVITATION

**Tuesday 20<sup>th</sup> March**  
**9.30am to 3pm**



**Romsey Mechanics Institute Main Road Romsey**

**Cooking demonstrations from**  
**CWA of Vic. Inc. Cooking team.**  
**9.30am—12.30pm**

**Craft demonstrations**  
**1.00pm—3.00pm Craft Displays,**

Please feel free to come just morning or afternoon sessions or stay and enjoy the day. Devonshire tea will be available. Come along and ask us about the work CWA does for the community.

CWA of Vic. has many sections of interest and there is something for all women.

**RSVP required by Wednesday 7<sup>th</sup> March to: [cwaromsey@gmail.com](mailto:cwaromsey@gmail.com)**  
**Further information: 0402 066 318 0417 013 744**



**The Romsey &  
Lancefield Districts  
Historical  
Society**

**If you can assist us in any  
way you can contact us by  
emailing the Society's  
Secretary at the  
lancefieldcourt-  
house@gmail.com**

## Seymour Cottage Update

Report on the current situation at  
the historic Seymour Cottage property  
from John Spring Co-ordinator  
December 11th 2017

All society members and many in our regional community are now aware of the extensive termite damage to Seymour Cottage and outbuilding and the consequent safety and repair reasons for closing the building to the public in August 2017. Background articles have appeared in the local newspapers and town newsletters on the termite and restoration problems. See online article at <https://romseylancefieldhistorical.com.au/our-blog/item/9-seymour-cottage-update> Temporary propping of roof structure support beams have now been carried out to arrest their structural deterioration. It is however necessary to carry out a more comprehensive and physically intrusive

investigation to assess and document the full extent of the termite damage. The society cannot gain accurate quotations for rectification works without more detailed identification of the full extent of structural timbers needing replacement and other related repairs. Consequently the temporary removal and storage of all of Seymour Cottage's historic displays and chattels is necessary before the intrusive investigations in the roof, ceiling, walls and floors are undertaken.

The Council has indicated that it will contribute \$1,500 towards a steel storage shed-garage at the rear of the property. The total cost of which it is estimated at over double this grant amount.



The Society's recent application to the Macedon Ranges Shire Council for a 'People & Places' funding grant of \$8,000 towards completing the storage shed works plus the consultants termite related investigations and structural restoration works and repair costs has been unsuccessful. This rejection of the Society's urgency application for funds has been very disappointing and greatly effects the schedule of investigations and repairs and the realistic drafting of a strategic master plan.

Currently much of the repair discussions and financial estimates is just conjecture until investigative reports and works assessments are received and repair costs have been quoted on by builders with experience in this type of historic restoration. The gardens and re-landscaping are another area of 'green thumb' works that need a new master strategy but can be implemented with dedicated local 'Friends of Seymour Cottage' people power. Can you help us in this 'garden & landscape, restoration' area ?

Seymour Cottage is registered by Heritage Victoria and has town planning zoning control overlays which impose statutory responsibilities to obtain Heritage Permits (or permit exemptions) before undertaking any repairs and decorative changes. The Council's heritage consultant Ivar Nelsen has been most helpful in advising the Society with a preliminary strategic repair plan along with making several Heritage Permit exemption requests on our behalf. Heritage Victoria has an annual 'Living Heritage Grants' funding program and it is hoped that the Society may have better luck in an application for consultants costs and restoration funds in the 2018 new year.



The timing for all the necessary investigations, reports, restoration quotes and building repairs will now take much longer than initially estimated as other funding sources or grants must be obtained before proceeding.

The drafting of a master plan has also been set back because realistic options and costs cannot be generated until specialist reports are completed and appropriately experienced heritage consultants and builders provide comparative work quotes. The Society has resolved that it cannot authorise spending on consultants investigations and any building works without there being adequate covering funds and grants 'in our bank' to cover the expenditure payments. The potential for your Historical Society going bankrupt over these restoration processes and works is a continuing possibility and must be conservatively managed to ensure restoration and future use of Seymour Cottage property is a longer term success.



# Hope Lives in *Relay For Life*, and you!

**Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> of March, 2018**

The 16<sup>th</sup> annual Relay for Life will be held this weekend at Lancefield Park.

**Survivors and Carers are invited to join us for the Opening Lap on Saturday March 3<sup>rd</sup>, at 3 pm.**

**Participants in the Survivors and Carers Lap are also invited to share an afternoon tea following in the Laurie Green Pavilion.**

At this year's Candlelight Ceremony, we will be celebrating those for whom we Relay with a slide show of people that are important to our team members.

**Join us at 8 pm** as we play some beautiful music, and reflect during the Candlelight Ceremony.



***The couch is back.*** Our team, Untitled Youth will be giving trips around the oval with their couch on wheels. It's one of the great fundraising activities on Relay day.

**February has been PAINT THE TOWN PURPLE month.**

We would like to thank all the businesses who took part. Your shop fronts and

businesses looked great. Registrations can be made on the day at Lancefield Park.

