



The Romsey Rag

Volume: 38 Edition: 5

JUNE 2020

HEATERS ARE A MAJOR CAUSE OF FIRES, ESPECIALLY DURING WINTER.

🔥 *Make sure there's at least one metre from the heater.*

Heating safety tips

- Ensure heaters are installed, maintained and operated according to manufacturer's instructions
 - chimneys and flues should be cleaned annually
 - keep wood and other combustibles at least one metre away from fire
- Drying clothes and other items must be kept at least one metre away from all heating
- Children must be supervised near all types of heating



*'Turn off the **heat** before you go to sleep'*



www.cfa.vic.gov.au/plan-prepare/fires-in-the-home

Winter is coming....

Have you serviced your heater?

- 🔥 Ensure your wood or gas heater, including flues and chimneys are regularly cleaned
- 🔥 Only use a certified technician to service your heater annually

Look out for fire hazards in the home

www.cfa.vic.gov.au/plan-prepare/fires-in-the-home



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Welcome to the June Edition

As we slowly see restrictions lift in Victoria, I hope people are still being careful and not thinking we are back to normal. If anything we are moving into a new normal where we need to adopt some new habits that we have been using the past few months.

The weather's on the turn with the start of winter well and truly here! I'm known to wear numerous layers of clothing and now will have to add more just to keep warm. I had my heating checked out a few weeks ago to make sure it's working efficiently and have put my thick winter donna on the bed along with some lovely warm blankets.

Don't forget the public holiday on Monday 8th June.

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

email@theromseyrag.com.au

Please note articles should be restricted to 300-350 words plus/minus a picture. Articles will be edited as required. The editorial committee reserve the right not to print inflammatory or unsuitable materials.

www.theromseyrag.com.au

WHAT'S ON in & around Romsey

1st June - Perfect time for planting vegetables!

8th June - Queen's Birthday public holiday.

15th June - Applications close for Zonta's Women in Business Scholarships.

30th June - Registration for Kindergarten Closes.

Romsey Pharmacy

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Sleep Apnoea

It is estimated that around 20% of the population snores at night and in some cases, it may be due to Obstructive Sleep Apnoea (OSA). This occurs when a person's throat is partly or completely blocked while they are asleep, restricting airflow and the amount of oxygen that flows into the body. The person may stop breathing, with episodes lasting for 10 seconds or more at a time. **The sufferer is often unaware of it happening, but will wake up feeling tired.** Some other symptoms to watch out for are:

Day Time Symptoms:



Early morning headaches



Poor concentration



Excessive day time fatigue



Depression and irritability



Sleepiness during routine activities such as watching tv or driving

Night Time Symptoms:



Loud persistent snoring



Witnessed pauses in breathing



Choking or gasping for air during sleep



Restless sleep



Frequent visits to the bathroom

Unfortunately, OSA remains largely undiagnosed in Australia, with an estimated of over 1.8 million Australians having it, yet only 20% of it have been diagnosed. It is believed that 58% of people with Type 2 diabetes and 50% of people with high blood pressure may have OSA.

If you feel you or a loved one may be at risk, take the opportunity to get a **FREE home test (Normally \$99)** in the Pharmacy for the month of June. The device is simple to use and the data will be sent off to be analysed by Sleep Physicians, with a detailed report returned to us. Call us on 5429 5353 to arrange for one today.

June In Your Garden - Melanie Kinsey



Today the sun is shining brightly after the first frost of winter. I know it was only a mild frost because the tree dahlia is unaffected. It is loaded with buds which will open any day now! I can't wait to see the large lilac flowers against a bright blue sky! The hot pink flowers of *Salvia involucrata* are also unaffected by the frost. My manzanita (*Arctostaphylos pajaroensis* 'Paradise') is covered with its tiny lily-of-the-valley like blooms. This is such an important large shrub in my garden; flowering as it does during a time when there is not much around for the bees which absolutely love it.

My 6 polystyrene boxes filled with lettuce, coriander, garlic, parsley and silver beet are doing really well. I am sowing another box with lettuce seed for a continual supply throughout winter. It seems weird that lettuce – a cool climate crop – does so well during the season we least want it! Luckily, we love salads in our household. I have hung the last few bunches of green tomatoes from a hook on the verandah. They are slowly ripening.

I have been filling some gaps in the garden with plants I have propagated myself. It is very satisfying to tuck a small *Thryptomene saxicola* in amongst some bigger shrubs and envisage its tiny pink flowers one day brightening that space. I have also been planting *Eremophila calorhabdos* an interesting emu bush that produces tall thin growths topped with bright pink flowers. In another bed I have planted a correa with the most delightful citrus scented foliage – not surprising I suppose when you learn that correas are in the Citrus family. The plant it came from has formed a 2m high dense shrub with small shiny green leaves and bright red flowers that the honeyeaters love.

Celebrating the Life of Jim Hayes

A loved senior member of the Encourage Church Family, Jim Hayes, passed away on April 8th. An online memorial was conducted to celebrate his life. Additional tributes were received after the service was recorded. We thank the Romsey Rag for publishing these.

Anna & Nick Roza writes:

A true gentleman, a man of his word and proud of his heritage. We met Jim at Encourage Church in 2007 and became close to him very quickly. We had the privilege to spend quality time with Jim enjoying meals together. He would visit us regularly at the shop, On Eagles Wings, and became a regular customer.

My last memory of Jim was when I visited him in Hospital. We prayed and sang hymns together. Jim was so happy; he sang so loudly that one of the nurses came in to let us know. We both smiled, turned our voices down, a little!! We both enjoyed this time.

Jim cried out the name of Jesus, "come and take me back home". I knew that this was possibly the last time that I would get to spend with Jim.

We will miss him dearly. Forever grateful for his life.

John Wyke writes:

Jim was a gentleman. I first met Jim when I came to Lancefield 6 years ago.

One of the memories is when I invited him for a cup of coffee. He made a comment of my chiming clock when it chimed, all conversation stopped for Jim to count the chimes whenever he visited. Jim, having no drivers licence, asked if I could take him to wherever he needed to go, only if it was convenient of course, to the doctors, dentist, optometrist, RSL morning teas, meetings and every week to Senior Citizens in Riddells Creek.

He always enjoyed the outings, as did I, and if we were in Sunbury we always went for a counter lunch. Jim always enjoyed a good feed and Margret from Senior Citizens would always make sure he had the extra roast potatoes that he loved so much.

It was during this time we had created a friendship that was cut all too short with you leaving, however I am with you on your last journey, I miss you Jim. Goodbye and God bless.



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Romsey Mechanics Institute



As with many places during the Covid-19 Lockdown there has been plenty of work being organised and carried out at the RMI.

Our efforts to demolish and expand the store on the

southern side of the hall came to nought so after a spot of negotiations with the Bendigo bank we have been able to redirect their grant to solve two problems.

Storage: Instead of demolishing and expanding the store we will repair it so that it is weatherproof and the door is usable again and we can manouver the large display board containers in and out of both the hall and the store. These works will be carried out by Norscray Constructions and should be finished by the end of May

Audio System: For many years the Audio system at the RMI has been "missing in action." This meant that hirers had to pay the cost of bringing an Audio system in for their event. We will now be able to use part of the BB grant to install a quality Audio system. These works will be carried out by Melbourne Sound Systems and should also be finished by the end of May.



