



# The Romsey Rag

Volume: 39 Edition: 2

MARCH 2021

## Romsey Men's Shed Men Wanted



Must be 55 plus or younger 😊

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## Welcome to the March Edition

Well it's the start of autumn and something that springs to mind is that famous song "California Dreamin" by the Mamas and Papas (for those who haven't a clue!) because of the starting lyrics:

*"All the leaves are brown, and the skies are grey..."*

Sums up Victoria pretty well!

This month see's a public holiday for those lucky enough not to have to work on those days, perfect long weekend to tidy a few things before the rains start coming! There are some upcoming events starting this month and although we have to live with COVID, its great to see things starting to go back to some normality!

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

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

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

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



the voice of the community  
**MEMBER 2021**

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

## WHAT'S ON in & around Romsey

**3rd Mar** - Senior Citizens Trip to Ballarat Wildlife Park.

**8th Mar** - Labour Day Public Holiday.

**15th Mar** - The Romsey Rag AGM, 7:30pm Supper Room, RMI..

**19th Mar - 4th Apr** - "Unveiling the Masterplan", Brickworks Gallery, Castlemaine. For more information go to [www.thebrickworksgallery.com.au](http://www.thebrickworksgallery.com.au)

**20th Mar** - Antiques Fair, RMI.

## *A common summer foot problem – and how to fix it*

Lets face it, no one likes sore feet. Especially when you want to get out and about in Summer. Thankfully there are things you can do at home to help.

### Heel pain

- Do you get sharp pain under your heel when you get out of bed?
- Does your heel ache at the end of day?

Chances are you may have plantar fasciitis (heel spurs).

### Why is it more common in Summer?

- We are more active when the sun is shining
- Walking, running, gardening, and new years resolution gym sessions all increase the stress on our body. If we are not conditioned for this, pain can develop.

### Home Tips:

- Rest your foot
- Put an ice pack wrapped in damp tea towel on your heel for a short time
- Stretch your calf muscle
- Change to a more cushioned shoe



### When should I seek help?

If your foot problem lasts for longer than 2-3 weeks.

Call Romsey Medical on 5429 5254 for an appointment with Podiatrist Andrew Baddeley.



**Coming in for proper assessment and treatment is well worth your time.**

## **March In Your Garden - Melanie Kinsey**

How are your tomatoes doing? For the first time ever, I am finding grubs in my tomatoes! Never had these before. And I spotted a suspicious pin prick that looked not unlike the mark of a fruit fly. I know fruit flies have been discovered in Castlemaine and Harcourt so I promptly covered each bunch of fruit with a fine mesh bag. Hopefully I am wrong and its not fruit fly, although sadly I think they will find their way here eventually. On a happier note my daughter's cucumbers are finally bearing fruit!

In the flower garden my 'Sparkling Burgundy' pineapple lilies have never been so tall or so full – an outstanding display this year! And yet beside them, Penstemon barbatus has not flowered this year – it does not like the rain at all. The inky purple flower heads on my dwarf agapanthus 'Isis' are about the size of a grapefruit and they are so gorgeous! Such a contrast to the cultivar 'Snowflake'! Also looking good is Oenothera 'Whirling Butterflies' (formerly Gaura) their flower stems are up over my head! And the bees just love them.

I took a trip to the Royal Botanic Gardens Victoria in Melbourne before lockdown and enjoyed the newly opened Arid Garden! It was a fascinating landscape with so many things to look at from small planted nooks in the rock walls to enormous tree like euphorbias and cacti. I also took a walk around the adjacent Guilfoyle's volcano planting which was looking amazing too. I had lunch by the lake and was enthralled by the stunning lotus flower display growing alongside the bank. Each enormous pale pink bloom had a pale-yellow boss of stamens surrounding the central flat disc that eventually turns into the seedpod. Quite a gorgeous sight to behold!