**Donations to the event or to Teams can be made online at Lancefield/Macedon Ranges Relay For Life [fundraising.cancer.org.au/site/TR?pg=entry&fr\\_id=5120](http://fundraising.cancer.org.au/site/TR?pg=entry&fr_id=5120)**

**Hope to see you there!**

## Cooking With Peter Russell-Clarke

The introduction to this recipe may seem tedious, but if I don't tell you how to step your way through the crab, or chicken, or prawn, or whatever, including the noodles, you may say I'm being lazy. Sure, I know you're aware of how to julienne food, and you've been frying noodles all your life. Nevertheless, I've included the instructions for those who are beginners. Anyway, you may not want to do the noodle bit, and use raw or yolks can be used to enhance soup, or bind rissoles, or whatever. Good luck. Peter.

### Wok-Fried Fluffy Omelette

125 g raw crayfish meat (preferably from the leg), or prawns, or chicken meat  
30 g dried noodles  
3 cups oil (for cooking noodles)  
3/4 cup pure cream  
8 egg whites

1/2 teaspoon salt  
dash of white pepper  
4 drops sesame oil  
2 tablespoons finely chopped spring onions (white and green)  
1/4 cup peanut oil

Bring small pot of water to the boil, and blanch crayfish or prawn meat. Keep on high heat until water comes back to the boil, then immediately remove from heat, drain, and refresh with a little cold water. Shred into fine julienne slivers.

If you are using chicken meat, blanch as for the crayfish or prawns, but leave the chicken to simmer for 5 minutes when the water comes back to the boil before straining, refreshing and shredding. Bring 3 cups of oil in the wok just to smoking point. Add noodles that will immediately froth and expand. Push over to the other side to cook for 5 seconds, and remove from wok and drain.

Add cream to egg whites, stirring with chopsticks until smooth, and well blended. Add crayfish, salt, pepper, sesame oil, and spring onions. Stir to combine.

Heat the wok on moderate heat for 1 to 2 minutes.

Put half the peanut oil in wok, and swirl oil around until it coats the sides. Continue to swirl the oil for another minute. Pour in egg mixture, allow to 'set' a little, then with spatula, lift edges a little to allow the uncooked centre to run to the edges. Continue to gently scramble, adding a little oil down the sides of the wok, until the mixture is 'softly set', and the remaining oil is used up.

Arrange on the plate over fried noodles. Serve immediately, garnishing with fresh coriander.

## Community News

Hope  
Lives  
Here



## Romsey Community Mural Project



"Capturing our vision for a better future"



# APPLY NOW.

## Event Sponsorship Program

Planning an event in 2018? Apply for funding from the Lancefield and Romsey **Community Bank®** branches, via our new Event Sponsorship Program.

We are offering this funding in addition to our annual Community Investment Program. This is a coordinated way for us to help support events that will run pre-November 2018.

The Program opened on Monday 19 February and applications are due in by Friday 30 March 2018.

Contact Sally Peeler at [marketing@lancefieldromseybank.com.au](mailto:marketing@lancefieldromseybank.com.au) to request an application form, or to discuss your sponsorship application.

*'Supporting our local community.'*



[bendigobank.com.au](http://bendigobank.com.au)

Lancefield and Romsey **Community Bank®** branches

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## ***This Easter, consider the Importance of The Cross***

We will all die eventually. If the Bible is correct, then there is an afterlife with judgement -- heaven, and hell. What is our plan to reach heaven? Many say, "Well, I'm a relatively good person. When I die, I'll just hope for the best." Others add, "I've been baptised, had communion, plus I give regularly to the church and charities. I think I've ticked all the boxes."

It's ironic that many people, including many Christians, think getting to heaven depends on what they do. When asked about the relevance of Jesus Christ and the Cross, most scratch their heads. They don't see a connection between their going to heaven, and what Christ did on the Cross. Many people consider the Cross simply a symbol of Christianity -- a story told at Easter of how a good man was wrongly crucified, and miraculously rose from the dead.

The fact is that, if we could earn our way to heaven by good deeds or religious rituals, then Christ died needlessly on the Cross. If we could save ourselves by our works, there would be no point for Jesus to die for our salvation (John 3:16).

The Bible states that we can never be good enough to save ourselves (Eph. 2: 8-9); that our works are filthy rags in God's sight (Isaiah 64:6); that we need to be born again (John 3:3), and that we need to become a new creation in Christ (2 Cor. 5:17).

To enter the Kingdom of Heaven, we need to have God's perfect righteousness. This is the whole point of Jesus being crucified on our behalf. If we accept the gift of salvation by believing in Christ, then we receive His perfect righteousness, and are instantly adopted into the family of God. Alternately, if we are

hoping our good deeds or religious rituals will save us; sadly, we are in for a very rude shock.

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me." (John 14:6)

"For by grace you have been saved through faith, and that not of yourselves; it is a gift of God not of works, lest anyone should boast." (Ephesians 2:8-9)

This Easter we would love to invite you to join us in a very Special Easter Celebration @ 10:00a.m. @ Encourage Church, 7 Mitchell Court, Romsey.

There will be Hot Cross buns, an Easter Egg hunt, and time for you to consider what the Importance of Easter really is.