Just edging, taps and power points to go

Committee Room: By the time of publication all tiling, electrical and plumbing works will be finished and the CoM will begin planning a small opening ceremony. Once we are able to hold functions again all those who have been instrumental in this project will be invited.

Toilets: Over the past two months local architect, Marcus Ward, has been scoping our plans for the RMI toilets refurbishment and extensions. We have passed this information on to local MHR Mary-Anne Thomas who is seeking funds for the project and also on to Rural Development Victoria (Dave Tripp) who are hoping to get us some funds to get the project moving. These works are much needed and if we can manage to get them completed, they will make a huge difference to the RMI and all our users. We thank Mary-Anne and Dave for all their efforts.

www.romseymechanicsinstitute.com

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Goldfields Libraries during COVID-19 Closures

Romsey Library The Hub

98 Main Street
Romsey 3434
Ph: 54293086

Opening hours

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

Sunday Closed

Library Services

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Goldfields Libraries
eLibrary offers free
access to a huge range
of online learning and
enjoyment
opportunities for all

While the State Government is slowly lifting restrictions, we have been directed that libraries are to remain closed. We are, however, working towards offering a click and collect service for loans from our collection by 1st June. We will provide information about how, where and when this will become available, closer to the time. Staff and community safety remaining our top priority and we will continue to follow State Government advice about a staged return to service.

Amidst the change and uncertainty of these times, your local library remains here to help you through. Our staff are a creative bunch who love serving the needs of our communities. We have been busy behind the scenes creating lots of different ways you can continue to access our wonderful resources and connect with your local library, whether you are connected online or not. Stay in touch - we are here to help! Our eNewsletter (sign up via our website), local Facebook pages and website are great ways to find out what is on offer. Or e-mail or call your local branch and a friendly librarian will get back to you.

Here are some of the ways you can stay connected:

Finding Connection - Libraries Reach Out

Could you or someone you know benefit from a friendly chat? We understand that not everyone can join online activities, so while we can't meet face to face, our staff are offering a weekly / fortnightly phone call to those needing comfort and connection. You may like to hear or share a favourite poem, short story or part of a book,

or ask for help choosing your next book, or just chat. Call your local library branch and we will get back to you.

Ask a Librarian

We are still here behind the scenes and we'd love to hear from you. We can still do what librarians do best - assist with book suggestions, research and reference enquiries, or just to say hello and chat! We can help you learn more about how to use your device, the internet, social media, or how to access free e-books, audio books, newspapers, magazines or movies. Or we'd love to talk to you about books, stories, news and life in lockdown.

Library in your Lounge room

We are doing as much as we can to remain an essential part of your lives, albeit at a safe physical distance (online!) Library in your Lounge room is an amazing treasure trove of online children's and adults programs, resources, digital and non-digital activities for wellbeing, curiosity, learning and creativity. Easy access to ebooks, audiobooks, movies, magazines, newspapers, language classes and more. It is all free! There has never been a better time to join your library. Come and join us in our shared online community lounge room - make yourself at home!

To access all this amazing content, all you need is an internet-connected device. Some of our eLibrary resources do require a library membership. Not a member? Not a problem. Sign up easily online and we'll give you a call when your membership is processed so you can gain access immediately

Library in your Lounge room Programs

While our Programs might look a little different they are still here and we would love you to pull up a chair in our Library lounge room and join us!

Author Talks

- Arnold Zable *The Watermill*
- Katherine Firkin *Sticks and Stones*
- Alice Robinson *Glad Shout*
- Helen Garner *Everywhere I Look*

Workshops

- Arnold Zable, *This Writing Life*
- The art of Journal Writing with Heather Blakey
- Discover Life Online and Be Connected
- Creating Compelling Characters with author Lee Koffman Presentations

- Children Lost and Found: strengthening Goldrush communities
- The Bendigo Red Ribbon Miners & Democracy in Victoria: a new perspective on the Eureka legend
- Black Gold: Indigenous people's experiences on Central Victorian Goldfields
- Philosophy in the Library

Online Forums

- Library Cafe: a weekly forum to keep you up to date with resources, readers, writers, activities and more

Online Exhibitions

- 1.6 Billion ways to be Muslim
- Blurry Borders
- Mindfulness Colouring by You
- Life in Lockdown

How's Life for you in Lockdown? Covid19 2020 - Goldfields Libraries Needs Your Help

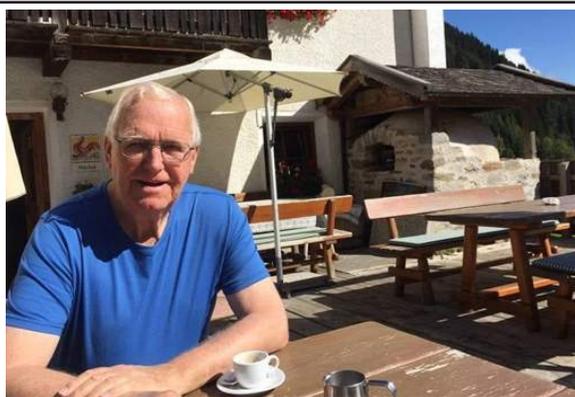
In times to come, historians and others will look back at this time with interest. They will want to know how we lived, what we did and how we felt. To capture this time of Coronavirus, we're inviting contributions from community members. This may be a written story or poem, artwork, photography or a letter to you pre-Covid self - anything that captures this moment in history for future generations. We'll be collating all of this into a blog, online gallery, printed book and exhibition. We'll be offering workshops (journaling, cartooning, photography, poetry) and providing more information or guidance for how to tell, capture and share your stories. You may belong to an organisation or community group that would like to get involved (eg: school, pre-school, aged care facility, U3A, Men's Shed, Mothers' group, Art group, writing group)? Join us in making history!

See <https://www.ncgrl.vic.gov.au/lifeinlockdown> for more detail and ideas. For further information, to register your interest, or to send in your contribution, please email: programs@ncgrl.vic.gov.au

ARRIVERDERCI BARRY

Sadness and shock were the emotions we felt when he heard the news that our dear friend Barry Nunn (Baz as he was affectionately known to all) had passed away on the 12th May, 2020. Baz had only recently celebrated his 75th Birthday. Baz was raised on a farm in Skipton, near Ballarat, the youngest of a large family and had a career as a secondary school teacher. He taught for many years at Parade College Bundoora as well as other secondary colleges.

He had a sort of a 'tree change moment' and decided to travel to Italy and immerse himself in Italian life. Tuscany was his destination. He tells the story that he ended up in the charming medieval town of San Quirico D'Orcia, simply because that is where the bus from Sienna took him. Knowing not a soul, it wasn't long before he had become part of the community and made lifelong friends.



He embraced the most important aspects of Italian life namely excellent coffee, red wine, music and magnificent food. Until recently, each year Baz would try to spend part of the year in Tuscany. He was fortunate to belong to two worlds. He loved his Italian family and his Australian family. His beautiful garden in Romsey certainly reminds one of an Italian garden as he had replicated that Italian look very faithfully. No doubt somewhere in Tuscany, gum trees are growing and he has replicated there the things he most loved about Australia.