If you would like to know more about faith in Jesus,

please contact Pastor Marilyn or our Church office, phone 5429 6327

We would be happy to help you find true peace and joy in life.

Encourage Church: "Encouraging one another to be ALL we can be in life and in God".

<https://facebook.com/encouragechurchromsey/>

You are invited to join us at our regular Sunday Service: 10 am at 7 Mitchell Court Romsey,

or one of our fortnightly Life Groups, Fortnightly Youth events and weekly Children's Programs.

We also offer Kidzone Before & After School Care | Vacation Care | 'mainly music' Program

Senior Pastor Marilyn Hunter - "ENCOURAGE CHURCH"

### Church News



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

Email:  
[office@encouragechurch.com.au](mailto:office@encouragechurch.com.au)  
Web:  
[www.encouragechurch.com.au](http://www.encouragechurch.com.au)



<https://facebook.com/encouragechurchromsey/>



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Wednesday, Thursday  
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Call for an Appointment



## Church News



### St. Mary's Parish -

#### Lancefield & Romsey

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

#### C/- Woodend Presbytery

5427 2690

#### Presbytery

5429 2130

#### St. Mary's Primary:

5429 1359

## Mass Times

### 1<sup>st</sup> & 3<sup>rd</sup> Sunday of the month:

8:00am Lancefield and 10:00 am Romsey

### 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sunday of the month:

8:00 am Romsey and 10:00am Lancefield

### COMMUNION SERVICES

#### Tuesday

9:00am Romsey Church

#### Saturday

10:00am Romsey Church

### ROSARY

Saturdays 9:45am Romsey

### RECONCILIATION

By arrangement.

### BAPTISMS

2018 – *Romsey Church* – July 1<sup>st</sup>, September  
2<sup>nd</sup> & November 4<sup>th</sup>.

2018 – *Lancefield Church* – June 10<sup>th</sup>, Au-  
gust 12<sup>th</sup>, October 14<sup>th</sup> & December 9<sup>th</sup>.

For more information, please phone 5429  
2130.

### SACRAMENTS

Parents with children not attending St.

Mary's School who are scheduled to receive  
the First Holy Communion or Confirmation

in 2018 are invited to email their details to  
the secretary at lancefield@cam.org.a to  
register your child.

### EASTER SERVICES

During Lent, Fr. Martin will celebrate Satur-  
day morning Mass at Romsey – 10am.

Easter Mass times will be advertised on our  
Facebook page or by phoning the presby-  
tery.

Like us at [https://www.facebook.com/](https://www.facebook.com/stmarysparishlancefieldromsey)  
stmarysparishlancefieldromsey to keep up  
with parish activities and news.

### Parish Priest:

Fr. Martin Fleming

### Supply Priest:

Fr. Vinoth Santiago

### Parish Secretary

Mrs. Tammie Dalglish

### School Principal:

Ms. Julie McDougall

### School Website:

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

## Beryl's Recipe Corner

### A recipe for Good Friday /Easter time

424gm can tuna	½ cup cashew nuts
1 tablespoon butter	¼ to ½ cup cooked rice
2 tablespoons plain flour	1 small onion finely chopped
300ml milk	1 cup grated cheese
¾ cup celery finely chopped	Tomato

### TUNA AND CASHEW CASSEROLE

Drain tuna and break up.

Make white sauce.

Melt butter over low heat; add flour  
gradually, and cook, stirring 1 minute.

Add milk gradually off the heat, then  
continue cooking, stirring until sauce comes to boil and  
thickens.

Stir in tuna, and season.

Melt extra butter, and saute onion, celery, and cashew  
nuts.

Place a layer of cheese in the base of a casserole dish, then  
a layer of cooked rice, followed by the tuna sauce.

Sprinkle remaining cheese on top, and garnish with toma-  
to slices.

Bake in a moderate oven for 30 minutes.

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# Romsey Uniting Church

World Day of Prayer Service will be at 11am on Friday 2nd March, 2018 at Christ Church, Chauncey Street, Lancefield. The country of study is Suriname. Everyone is welcome to attend this interesting service.

## Reflection : Power of the Cross

Many people wear crosses. They are displayed in churches, homes, schools and in sacred spaces throughout the world.

It may seem odd that what was used to execute criminals during the Roman Empire has become so prominent as a Christian symbol.

Jesus was executed on a cross, because there were those who were threatened by his ministry - his message of love and justice, his advocacy for the poor and marginalised.

For Christians the cross reminds us of Christ's suffering for the life and ministry he lived.

In Christ, we experience a God who compassionately seeks to alleviate our suffering.

The cross also reminds us that death and despair could not contain Christ. In Christ's resurrection we witness and experience God overcoming all that threatens to diminish us, all that may try to alienate us from God, from each other and from ourselves.

When Jesus died, his followers were thrown into confusion, disbelief and grief, they were fearful - hiding in locked rooms, their hopes dashed.

The Risen Christ came to them - reassuring and overcoming their fear. Their lives were transformed, they dared to hope again and live courageously embodying God's love and healing in their own lives.

This hope and love is expressed today, as millions of people all over the world celebrate the central message of Easter and the Christian message - Christ is Risen!

People experience today, in Jesus, God's message of hope that we can live differently.

Love can shape our relationships. Equality justice and peace can be the foundation of our societies. We can be reconciled to God and to each other. Healing and new beginnings are possible.

As we celebrate Easter, may you dare to hope, as we recall once more Christ's message of love and peace for all the world.

(Paraphrased from UCA Crosslight April 2017)

## Romsey Church Services & Activities during March 2018

4th. 9am Worship Service

5th. 2pm. 'Cuppa at Cookies' all welcome.

7th. 6pm. Church Council at Stracks.

11th. 9am. Worship Service & Holy Communion  
conducted by Wendy Elson

12th 2pm. 'Cuppa at Cookies'

14th. 1.30pm. The UCAF group will visit the White  
Goose at Riddells Creek

18th. 9am Congregational Service

19th. 2pm 'Cuppa at Cookies'

25th. 9am. Palm Sunday Worship Service conducted by Rev.  
Adrian Pegler.

26th 2pm. 'Cuppa at Cookies'

March 26-28th Holy Week

7pm Evening Services will be held at Mt. Macedon

March 30th Good Friday - Good Friday Service at 9.30am at  
Lancefield Uniting church including  
Ecumenical walk at 10.30am.

## The Macedon Ranges Uniting Church Partnership Office

is at the Riddells Creek Uniting Church,  
3 Sutherland Road, Riddells Creek.  
Phone: 5428 6920.

## Ministers:

Rev. Deacon

Wendy Elson 5427 2761

Rev. Peter Cannon 9746 3454

Pastor Annette Buckley 5429 5351

## Partnership Email:

macedon.ranges.partnership@hotmail.com

## Partnership Website:

www.macedonrangesunitingchurch.org.au

## Church News



## Macedon Ranges Uniting Church Partnership

25 Pohlman Street,  
Romsey. 3434

## Chairperson:

Mr. Noel Shaw  
5429 5509

## Secretary:

Mrs. Jenifer Clampit

(P.O Box 264)



**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.**

## Church News



### THE ANGLICAN PARISH OF CHRIST CHURCH, LANCEFIELD AND ST. PAUL'S ROMSEY

Correspondent  
Doreen Morgan  
Parish Office: 5429 1380



#### Anglican Church Op Shop 77 Main Street, Romsey

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Goods suitable for sale may  
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**We cannot accept** any  
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Also car seats, prams, cots  
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equipment.

Owing to lack of space, we  
**cannot accept any**  
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## The Fork in the Road.

Tom and I were driving along a bush road recently when we came to a fork in the road, no signs, leaving us undecided as to which way to go. Left or right? Jesus spoke of the two ways we all have to choose along life's way.

He advised,

*"Enter through the narrow gate. For wide is the gate and broad is the way that leads to destruction, and many enter through it.*

*But small is the gate and narrow is the way that leads to life, and only a few find it."*  
(Matthew 7.13).

In Bunyan's Pilgrim's Progress, Christian tried to get through the narrow gate but was unable because of the heavy load he was carrying on his back. His Christian companion on the way pointed out that his heavy load was Sin and the only way he could rid himself of that heavy load of sin, was to believe in Jesus as his

Saviour and Lord. Jesus, he explained, died on the Cross bearing our sins and offering Himself as "the one and only true sacrifice for the sins of mankind". (BCP). Jesus Himself chose "the narrow way" leading to His death on the Cross on that first Good Friday, for us! On that Cross He cried in anguish, "My God, My God, why have You forsaken Me." (Matthew 27:46) and it is about this hour our A.F.L. has decided to begin a football match!!!

But God had not forsaken Him, as He never forsakes those who put their trust in Him - by His mighty power on the third day, the Sunday, He raised Jesus from the dead to live for evermore, opening the way for us to enter that narrow gate and through to the narrow way, leading to LIFE. The choice is ours!

"There was no other good enough, to pay the price for sin,

He only could unlock the gate of Heaven, and let us in." (Mrs C. Alexand

Last month an enthusiastic group met for our first Bible study, KYB - Know Your Bible -

beginning at the beginning of the Bible, the Book of Genesis, where we learnt of our "Beginnings". We meet weekly on a Tuesday, 10.30am at Christ Church Lancefield. (Except in School Holidays) As it was Shrove Tuesday, (Pancake Day) John Woollard made delicious pancakes for us to finish up with.

Lent began next day.

A warm welcome to everyone.

Study booklet \$8.

Studies are led by the Rev. Jeannie Woollard.

Term 1 finishes on the 27th March and studies will resume on Tuesday 17th April.

We remember in prayer all our troubled and ailing members.

#### MARCH 2018

**Fri 2nd** 11am - World Day of Prayer Service at Christ Church Lancefield.

A combined service of participating Churches. This service is drawn up by the women of Suriname, on the N. E. Corner of Sth.America. Speaker: The Rev. Lilian Morgan.

Enq. Glenice.5429-6060.