Barry and his dog Holly were regular patrons of Verdure. Verdure became for Barry the Romsey equivalent of the Italian town square. It was the perfect place to greet and meet his friends. Those he didn't know quickly became his friends. Conversations over a great coffee were relaxed and Barry's sense of humour and warm friendly manner put everyone at ease.

Barry was an active participant in the life of the Lancefield-Romsey Catholic parish. For Barry, the highlight of the church year was Easter, he just loved the Easter ceremonies. However he was also a regular at Midnight mass where he sang Carols to welcome in Christmas Day. Last Christmas, Baz had been in hospital and it was touch and go if he would be released before Christmas. He had a bad pneumonia and his voice was a whisper. To our delight, all rugged up on a freezing night, he appeared. I think he got a standing ovation when he walked down the aisle and perched in the second front pew and sang.

Barry's love and knowledge of music was quite exceptional particularly given that he had no formal training and could not read music. With strong encouragement from friends who told him they needed male voices, he joined the Gisborne Singers. This began another new and wonderful adventure for Barry joining a group of like-minded music lovers. Though often unwell, Barry would head off to Gisborne weekly to rehearsal and despite ill health he bravely sang in the Singers' most recent production.

When asked to read the beautiful poem 'Little Flames' at the 2020 Relay for Life he readily agreed. In the falling darkness, as he began to recite, the large crowd was captured and I felt as if I were alone and the poem was being read only to me. I glanced across and observed his faithful companion Holly sitting spellbound listening to her Master's voice. I felt fortunate to witness that moment of pure love and devotion that Barry had truly earned.

Time to say goodbye dearest friend. On behalf of those whose hearts and lives you touched, we are the richer for knowing you. Au Revoir and may you now rest in peace.

Author: Maureen Wiltshire

Romsey Lancefield Senior Citizens "Meet a Member"



Seeing that at present we cannot meet in person we thought we would introduce you to some of our members. That way when we do get back to our weekly Monday meetings and our monthly Wednesday bus trips, if you are new to our group, you will recognise a few faces.



Our first "Meet the Member" is **Helen Gugala**. Helen is the current President of the Romsey Lancefield Senior Citizens. She has been a member for 12 years. Not only is she President but she prepares the lunches for us on Mondays making sure we have some lovely soup and a dessert. Of course, on the second Monday of each month we have our professional cooks come in to prepare and serve a two-course meal.

Helen lives in Romsey. Her other interests include the Walking Club in Romsey and a fun Exercise Club for over 65 year olds. Like many of our members Helen is looking forward to being able to meet again on Mondays at our Club Rooms at the rear of the Romsey Mechanics Institute.

Till next month take care of yourselves, stay at home and stay safe. Remember if you need assistance you can contact Lancefield/Romsey Community Support on; 0491 243 996.

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

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Kyneton

Community Health Facility Completed

A year since works first started, Cobaw Community Health's building is now completed. The purpose built new facility, made possible by a \$9.7M grant from the Victorian government's Regional Health Infrastructure Fund, will replace Cobaw's main office in the centre of Kyneton. "The design creates a welcoming and flexible space which will ensure that everyone visiting Cobaw access to the highest levels of comfort and professionalism," says Margaret McDonald, Cobaw's CEO. "This vital part of local infrastructure gives us the capacity to provide a greater range of allied health and community services with significant increases in clinical spaces to meet the increases in service demand."

The interesting mix of exterior cladding and intricate brick work was designed to reference the local history, architecture, flora and the landscape of the Macedon Ranges. "The grey cladding references the bluestone rock and brickwork found extensively in the area as well as the many farm sheds seen in towns across the region," says Ms McDonald. "The curves of the brick arches are a nod to the shop fronts of the old buildings as well as to hills of the local environment and the gold glass references Kyneton's history as a service town for the goldfields. The internal colours reflect the colours of the natural landscape of the hills, rivers, trees and earth."

The building is clearly visible as you come off the freeway at Kyneton and the entrance to Cobaw faces the Kyneton Health site, accessed via additional parking that has been added to the existing car park. All of Cobaw's services will be available in the new building including counselling, family and parenting support, homelessness support, LGBTIQ+ groups, physiotherapy, occupational therapy and speech pathology. In addition, there will be a number of co-located and visiting services including the Centre for Non-Violence and Centrelink that will grow over the coming months with the increased space. In addition multi-purpose rooms and a kitchen will allow community groups access to spaces for meetings that have state of the art audiovisual equipment.

"We are pleased to be joining existing services on the precinct and particularly value the ongoing collaboration with Kyneton Health," added Ms McDonald. A small number of staff are on site setting up the new building in preparation for when Cobaw can open its doors again to the community.

Despite the doors currently being closed to all of its sites including at Romsey and Woodend, Cobaw continues to deliver all of its programs and services via telehealth and in person where necessary. The contact details for enquiries and referrals remain the same – call 5421 166 or email admin@cobaw.org.au.



Romsey - Lancefield Probus Welcome to Friendship

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

The Combined Probud Club of Romsey & Lancefield Inc. was formed on 24th May, 2000. The first meeting was held on 8th June, 2000, there were 8 people present, 3 apologies. During the 20 years we have been in operation there have been 11 Presidents, 4 Secretaries and 6 Treasurers. Over the years membership numbers have fluctuated and as at 2020 we have 47 members. In May 2020 we were to celebrate our 20th birthday but owing to the Corona Virus restrictions this did not happen. We hope our celebration can be held later in the year.

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

Meetings are held at 10am at St. Mary's Catholic Church Hall, Main Street, Romsey.

Due to the Government Restrictions regarding the Corona Virus all activities of the Romsey/Lancefield Probud Club are in recess until further notice.

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

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



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Council Meals Assistance Supports Older People

Macedon Ranges Shire Council has been continuing to provide services and support to older people in the community during this challenging time.

The COVID-19 pandemic has presented many challenges, but staff have been working hard to ensure that delivered meals are available, including the implementation of contactless deliveries. Staff have been making regular welfare calls to all clients, many of whom are isolated

from their families. Council would like to remind the community that our friendly staff are always willing to take your call and explain the options available to best support and meet your individual needs.

Acting Director Transition Sarah Noel said, "Our staff are a great community resource, and I encourage any person aged over 65 to call us on 5422 0333 if you are finding living at home difficult. "Our staff are trained to direct your call and get you the assistance you need to remain living independently in your own home." For more information and enquiries, call (03) 5422 0333.

2019 Active Living Census Results Are In

The results for the 2019 Active Living Census, conducted as part of the Victorian Government-funded Healthy Heart of Victoria initiative, have been finalised.

The Healthy Heart of Victoria initiative aims to improve health outcomes across the LoddonCampaspe region. As part of the census, a paper survey was mailed to all households in the region, and residents were also encouraged to complete the online survey. There were 3,691 Macedon Ranges residents who took part.

The key findings for Macedon Ranges shire were:

- Only 14 per cent of adults meet guidelines for vegetable consumption and 51 per cent meet guidelines for fruit consumption.

- About six per cent of all households had gone without food in the past year.
- Almost two thirds (61 per cent) of adults are overweight, or obese.
- Almost two thirds (62 per cent) of adults meet guidelines for physical activity.
- More than half (53 per cent) of all residents want to be more active.
- Walking is the most popular way to exercise (21 per cent), followed by swimming (nine per cent), bushwalking (seven per cent), indoor fitness/gym (seven per cent) and active play (six per cent).

The results and findings will inform Council's plans for programs and facilities. Community organisations can also use the information to inform and support community wellbeing and to attract more funding. To view the report online, visit mrsc.vic.gov.au

Cool Changes Plan Re-Imagined for Woodend

Cool Changes is Macedon Ranges Shire Council's program to work with local communities across the shire to facilitate the development of local climate action plans.

It evolved from the successful pilot project, Sustainable Malmsbury, and has been informed by a shire-wide survey undertaken in September 2019.

Cool Changes for the wider Woodend district (postcode 3442) commenced with a community information forum on 2 March 2020.

In the absence of face-to-face community workshops, the program for facilitating the development of a local climate action plan is taking a new form. Based on the positive response from a survey conducted in early April, where 80 per cent of respondents indicated support for, or commitment

to, developing a community climate action plan, Council has investigated alternative consultation formats.

Using a mix of online platforms, Council will be working with consultants Hip V Hype to conduct Cool Changes Woodend for the area covered by postcode 3442, during the next few months

The project commenced with a Project Foundations Workshop on 25 May and there are many ways for residents to be involved with the project over the next few months. Council is excited about undertaking this new form of community planning.

With additional support from Sustainability Victoria, as part of the state wide Zero Carbon Communities Transition Program, Cool Changes will demonstrate how communities across the state can plan for climate action into the future.

For more information, visit mrsc.vic.gov.au/climate-change

Council Supports Working for Victoria Initiative

Macedon Ranges Shire Council has agreed to welcome 92 new temporary staff, who will be with the organisation for up to six months, as part of the Victorian Government's Working for Victoria initiative.

The additional short-term staff will perform roles in areas such as community support, provision of food services and catering for vulnerable people, planting and environment works at Hanging Rock and beautification works in shire parks and gardens.

The \$500 million Working for Victoria program is part of the Victorian government's response to the COVID-19 pandemic and aims to match people who have lost their jobs due to the economic impacts of coronavirus, with local councils.

The councils provide these people with meaningful roles that add value to the work that the permanent workforces perform every day. Macedon Ranges is one of more than 28 councils throughout Victoria participating in the new initiative.

For more information on Working for Victoria and to register, visit vic.gov.au/workingforvictoria

Have Your Say on Waste Management

Council's current Waste Management Strategy 2015-2020 is due for review and input is being sought from the community to help with developing the new strategy.

The final strategy will set direction for all council's future waste management activities and will address community priorities, issues and opportunities surrounding waste management.

Council is also taking into consideration current and emerging sector trends, resulting from changes in the waste management industry. These include the banning of recycling imports to China, closure of major Victorian recycling facilities and capacity issues within Australia's recycling and reprocessing industry.

Council has responded quickly to date by introducing a four-bin waste collection service to include food organics and garden organics (FOGO) and glass, and this has improved overall recyclability.

The waste management survey will help Council's waste management team identify the issues and opportunities that are important to you so they can be prioritised in the future waste management strategy.

The survey is open until Friday 26 June 2020. Participants will automatically go into the draw to win one of three compost bin or worm farm prizes.

To have your say, visit mrsc.vic.gov.au/your-say or contact council on (03) 5422 0333.

Recovery Operations Centre Supports Community

Macedon Ranges Shire Council has established a shire-wide Recovery Operations Centre (ROC) in response to the COVID-19 pandemic crisis.

The ROC is a centralised service where you can ask for support, request information, offer assistance or put forward recovery ideas and suggestions that relate to the COVID-19 pandemic.

The ROC has been established as part of our ongoing #InThisTogether community and business support

campaign.

The ROC is also supporting the distribution of a new Health and Wellbeing Information pack, which has been developed by the Macedon Ranges Health and Wellbeing Partnership.

The information pack includes: information on local support services and food banks, healthy eating, active living, mental wellbeing, being connected and supporting young children and families during the pandemic. Please contact the centre if you would like an information pack to be posted to you.

You can contact the ROC Monday to Friday, from 8.30am to 5pm, either by calling (03) 5422 0237 or by emailing recovery@mrsc.vic.gov.au

Kindergarten Registrations Open for 2021

Online registrations for 2021 kindergartens in the Macedon Ranges shire, are now open.



Kindergarten supports and encourages children to explore, think, create, problem solve and develop independence within a play-based learning environment. Register online before 30 June 2020 to enter the draw for a chance to win two terms of free swimming lessons for your kinder child. Register now at mrsc.vic.gov.au/kinder-rego

Prepare Now for 1 July Start of Cat Curfew

Council is urging cat owners to prepare for the upcoming shire-wide cat curfew, which comes in to effect on 1 July 2020.

From this date, all cats within the shire must be confined to their property from sunset to sunrise, and will also be prohibited from the shire's most sensitive environmental areas.

The cat curfew is part of Council's Dog and Cat Control Order 2019, which also resulted in dog offleash areas being introduced.

As well as being a legal requirement, there are many benefits to confining your cat: • Your cat will be healthier and live longer – it is less likely to be involved in an accident or be exposed to potentially fatal diseases • Your cat is less likely to get lost (saving a trip to the pound and associated fines) • Your cat won't annoy your neighbours (e.g. spraying, yowling, fighting, or riling up dogs) • There will be less hunting and wildlife predation, which helps the Macedon Ranges environment.

Cat owners should consider appropriate overnight housing for their cat or cats, including adapting, designing, building, and/or buying an appropriate cat enclosure.

The new cat requirements are a result of extensive public consultation that began with the development of the Domestic Animal Management Plan 2017-2021.

For more information, phone (03) 5422 0333, or visit mrsc.vic.gov.au/cats



Romsey Region Business & Tourism Association (RRBATA)

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

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

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

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

RRBATA Update

How AMAZING Are Our Businesses?

Although the last couple of months have been incredibly challenging, our local businesses have demonstrated their capacity to adapt to a very different service delivery environment.

Whether it be our cafes previously focussed on in-house dining which have developed a new take away food and/or produce model or the bakery offering bread home delivery or Romsey Hardware taking phone orders and home delivery, the myriad of adaptations businesses have crafted is a credit to their resilience. And let's not forget the huge job Craig and the Romsey Supa IGA team have done in keeping up with the demands placed on our local supermarket, especially in the "early lockdown" days!

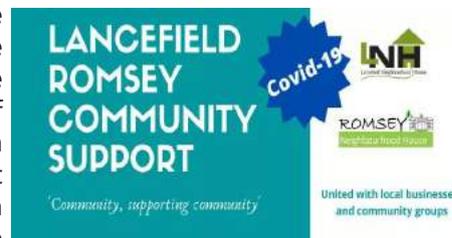


Verdure has adapted as a providore, supplier of producer packs and home delivery service.