**Tues 6th** 10.30am - Bible Study..Book of Genesis Unit 4. Christ Church Lancefield.

Sun 11th - Fourth Sunday in Lent (Mothering Sunday with Simnel Cake)

**Tues 13th** 10.30am - Bible study..Book of Genesis Unit 5. At Christ Church Lancefield.

Sun 18th - Fifth Sunday in Lent.

#### HARVEST THANKSGIVING for Anglicare.

**Tues 20th** 10.30am - Bible Study..Book of Genesis Unit 6. Christ Church Lancefield.

**Wed 21st** 7.30pm - Parish Council meets at Lancefield.

**Sun 25th** - Palm Sunday with Distribution of Palm Crosses.

**Tues 27th** 10.30am - Bible Study. Book of Genesis Unit 7. Christ Church Lancefield.

**Thurs 29th** Holy or Maundy Thursday 7pm - Holy Communion. St.Paul's Romsey.

**Friday 30th** 9am - GOOD FRIDAY Service at St.Paul's Romsey.

#### Sun 1st April EASTER DAY

9am - Holy Communion. St.Paul's Romsey.

10.30am - Christ Church Lancefield.

**We pray that all the members of our community will have a joyful Easter season.**

**Church Services:** Holy Communion -

9am St Paul's Romsey

10.30am Christ Church Lancefield

**Locum Minister:**

**Rev. Jeannie Woollard, 0413 877 906.**

## Romsey Five Mile Creek – West Walk

**Available March 2018.**

A walking guide to the creek is here! Look for it in cafes, at the library and post office. Find the old swimming pool, the old well, see the different plantings in 1985 and 2005.

Anyone new to Romsey, or visitors, can follow one of two walks.

A simple walk 2km up and back - or a longer trek up to see views over hills and farmland, and past historic houses.

*"McKenzie Rose and Jaxon meet Mary, a Shetland visiting in a paddock along Five Mile Creek."*





## What's on at Romsey Recreation Centre in Term 2

### Junior Programs

#### Basketball and indoor soccer—Shooting Hoops and Goal Kick

Give your child the chance to learn the skills before progressing into our junior competitions.

Shooting Hoops and Goal Kick are development skills program for children aged 5 to 10 years.

Shooting Hoops sessions are held on Mondays, 4pm-4.45pm and Goal Kick sessions are held on Fridays, 4pm-4.45pm. Places are still available.

#### Soccer—Under 12s and Under 16s

Under 12 games are played from 4.50pm and Under 16 games are played from 6.30pm on Fridays.

Register now for winter competition starts 16 April.

#### Basketball—Under 11s and Under 13s

Under 11 games are held from 4pm on Thursdays. Under 13 games are held from 4.50pm on Mondays. Winter season starts 16 April.

### Senior Programs

#### Indoor men's basketball

Players must be over 15 years old. Team and individual registrations accepted.

Men's basketball games are played on Tuesdays from 7.30pm. Winter season starts 17 April.

Staying strong circuit classes

**High intensity, group circuit classes for the mature adult.** Increase muscle and cardiovascular strength. Classes are held

on Mondays, Wednesdays and Fridays, 10.30am-11.30am. Tuesdays and Thursdays, 9.30-10.30am.

#### Ti-ga Karate Self Defence:

Classes are designed to develop: confidence, focus, respect, fitness, strength and discipline.

For more detail on class time contact Sensei Ivan Kucera on 0451 118 707 or email [tigakarate@yahoo.com.au](mailto:tigakarate@yahoo.com.au)

#### Romsey District Netball Association:

Competitions for juniors and seniors played locally indoor at our sports facility Romsey Recreation Centre. For more detail on class time contact Christine Dickinson email [romseydistrictnetball@hotmail.com](mailto:romseydistrictnetball@hotmail.com)

**Romsey Occasional Care provides quality,** affordable care for your children in a safe, fun and relaxed environment. Sessions operate during school term.

For more detail please call Rebecca Wilson 0409 407 696 or email [romseyoccasional-care@hotmail.com](mailto:romseyoccasional-care@hotmail.com)

**Macedon Ranges Squash club** runs senior mixed competition held Tuesday nights at the Romsey Recreation Centre.

All programs and competitions are dependent on interest and sufficient registration numbers. We welcome feedback and suggestions for new programs you would like to see offered. For more information about a program or to register, call 5429 5637 or email [rrc@mrsc.vic.gov.au](mailto:rrc@mrsc.vic.gov.au)

## Sport News



**Macedon Ranges**  
Shire Council

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

**Romsey Golf Club,  
Established 1921**  
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891`  
Secretary–  
0400 768 040  
Website -  
www.romseygolfclub.net

### Saturday February 17th – 2018 Flatstick Roofing Summer Cup Rd 3A – Stableford

Another strong field headed out for the 1st half of Rd three. A good sign was received when the first shot of the day rolled gently onto the first green, and all players in the group parred the hole. During the day an intermittent wind blew up from the south-west, making for difficult approach shots on the east/west holes, but assisting some players moving their balls away from the OOB. The greens were still showing signs of last week's lack of water, and had inconsistent speed, but they generally putted very truly. While conditions were reasonably good for golf, almost all players found it difficult to post a good score – yet, there was to be one exception. After 13 holes, this player was two under the card, and racking up stableford points. Only two other players were able to play at or slightly above their handicaps. On a bright, sunny day, the results were;

Winner; Shannon Wright (14) – 47 pts, from Darlene Baker (18) – 37 pts, and Bob McLennan (120 – 36 pts)

NTPs; 1st – Dave Richardson, 15th – Ron Walker & 16th – Neil Monro

### Thursday February 15th – Hidden Valley Bowl

Three members of the Romsey club ventured over to Hidden Valley to play in the annual Ladies Bowl. There were teams from 12 Dalhousie clubs, and four from other districts -- a total of 57 players.