The Importance of Partnerships for Business and Community Wellbeing

Teamwork is always important when addressing community needs. The partnership between the Romsey and Lancefield Neighbourhood Houses has always been close but this has intensified with the Lancefield Romsey Community Support

(LRCS) initiative which has been borne from the COVID-19 situation. In addition to ensuring our vulnerable community members are being cared for with food and essential services, LRCS has produced a flyer delivered to every Lancefield and Romsey residence which lists local businesses with special delivery options. RRBATA assisted with the compilation of this flyer.



In addition, Macedon Ranges Shire Council's Economic Development unit has delivered a flow of information to RRBATA and local businesses regarding government and agency support which has been much appreciated.

RRBATA Social Media

To keep up with what is happening with our local businesses, don't forget to follow RRBATA's social media platforms:

- Facebook - "Romsey Lancefield Region – Business and Living",
- Instagram "Romsey Lancefield Region (3434 Business and Living 3435)".

Membership Enquiries:

The Jenny Stillman Phone: 0411 700464, Email: jennystillman@optusnet.com.au

OR <https://romseybusinessandtourism.com.au/about/rrbata-membership/>



Romsey Lancefield RSL Sub-Branch ANZAC DAY 2020 Community Rallied To Raise Money



Although this year's ANZAC day ceremony was cancelled due to the Corona Virus, the local communities of Romsey-Lancefield demonstrated wonderful support for this year's 2020 RSL Anzac Appeal raising nearly \$5000, despite the lockdown with no selling points for badges and tokens.

We had Honesty Boxes distributed to the local businesses and we extend our thanks for that support.

Donations to the Appeal of almost \$1600 came from the sale of silhouette soldiers with each sporting a red poppy and for the larger laser-cut poppies painted red. All proved popular. We thank; Mrs Melissa Hubbard and Anthony McAuley for their time creating and making these articles available for the ANZAC Appeal. These contributions made a such difference to the amount raised.

Thanks also to the broader community for your assistance and to those who stood outside their doors at sunrise, who lit fires, held torches and blew bugles for those soldiers, sailors, aircrews and nurses who never came home. You were fabulous.

We look forward to sharing next year's ANZAC ceremony without the dreaded threat of a virus.

SCHOLARSHIP FOR WOMEN STUDYING BUSINESS

The world economy, business, industry and sciences are changing while women continue to be largely underrepresented in both business and technology careers. To create a world in which men and women have equal opportunities, women need to have an active role in creating innovative business and technological developments.

Zonta International, through its local Kyneton club, provides scholarships to encourage and support young women in achieving their goals and to assist in breaking down the gender barriers to career development and leadership.

The Zonta Jane M. Klausman (JMK) Women in Business Scholarship program was established in 1988 to encourage women to enter careers and to seek leadership positions in business. The program ultimately seeks to influence business decisions that positively affect women by increasing the number of women in executive positions in the field of business management.

This program was established from a bequest by Jane M. Klausman, a member of the Zonta Club of Syracuse, New York USA, and the 1990-1995 Zonta International Parliamentarian.

Closing date for applications is COB Monday 15 June 2020.

Applications are invited from women of any age, pursuing a business program with major field of specialisation in accounting, economics, finance, business management, marketing, operations management, human resources management, international business, or entrepreneurship at an accredited university/college/institute, who demonstrate outstanding potential in the field.

Online students are also eligible to apply if enrolled at an accredited university/college/institute. Students must be enrolled in at least the second year of an undergraduate program through the final year of a Master's program at the time the application is submitted to the local Zonta club, and must not graduate before December 2020.

Download application www.foundation.zonta.org/JMKScholarship

Enquires and finalised applications to secretary@zontakyneton.org.au

2020

Jane M. Klausman WOMEN IN BUSINESS SCHOLARSHIP

Expanding opportunities
for women in business



1 APPLICATION, 3 OPPORTUNITIES

Club award
Varies by club

32 district awards
US\$2,000 each

6 international awards
US\$8,000 each

Applications must be received by the applicant's local Zonta club's deadline. To locate a club near you and download an application, please visit: foundation.zonta.org/JMKScholarship.

CLUB DEADLINE:

COB Monday 15 June 2020

SUBMIT APPLICATION TO:

Enquiries and applications to
Zonta Club of Kyneton
email - secretary@zontakyneton.org.au
or
PO Box 732, Kyneton VIC 3444

The Jane M. Klausman Women in Business Scholarship is a Zonta International program funded by contributions to the Zonta International Foundation. Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy.



Mountview Theatre Facelift



Well, here we are another month on already and dare I say??? ..starting to see a glimmer of light at the end of the tunnel? It would be fantastic to announce when our doors will re-open but we must continue to be patient and keep our fingers crossed!

However, having said that, there has been some exciting action taking place behind our closed doors! We are very happy to announce that our 30-year-old bathrooms are currently being completely upgraded by the Macedon Ranges Shire Council. This down time has in fact provided a fantastic window of opportunity for them and we can't wait to show off our smart, new, contemporary bathrooms to patrons. A huge thanks to the shire for these upgrades for which we are very grateful.

Looking forward to seeing everyone back at the Mountview Theatre before too long.

By Karen Hunt

CORONAVIRUS & YOUR MENTAL HEALTH

Macedon Ranges Suicide Prevention Action Group (MRSPAG) is reaching out to the local community during this difficult and uncertain time.

Many of us may be feeling higher levels of worry and anxiety, and all of us have lots of questions – Are our friends and family safe? What will happen to us if we get sick with the virus? How do we cope with job uncertainty and financial stress? When will things return to normal?



MRSPAG Chair, Annie Rowland said

“We know there are going to be more community members who will be feeling vulnerable and who may need to access mental health treatment and support at this time.”

“If you are feeling well and able to support someone, we greatly encourage you to reach out. A phone call, text message, or note in the letterbox can be all it takes to let them know you are there. We also hope everyone knows it is okay to reach out and ask for help if you need it”.

MRSPAG is a group of community members who work together to prevent suicide in the Macedon Ranges. They also provide a peer support service for those bereaved by suicide. You can find the dates for these meetings at <https://www.facebook.com/MRSPAG> or email info@mrspag.com.au.

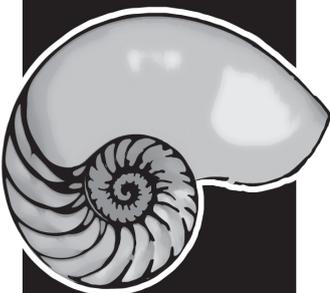
Access to free online suicide prevention training

During this time of physical distancing, suicide prevention training is now available online. MRSPAG recommends the LivingWorks Start program. As part of the Macedon Ranges Suicide Prevention Trial, North Western Melbourne Primary Health Network is providing free access to this program. The program only takes an hour and gives you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide.

If you live or work in the Macedon Ranges and would like FREE access to this training, please contact Deepa, Suicide Prevention Project Officer, deepa.patel@mrh.org.au.

If you or someone you know is in need of immediate mental health support, phone Lifeline on 13 11 14 (24/7) or text 0477 13 11 14 (6pm-midnight). For other 24/7 supports - visit MRSPAG on Facebook or website.

Discover Better Health



IN SYMMETRY
Romsey Wellness Centre

Our Practitioners

Hannah Sutton
Jessica Jackman
Nicolette Truscott
Camille Scott
Margo Field
Jen Frankcombe-Campbell
Tara Brooks
Danielle Taranto
Pia Laura Civitarese
Deanna Cooper

Advice from the Australian Veterinary Association Regarding Pets of COVID-19 Positive/At-Risk Humans

- The current spread of COVID-19 is a result of human to human transmission.
- There is no evidence that companion animals can spread the disease to humans or other animals.
- There have been no reports of the virus in domestic animals or wildlife in Australia.
- The World Organisation for Animal Health (OIE) advises there is no justification in taking measures against companion animals which may compromise their welfare.

Romsey Veterinary Surgery is still open but have implemented some precautions to protect their staff and clients.

On your arrival to the clinic, you will find the front door locked but just give them a call on **5429 5711** or **ring the afterhours door bell** located at the front door.

More details about the changes can be found by visiting their Facebook page or giving them a call.

Stay safe everyone!

HEALTH SERVICES @ ROMSEY WELLNESS CENTRE

- | | | |
|------------------------|---------------------|------------------------------|
| • Acupuncture | • Remedial Massage | • Counselling / Hypnotherapy |
| • Herbal Medicine | • Cupping / Gua Sha | • Children's Nutrition |
| • Cosmetic Acupuncture | • Infrared Sauna | • Health & Wellness Coaching |
| • Naturopathy | • Kinesiology | • Ear Candling |
| • Osteopathy | • Crystal Reiki | • Yoga |

OPENING HOURS

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

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



Cooking with Peter Russell-Clarke

Mushrooms



I happen to like Shiitake mushrooms - sometimes called Chinese mushrooms. They're often served in Chinese restaurants slathered in Oyster Sauce. I like oyster sauce too, so I'm happy.

Anyway, I serve Shiitake mushrooms at home by simply popping them, round side up, in a pan smeared with hot olive oil. After half a minute I turn them, another half minute and serve them sprinkled with a little garlic juice and shaved Parmesan cheese.

The recipe I'm sharing with you today has, in my opinion, too strong a flavour for Shiitake and so I suggest you use common mushrooms which have a cap big enough to hold the stuffing.

By the way 'Chinese' mushrooms can be bought dried. They should be soaked overnight. Change the water once before turning out the light (that's the mushroom water as well as yours). Next day you and the mushrooms will be ready to plate up.

GARLIC MUSHROOMS

500g mushrooms;
175g softened butter;
2 cloves garlic, crushed;
Juice and grated rind of 1/2 lemon;
2 tablespoons chopped parsley;
Salt;
Freshly ground black pepper;
Fresh crusty bread to serve.

Cut the stalks from the mushrooms, then place the mushrooms - rounded side down - in a shallow baking dish. Mix the butter, garlic, lemon juice and rind and parsley, season with salt and pepper then divide this garlic butter equally into the mushroom caps.

Put the dish of mushrooms into the oven to cook at 220C until the mushrooms are soft and the butter is sizzling - about 15 minutes. Serve straight away with fresh crusty bread.



Information about the Coronavirus (Covid-19)

- Coronaviruses are a large family of viruses that may cause illness in animals or humans. CoVID-19 is a new coronavirus that can cause illness similar to the common cold or more seriously, severe respiratory conditions such as SARS (Severe acute respiratory syndrome)
 - » The most common symptoms reported include: Fever, breathing difficulties, cough, sore throat and fatigue/tiredness. **Phone your GP first** if you need medical attention. Otherwise, the national Covid-19 triage hotline is 1800 020 080 or 1800 675 398 for the DHHS dedicated hotline.
- The coronavirus is spread through
 - » Close contact with an infected person (Close contact is defined as >15min face to face or sharing of a closed space for >2 hours with them)
 - » Touching objects or services that have been contaminated from a cough or sneeze of an infected person, before proceeding to touch your mouth or face.
- Ways to reduce your risk
 - » Washing hands often with soap and running water for at least 20 seconds. Dry with paper towel.
 - » Cover your cough or sneeze with a tissue.
 - » The current recommendation is that there is no need to wear a face mask if you are well
 - » This may be a good time to quit smoking. Healthy habits such as exercise, drinking plenty of water and getting plenty of sleep will help your immune system.
 - » Get the flu shot (Available April)
 - » **If you are ill, stay at home.**
- In regards to prescription medicines, it is important to know that **panic buying of medicines is unnecessary**. This is critical as stockpiling medicines would lead to an unintended disruption of supply to others that are in need.



If you think you do have symptoms, you can go to the website to find the location of the testing facilities <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

Out of the Mouths of Babes

NUDITY

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat,

"Mum, that lady isn't wearing a seat belt!"

OPINIONS

On the first day of school, a year-one child handed his teacher a note from his mother. The note read,

"The opinions expressed by this child are not necessarily those of his parents"

KETCHUP

A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone,

'Mummy can't come to the phone to talk to you right now. She's hitting the bottle.

POLICE

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked,

"Are you a cop?"

Yes,' I answered and continued writing the report.

"My mother said if I ever needed help I should ask the police. Is that right?" 'Yes, that's right,' I told her.

"Well, then,' she said as she extended her foot toward me,

"would you please tie my shoe?"

ELDERLY

While working for an organisation that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered,

"The tooth fairy will never believe this!"

SCHOOL

A little girl had just finished her first week of school.

'I'm just wasting my time,' she said to her mother.

'I can't read, I can't write, and they won't let me talk!'



Colouring for the Kids - Winter with Pooh & Friends



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

Park Lane, Romsey
PO Box 200, Romsey 3434

www.romseygolfclub.net
mail@romseygolfclub.net

President 0417 088 891
Secretary 0400 768 040



The Premier announced a relaxation of the Covid-19 restrictions on May 11th. This allowed golf to again be played but there are a number of conditions. We must keep the given name and phone number for all golfers, as the government needs to know who has played so that they can contact relevant people in the event of a new outbreak of Covid-19.

- All golfers must contact the club and book a time.
- Carts may only be shared by people who are cohabiting.
- Flags must stay in the hole at all times.
- A section of a pool noodle has been placed around the bottom of the flag so that balls do not go all the way down and are easier to retrieve with less chance of touching the cup.
- No-one will be staying around after a round for a quiet drink and a chat.
- Player and Marker will agree to hole and final scores and then text results to the captain. This means only one person touches a card.
- All payments will be digital
- No MRSC facilities are open; we will work off the 1st & 5th tees with 10 clear mins between groups

2020 Club Championships would now have been completed but Covid-19 put paid to that. At the moment it looks like the women will play their championships in November, the men are still deciding. If there is another serious outbreak

and another lockdown then we may not get to play these championships at all.

The Top Dam on the 2nd fairway



Pennant Golf is still on hold, we await the decision of Dalhousie Region.

Our course is within Romsey Park and both are looking their very best at the moment, both dams are almost full and there is great cover on the fairways, surrounds and greens. Volunteers have done a magnificent job carrying out new works and maintenance to cross-overs and greens. Our thanks to all those who have given so much time to this wonderful public asset. If you get a chance, please come down and have a wander to see just how much work the club has done in Romsey Park over the past 10 or so years.