Teams of three competed in a Stableford event and the combined scores of all three were tallied to determine a team winner. In order to win a Bowl, all three players had to score well. The Romsey team of Pam Drummond, Jenny Hartley, and Darlene Baker managed to combine brilliantly to win the event with a score of 100 points.

Congratulations, ladies, on a great day out.



### Wednesday February 14th – Flatstick Roofing Summer Cup – Rd 2B – Stroke

Players headed to the tees under clear skies, but with strong, gusting winds from the north/north-west. The second round of the Flagstick Summer Cup was held in extreme conditions. Despite the drying fairways, any summer run was often negated somewhat when hitting into the wind as the ball was held up in the air. However, hitting with the wind saw numerous players "through the corner," and with a difficult return shot over the trees. Holes that had a crosswind were treacherous with many balls being swept wayward, making it difficult to score well. Finally the wind died down, and the last three holes were played under much quieter conditions. Results for the day were;

Winner: Darlene Baker – 91/18/73, from Beryl Cole – 103/26/77; Wendy Gosden – 112/34/78; Kath Jekabsons – 106/28/7; Jenny Hartley – 106/28/78, and Lorraine Robb – 117/34/83.

### Saturday February 10th – 2018 Flatstick Roofing Summer Cup Rd 2A – Stroke

A strong field took to the course for the first half of Rd Two. With strong winds and some rain predicted, the afternoon looked to be more challenging than usual. A week of irrigation supply problems, and close attention from the corellas saw all greens negatively affected, but players were able to negotiate many problems. As the round wore on, the rain fell, and a strong wind blew uni from the north/north-west. This played havoc with many shots, especially on the par threes. The wind seemed to drive the corellas into a frenzy

with large groups moving around the course or settling on a fairway; only close proximity to a golfer or buggy moved the birds on. Despite the conditions, a number of golfers rose to the occasion, and returned excellent scores. On a quid and winds afternoon the scores were;

Winner: Chris vanDerVliet – 94/25/69, from John Laing – 98/28/70, and John Freestone – 94/22/72. Women's Winner: Darlene V]Baker – 88/19/69. NTPs; 15th – John Freestone

### Wednesday February 7th – 2018 Flatstick Roofing Summer Cup Rd 1B – Par

With the day's temperature expected to hit 36C, the club offered an early hit-off time of 8.30 am. A number of players took the option, while many others headed out at the usual 9.30. What a difference a week makes. Last Wednesday cold and blustery; this week, hot with a gentle breeze. In fact, the weather was almost perfect for golf; some relief from the hot sun with the cooling breeze. There was plenty of summer run, but pleasingly, there is still a nice covering of (dry) grass on most fairways. The greens were very slick, having been recently mown, and apart from some bird damage were in good condition. On a hot, reasonably still morning, all players enjoyed the challenge of a Par event and recorded the following results.

Winner : Darlene Baker (19) Square, from Beryl Cole (26) –1, and Pam Drummond (36) -2

Men's Winner: Bruce Robb (32) + from John Freestone (22) –4

### Saturday February 3rd – 2018 Flatstick Roofing Summer Cup Rd 1A – Par

Players hit-off in the first round of the 2018 Flatstick Roofing Summer Cup, under clear skies with virtually no wind. Each round will see the top 10 golfers allocated points; players have two chances to score in each round: Sat and Wed. While the 100mm+ of rain from last weekend saw a green tinge across many fairways, the very sudden death of the winter grass (42C will do that) saw relief, to a club length fairway played. Scarifying and rolling of the greens made for quicker than usual putts, with a tendency to move off the line (unless you were putting down a scarifying cut). The still day and plenty of run on the fairways should have seen excellent scoring, but all golfers found it very difficult to put a number of good holes together. On a still, hot afternoon the results were;

Winner: Scott Williams – (18) +1 C/B, from Mick Nicholls Jnr, and Bob McLennan, Chris vanDerVliet – (25) and John Laing – (29) Square. NTP: 15th – Rob Rea

## Golf Report (cont)

### Wednesday January 31st – Monthly Medal – Stroke & Putts

The change in the weather over the last week was almost unbelievable. The day was cool to cold, with some misty rain, and very strong, gusting winds from the south-west. With over 120mm of rain falling from Thurs to Sun, the fairways were much softer, but there was still plenty of run for well struck shots. The greens were good, but slower than in previous weeks. Only three greens showed new bird damage. On a very difficult day for golf, the results were; Winner & January Medalist; Pam Drummond – 117/41/76, from Elaine Scanlon – 110/32/78.

Men's Winner; Hugh Williams – 101/22/79, from Bruce Robb

Least Putts; Pam Drummond – 31, and Hugh Williams – 31.

### Saturday January 27th – Monthly Medal – Stroke Putts

After the hot, dry weeks of early January, 48mm of rain on Thursday evening, another 23mm on Friday evening was very welcome, and the course showed some signs of green. However, the moisture in the soil soon steamed up under the ever warming sun, and everyone had to get through yet another hot and humid round. Players got occasional relief with a cool breeze from the east. As the day drew to a close, the breeze moved around to the north-west. While most of the course had reasonable cover, there were areas of very disturbed soil (courtesy of the Little Corellas), and the rain had made these quite sticky. However, a free drops got all players out of trouble. The softer fairways pulled up all but the best drives, and when on the greens, it soon became apparent that they were again quite quick with much less borrow than in previous times. Once again, two octogenarians lead the way with accurate woods and irons, and excellent putting. On a sticky afternoon, the results were;

Winner & January Medallist: Mick Nicholls Snr – 91/23/68, from John Laing – 99/30/69. Scott Williams – 91/19/70, & Daniel Wright – 76/4/70.

NTPs; 15th – Michael Squires, 16th – Bob McLennan

Least Putts; Daniel Wright – 25.

### Wednesday January 24th – Stroke (1st Rd – Silver Spoon & Mona McLeod)

It was a perfect day for an early start on the golf course; players teed off from 8.30 am. A heavy dew was still on the greens for the first three or four holes, before the sun broke through, and dried things up. The course was in great condition, apart from the terrible damage caused by the pesky corellas, that continue to wreak havoc on the greens. After a very enjoyable round, members shared a lovely lunch to celebrate Pam's special birthday. On a beautiful day to be out in the Park, the results were;

Women's Winner; Pam Drummond – 107/43/64, from Jenny Hartley-100/28/72 and Lorraine Robb – 107/35/72.

Men's Winner; Bruce Robb (34) – 40pts, from Hugh Williams (22) – 35 pts, and John Freestone (33) – 35 pts. Least putts; 29 – Pam Drummond (to round off a lovely birthday)

### Saturday January 20th – Texas Ambrose

Texas Ambrose is a slight variation on normal Ambrose. While the best drive is always chosen, (subject to each player

taking the requisite number of drives), team members then hole out playing their own ball. The best two scores are recorded for the team score. Play began under clear skies, with a rapidly rising temperature, and no wind. All players struggled with the extreme humidity for the first nine holes, however a slight south-west wind arrived later in the day, cooling everyone down. After the extreme heat late in the week, the fairways had dried considerably, and golfers got excellent value for well struck drives. The greens were in excellent condition, apart for the Little Corella damage, and generally putt quite fast and very true. The format allowed many players to record excellent scores on numerous holes, and saw the lowest team score of 90 pts. On a still, hot day the results were;

Winners; Les Gaunt, Pam Drummond, Bob McLennan & Hugh Drummond – 109 pts from Bruce Robb, Mick Nicholls Snr, Wayne Robb & Mal Mottram – 105 pts, and Scott Williams, John Freestone, George Crow & Ron Walker – 105 pts. Individual scores; Women – Pam Drummond – 55 pts. Men – Mick Nicholls Snr – 53 pts.

NTPs; 1st Mick Nicholls Jnr, 15th – Ron Walker & 16th Mick Nicholls Jnr.

### Wednesday January 17th – Stableford

Near perfect conditions greeted the field as they headed to the first tee for a Stableford round of golf; there was not a breath of wind and the sky was clear. The course was in very good condition with evidence of many hours spent on the mowers. Our trusty band of volunteers do a great job. Little Corella damage on the greens have been repaired, and putting was true and smooth on most holes, with players being rewarded when putting straight and strong. Towards the end of the round, a blustery wind affected some holes, and the temperature began to rise, but with only a few holes to go, this created no real problems. On a beautiful day to be out in the fresh air, the results were;

Winner; Beryl Cole (26) – 38 pts, from Jenny Hartley (29) – 34 pts and Elaine Scanlon (32) – 33 pts.

Men's Winner; John Freestone (23) – 35 pts, from John Laing (30) – 33 pts,

The Golf Club is very aware that our scaring tactics have proven difficult for a number of residents.

We are very thankful for the support the community has given us as we have attempt to save Romsey Park and the golf greens from the ravages of the Corellas. Hopefully they will move on soon, and we can begin to repair the damage they have done.

A review of our greens has shown that we will need to do some serious renovation works. This may allow us to redesign parts of the course as we rebuild many of the greens.

The Relay For Life Charity Golf Day was again a great success with over \$2,000.00 being raised.

The club is proud of its ongoing involvement with this annual fund raiser for Cancer Research.