RGC Weekly Competition Results:

Jun 16 - Stroke	P Chisholm – 83/12/71, A Laing – 91/18/73 & M Atlas – 83/10/73
Jun 13-Stroke	D Jones – 72/5/67, S Wilkins – 100/19/81 & J Freestone – 102/19/83

For more detailed reports please go to; <http://www.romseygolfclub.net/results/2020/>



Do YOU have a home fire escape plan?

- Step 1:** Draw your home floor plan marking all the exits.
- Step 2:** Ask children to help identify the two quickest and safest ways to get out of the house, including upper floors.
- Step 3:** Decide on an outside meeting place, such as the letterbox.
- Step 4:** Practice your Home fire escape plan regularly.
- Step 5:** Keep the plan handy (on the fridge) as a reminder of how to escape in the event of a fire.

www.cfa.vic.gov.au/documents/20143/71589/Factsheet-Home-Fire-Escape-Plan.pdf



GET OUT, STAY OUT AND CALL 000





Encourage Church

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

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

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

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

Find us on Instagram and Facebook using the following @encouragechurchromsey



PASTOR'S PARABLES

How do we "know" what we know?



Computers operate via a series of coded instructions called programs. Although few of us ever meet the originators responsible for these programs, we don't delude ourselves thinking computers programmed themselves without an original programmer.

How do birds know how to build a nest? How do bees know how to make honey? How do beavers know how to dam a river? How do spiders know how to design a web? How can certain fish and birds migrate thousands of kilometres then return each year with satellite accuracy? How do blind, miniscule, newly born kangaroos know how to wriggle their way from the birth canal all the way to the mother's pouch to suckle milk? There are so many inexplicable natural phenomena swept under the carpet with the word, 'INSTINCT'. Do we delude ourselves thinking everything in nature has programmed itself?

In fields such as engineering, academic minds continue to learn complex lessons from nature. Shouldn't we be asking where nature learnt these lessons, or will we casually say - given time they happen by themselves? The Bible declares that in nature, everything is created by God. Therefore, He is the Original Programmer who wrote the coded instructions we call instinct. (See Job 38:36)

Not only that. God our Creator is willing to share His wisdom with us!!

The Bible says that when we are born again, we have the mind of Christ.

That means we are able to navigate through life with God's perspective on every matter. And as we acknowledge Him as Our Creator, He will direct our paths.

Prov. 3:5-6 says in the Living Bible: ". . . trust the Lord completely; don't ever trust yourself. In everything you do, put God first, and he will direct you and crown your efforts with success."

God has a perspective on the Corona19 Pandemic.

If you would like to know more about having a relationship with God, The Creator of the Universe, we would be happy to show you how to do this.

Blessings, Marilyn Hunter, Senior Pastor Encourage Church Romsey.

EMPOWERED BY THE HOLY SPIRIT

On Sunday 31st May, we celebrated the coming of the Holy Spirit, WhitSunday, now called Pentecost Sunday. Known as Whit (e)Sunday in England as many baptisms were held on this day and the people dressed in white.

THE HOLY SPIRIT is the third Person of the Holy Trinity and came just as Jesus had promised. He is a divine Person and is one with the Father and the Son. And is essentially God.

Jesus told his followers that He, the Holy Spirit, would be their Guide, Strengthener, Teacher and lead them into all truth. Sanctifying them and changing them into a likeness of Himself.- Jesus.

Also, they would receive POWER from on high to fulfill the work He had commissioned them to do.

The Great Commission, Jesus gave to His disciples was, "To go and make disciples of all nations, baptizing them in the Name of the Father, and of the Son, and of the Holy Spirit. And teaching them all I have commanded you. And surely, I am with you to the end so of the age." (Matthew 28:19-26)

This is an on-going mission and is the responsibility of His Church to this very day. Why do we not avail ourselves of this great power God has provided for us to share our faith in Jesus, as He leads us? He changed those frightened, weak followers, hiding behind bolted doors, to go out and proclaim boldly on the streets of Jerusalem and Temple

steps saying that Jesus Whom you crucified is the Saviour of the world and God's beloved Son. Thousands heard their message and believed and were baptised.

We, today, are the inheritors of those who have passed the Gospel message on! It is our responsibility now to pass this Good News message on to a decaying world - to a "World that Knows Jesus". (CMS Motto) To make Him known to our families, friends, community, Councils, Government. Church Leaders that Jesus calls to "Come and follow ME."

At this special time, let us all give ourselves afresh to the Lord and seek the filling of our being with the Presence of His All-Powerful Spirit to be His witnesses in a troubled world. "Come, Holy Ghost, our souls inspire, And lighten with celestial fire; Thou the anointing Spirit art, Who dost Thy sevenfold gifts impart," (Bishop Cosin)

We continue each Sunday with our Worship Service, via phone hook-up so ably led by the Rev. Judi Pollard, keeping our fellowship alive.

OP SHOP

Thank you to all our suppliers who have NOT left articles at the church gate. When goods are left there, they are ruined by the weather and become an eyesore in Main Street.

We will be open again when the 'all clear' is given and much clean-up is done by our faithful, hard-working volunteers.



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

Correspondent:
Doreen Morgan

Parish Office: 5429 1830

Minister: Rev. Judi Pollard
Mobile: 0402 268 001

Email: judepol@bigpond.net.au

TRINITY

Sunday 7th June

May God watch over us all and keep us safe during this testing time as we put our faith and trust in Him.

Due to the Government Restrictions regarding the Corona Virus the Romsey Uniting Church is closed and all church activities have ceased until further notice.

Prayer for the day.

Today, God, the world is turning, there is beauty around us,
 We have people who love us, and people to love.
 There may be troubles and worries.
 There are issues to face, and problems to solve.
 Nothing will magically take these away,
 But we have the choice to see good, to savour what is right,
 To appreciate what is lovely, to honour the efforts of others,
 And to be grateful for the small things.
 These help us in our coping, they lighten our spirits,
 And bring some balance to our thinking.
 May we look beyond our present trials, and see hope and support,
 At least the kind that we might share with others.
 Love us through our hardships. Lift our spirits when they fall.
 Be with us and bless us we pray. Amen.
 Philippians 4:6-7 New International Version (NIV)
*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

~Jon Humphreys: Prayers that Unite~

Great quotes on Courage

*You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.
 You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along."*

Eleanor Roosevelt

Smile

Smiling is infectious you catch it like the 'flu
 When someone smiled at me today I started smiling too.
 I walked around the corner and someone saw me grin
 When he smiled I realised I had passed it on to him
 I thought about the smile and then realised its worth
 A single smile like mine could travel round the earth
 So if you feel a smile begin don't leave it undetected
 Start an epidemic and get the world infected



The Uniting Church in Australia

Macedon Ranges Partnership

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

Chairperson
 Mr. Noel Shaw
 5429 5509

Secretary
 Mrs. Jenifer Clampit
 5429 5480

*Let the peace of Christ rule in your hearts and homes.
 Let the word of Christ dwell in you richly.
 God comes to us, each and every one.
 God bless you every day.*

MASS TIMES

As restrictions are being lifted regularly, information given now may have changed by the time this edition has been printed.
 For the most accurate information regarding Mass times in our parish, please like our Facebook page or send an email to lancefield@cam.org.au to be included on the mailing list.

FUNERAL ARRANGEMENTS

If you need the services of Fr. Martin to arrange a funeral, please phone him directly on 0400 439 918.

WORSHIP FROM HOME – HOW TO PARTICIPATE IN MASS ONLINE

- St. Patrick's Cathedral Melbourne, daily Mass at 1pm, Sunday Mass 11am.
- Watch this at <https://melbournecatholic.org.au/Mass>
- Via facebook <https://www.facebook.com/CatholicArchdioceseofMelbourne>
- The Archdiocese youtube channel at www.youtube.com/archmelb
- Channel 31 daily Mass – check guide for times
- Mass for you at home is broadcast on network Ten on Sundays and Aurora Channel on Foxtel every day.
<https://10play.com.au/mass-for-you-at-home>
- Fr. Vinoth streaming live on Sundays via <https://www.facebook.com/St-Brigids-Parish>

A weekly email is being sent to parishioners with updates and news regarding our parish. If you would like to be included on the mailing list, please send a message to lancefield@cam.org.au



St. Mary's Parish - Lancefield & Romsey

27-29 Chauncey St, Lancefield
 & 85 Main Rd, Romsey
lancefield@cam.org.au

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

PUBLIC HOLIDAYS

- Monday 8th June Queen's Birthday
- Friday 25th September Friday before the AFL Grand Final
- Tuesday 3rd November Melbourne Cup
- Friday 25th December Christmas Day
- Saturday 26th December Boxing Day

BUSINESS & TRADE DIRECTORY

ACCOUNTANTS & BOOKKEEPING

BOOKKEEPING SERVICES - TEL: 0421 665 655



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

Remote & Onsite Services  AUTHORISED PARTNER

KRAMMER ACCOUNTANTS

Email: wkrammer@bigpond.net.au

W.F (Bill) KRAMMER FPNA

Essendon Suite 7, 2nd floor, 902 Mt Alexander road Essendon
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ADVERTISING

Romsey Rag - Memberships/Charges - Feb 2020 – Dec 2020

Full Year Not For Profit Community Group Memberships

Not For Profit 1. - \$50.00 pa.

- up to five (5) monthly 300 – 400 word ½ page reports (reports may be edited to fit the ½ page space).
- One 1/4 page Ad/flyer (black & white) per year and
- inclusion of activities in the monthly “Romsey, What's On” column.

Not For Profit 2 - \$100.00 pa.

- up to eleven (11) monthly 300 - 400 word ½ page reports, (reports may be edited to fit the ½ page space).
- One ½ page or two 1/4 page Ad/event flyers (black & white) per year and
- inclusion of activities in the monthly “Romsey, What's On” column.

If a Not For Profit Community group would like submit a one-off ½ page report or flyer the charge will be \$25.00

Anyone who has any questions re these rates please contact; payablesromseyrag@gmail.com

Commitment Forms (Feb 2020 – December 2020)

Community, Not For Profit (NFP) Group Name : _____

Please circle the option of your choice.

NFP 1	Up to 5 ½ page reports	NFP 2	Up to 11 ½ page reports	FP
\$50.00		\$100.00		Please circle the required package

Name; _____ Signed; _____

For Profit (FP) Charges/Memberships. Please circle the option of your choice.

2020 Advertising Rates Please circle	One Off Ad	For Profit Memberships Please circle		
		3 months	6 months	11 months
Public Notice	\$15.00	\$94.50	\$178.50	\$308.00
Business card	\$35.00	\$175.50	\$331.50	\$572.00
Quarter page	\$65.00	\$324.00	\$612.00	\$1,056.00
Half Page	\$120.00	\$540.00	\$1,020.00	\$1,760.00
Full page	\$200.00	Saving 10%	Saving 15%	Saving 20%
Classifieds	\$15.00	Item description (15 words), cost, location & contact info		
Front page sponsorship - colour	\$240.00	One-off Ads - Colour		
Back page- colour	\$240.00	½ page - \$140.00	¼ page - \$80.00	
Inside front or back cover -colour	\$200.00	½ page - \$140.00	¼ page - \$80.00	

For Profit (FP) Group Name : _____

Name; _____ Signed; _____

Romsey Rag Account Details; **BSB; 633 000,** **Account No; 161 577 895**

Please note;

1. Nothing will be printed without proof of payment and a filled out and signed Commitment Form
2. All payments must be received before the 12th of the month. The Romsey Rag is collated from the 15th of the month and will go to the printer on the 20th of the month
3. When paying please place you name or your group’s name as the reference



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ENROLMENT
ENQUIRIES

Unfortunately, we are unable to conduct tours of our school at the moment.

If you would like to inquire about enrolments, please call us on 03 5789 1234 – any time during working hours

TOURS will resume as soon as possible.

Please follow us on FACEBOOK – Darraweit Guim PS
or visit our Website –
www.darraweitguimps.vic.edu.au



Our students and parents have been working remotely from the start of this term. We are very proud of our students and parents for the effort that they have put in to keep building their knowledge in this challenging time.

Our staff have been connecting with our students regularly through virtual classrooms and through Seesaw, which is an online platform where students can share their completed work and get timely feedback from the teachers.

Digital Connection Project for Seniors

Are you 65 years or older and living in the Macedon Ranges Shire? Would you like some help with learning to use a digital device (a computer, smartphone or tablet) and how to access the internet?

The internet is a great way to stay socially connected, particularly during this period of COVID-19 and social distancing. With more and more services moving online, it is important to know how to use the internet with confidence.

We can show you how to:

- talk to and see family and friends online
- keep up to date with the news and what's happening around the world
- find new friends and local groups who share your interests and hobbies
- connect with old friends
- do your banking and shopping safely and securely online
- book medical and other appointments online

If you have a digital device but need some help learning how to use it, we can link you with a volunteer who can help. If you do not have access to a device and are not able to buy one, we may be able to source one for you.

Call Macedon Ranges Shire Council on (03) 5422 0237 for further information and to register your interest.

This Digital Connection Project for Seniors is a joint initiative of Central Victorian Primary Care Partnership, Cobaw Community Health, Macedon Ranges Shire Council, Goldfields Libraries, Kyneton Community House, Lancefield Neighbourhood House, Gisborne Men's Shed, Macedon Ranges Health and the Zonta Club of Kyneton.



THANK YOU

For the way we've faced these past few weeks.

With courage. With humility. And with hope.

We've kept our distance, we've looked out for each other and we've kept our cool.

Thank you especially to those who have been tested.

Because of your efforts, we've achieved the biggest testing blitz in our state's history.

Or to use Victoria's standard unit of measurement – more than one MCG's worth of Victorians who've played their part in protecting our state.

Thanks to you, we are finding out more about the spread of coronavirus in our community.

If you haven't been tested, and you are feeling unwell, you can still visit one of the regional clinics or speak to your GP.

To find out how and where you can be tested go to vic.gov.au/CORONAVIRUS

Because getting tested keeps us together.

STAYING
APART | **KEEPS**
US | **TOGETHER**

visit vic.gov.au/CORONAVIRUS

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