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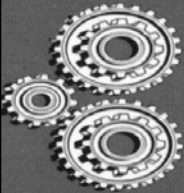
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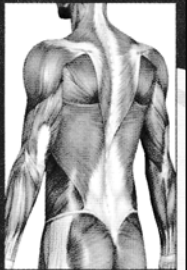
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# Romsey Golf Club – 2018 Charity

Sport News

Seventeen teams lined up in the Romsey Golf Club/Puddles team Annual Charity Golf Day, with proceeds to the Lancefield/Macedon Ranges Relay For Life. Club members had been out on the course in the early morning repairing the damaged greens, but as soon as they moved on, the corellas descended to continue wreaking havoc.



**Winners, "The Flatstickers":**  
Andrew Clement, Shannon Wright, Connor Whelan, Toby

the top two teams passing each other over their final hole. One had to par, the other to birdie, to stay even. It was high pressure golf. Soon enough it was all over, and everyone was heading back to the rooms, or to a relaxed lunch, a quiet drink and a chat, as the cards were checked and scored.

President Anthony Lakey thanked RGC members, who had worked so hard to prepare the

There were plenty of good-natured challenges in the room as players assembled before hit off. One challenge really stuck, with two teams agreeing to donate \$250 to either "Puddles Team", or the "Lindenbury Lappers", depending on their performance on the day. With team names such as "The Rough Boys" (did spend a deal of time in the rough!), "Auld Laing Syne", "Romsey Redhacks", "Boyco's Bandits," and "Nearly Dunn," it was always going to be a fun day. A shotgun start at 10.00 am had everyone out on the park, and the course soon echoed with shouts of joy as birdie putts dropped, or groans of despair as shots stopped just short of the cup.

The pressure mounted. Each player had to record the required number of drives, and there were some very unusual "bets drives" over the final holes. Fortunately, the shotgun start had

the pressure mounted. Each player had to record the required

number of drives, and there were some very unusual "bets

drives" over the final holes. Fortunately, the shotgun start had



From "Boyco's Bandits": John Boyce, Daniel Wright, Mick Nicholls Jnr, Mitchell Clement – 41/6.13/33.88

course, organise registrations, and work the bar. He thanked the members of Puddles Team for their sterling work; Nick and the Romsey Hardware crew, who had supported the day, and donated all prizes; and all players and visitors, who had made the effort to organise a team, and to play in the event. RGC Captain, Scott Williams, had the challenging job of

**The Best Team Uniform; NTPs:**  
"Flatstickers"

1<sup>st</sup> - Chris Lingard; 8<sup>th</sup> – Toby Clement; 9<sup>th</sup> – Andrew Laing; 10<sup>th</sup> – Darren Newnham and Lorraine Robb.

choosing the Best Team Uniform, and while there were some good efforts from "The Rough Boys" and "The Blues Brothers," it was a tight battle between the "Cannonballs" (*Lederhosen*: an interesting choice on such a warm day) and eventual winners, "The Flatstickers." It was a very successful day. Everyone enjoyed the golf, and catching up with friends. Over \$2,000 was raised for cancer research.



## ROMSEY

Neighbourhood House

03 5429 6724

Check out what's on offer at your local Neighbourhood House.

We are offering over 100 courses and activities 6 days a week.

You should have received a Calendar and a Term 1 brochure by now, if not come to The Hub and collect one.

The House is always keen to welcome new volunteers so give us a call or drop in  
**Monday to Thursday  
10am to 3pm**

**March Events Feature  
The Relay for Life  
weekend of 3<sup>rd</sup> & 4<sup>th</sup> March**  
**It's your Neighbourhood House...  
Be part of it.**

**The Antiques Fair at  
Romsey Mechanics'  
Institute  
Saturday 17<sup>th</sup> March.**  
is only \$5 entry and gets bigger each year.



**5KINGS  
ROMSEY**

**5 KINGS  
CHOCOLATE  
INDULGENCE**

A delectable  
chocolate banquet  
fit for a king

**26-29 MARCH 2018**

119 Main Street, Romsey

 **5429 3725**



**Live Music  
& Dinner**  
Thursday &  
Friday nights

**Open Mic Night**  
First Friday of the month  
7pm - 9pm  
Starting 2 March

**\$10  
Pizzas**  
Thursday  
Nights



 Find us on facebook

## Romsey Antiques, Vintage & Collectables Fair



**17th March 2018**

**Saturday 9.30 am till 4.30pm**

**Mechanic s Institute**

122 Main Street. Romsey

*This is a partnership event run  
by Romsey Mechanics Institute  
and Romsey Neighbourhood  
House as a fundraising event*

**Entry \$5**



## Romsey Self Storage

*For all your storage needs.*  
**24 Hour Security- Access 7 Days a Week**  
**Contact us on 54296744 or 0438684023**



*Courtesy Trailers  
are also available,  
**FREE** of charge for  
storage clients; they  
are also available  
for daily hire.*

### New Units due for completion in time for the Fire Season!!

We are nearing the completion of our new storage units, which will provide customers with a wide range of choice as we now have 10 different sizes on offer.  
 With the Fire Season in mind we have custom built units for you to store your possessions to eliminate the stress of having to gather these items during the threat of a fire.

Come visit us at 11 Park Lane, Romsey.  
 Monday – Friday 8:30am to 5:30pm.