# Romsey Mechanics Institute



The RMI now has a fully operational audio/visual system. This means that both the CoM and various community groups will now be able to host comedy nights, films, presentations, information sessions, school concerts/

graduations and other events without having to hire and pay for the necessary audio/visual equipment. This AV project will really assist the RMI to serve the needs of our rapidly growing community. It has taken well over six months and has only been possible through the hard work of the CoM and the very generous **grants from the Bendigo Bank's Community Improvement Program and the MRSC's Community Funding Scheme.**

Our 2021 **Antiques Fair** will on **Saturday March 20th**, this event will be subject to Covid-19 restrictions with **only 84 people allowed in the main hall – as long as the QR code is used.** All stalls have been taken so please come along to have a look at what is on offer and maybe pick up a bargain. Once again the CWA will be providing a very tasty afternoon tea. Our thanks to the organising committee, Kathy Lakey,

Di Irvine and Gail Middleton

The toilet extension and refurbishment works, **equally funded by the Department of Jobs, Precincts & Regions and the Bendigo Bank,** are moving carefully through the Building

permit process. Once completed they will provide much improved access to the women's toilets as well as a new all access, uni-sex toilet at the western end of the building.

On Sunday, Feb 7th, we were called to the hall after one of our regular users noticed damage in the kitchen. Upon arrival it was obvious that the small reinforced window above the oven had been bashed in by a brick and that the side door into the Billiards Room (Senior Citizens Rooms) had been completely demolished. Local police attended and questioned residents. It appears that the break-in occurred around midnight on Saturday 6th. Crime Investigation Squad members were able to lift a number of palm and finger prints off the damaged door and the fridge/freezer. More to come.

Projector & screen in full daylight with curtains open



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## C.W.A 2021 STATE THEMES:

<b>THEME :</b>	<b>Engage, Support, Challenge</b>
<b>Product/Resource :</b>	<b>Grasses – Not just lawn</b>
<b>Country of Study :</b>	<b>Indigenous Australia</b>
<b>Thanksgiving Fund :</b>	<b>Endometriosis Research through the Jean Hailes Medical Centre for Women</b>
<b>State Project :</b>	<b>CWA of Vic. Inc. IT and Systems Upgrade and Maintenance</b>
<b>Social Issues Focus :</b>	<b>Safe Homes for All</b>



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 is on the 1st Wednesday of each month from 10.00 am to approx. 12.00 noon. Meetings are held in the supper room (side entrance) of the Romsey Mechanics Institute, Main Rd, Romsey. Examples of crafts we do are: knitting, sewing, crochet, cooking, beading, paper-craft.

As a branch February was a very busy month. We catered for the Romsey Men's Shed opening on the 6th and the Relay for Life on the 27th February. On Saturday the 20th February our Central Highlands Group held their AGM at the RMI Hall. It is always nice to catch up with other branch members. We were looking forward to our first social outing for the year to the Sunbury Cinema, however due to the latest Covid 19 concerns this has been postponed until next month.

Saturday 20th March for some sandwiches or Devonshire tea in the RMI Hall.

This month's recipe is –

### Chive and Garlic Butter:

1/3 cup butter,  
2 Tbsp snipped chives,  
1 Tbsp lemon juice,  
1/2 tsp salt,  
2 cloves crushed garlic.

Cream butter, add other ingredients, and mix well. Place butter on foil, cling wrap or baking paper. Wrap the butter with the herbs and roll into sausage shape, refrigerate until firm.

For any further information please call:

President: Melva Beer  
Secretary: Wendy Foster  
M: 0409175 667 or  
email: cwaromsey@gmail.com

Don't forget to come and join us at the Antiques Day on

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## 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

### Five Mile Creek Master Plan Tourism Macedon Ranges Implementation

Romsey's Five Mile Creek reserve is a potentially wonderful asset for the local community and those who visit it.

As per the Five Mile Creek Master Plan adopted by Council, installation of new signage, preliminary weed-clearing and new planting are underway. Further implementation of the plan will be undertaken over a number of years in a collaboration between Council and Melbourne Water. RRBATA extends a big thank you to community member Sharyn Ede for her dedication to the Five Mile Creek vision and leading the local engagement with Council to this point. We wish her and her husband, Tony, all the best on their interstate relocation adventure. Meanwhile, RRBATA will continue Sharyn's community conduit role with Council during the Master Plan implementation.



RRBATA is represented on the Executive of Tourism Macedon Ranges (TMR) which aims to represent tourism-related business stakeholders across the Macedon Ranges through its liaison with Council and Daylesford Macedon Tourism (DMT). Given the relatively low percentage of visitors to the eastern zone of the Shire, RRBATA's involvement with TMR is an important one. The current focus is to support Council's implementation of its Visitor Economy Strategy (VES) which has set the long-term vision and strategic direction to support sustainable growth of the visitor economy sector. The VES and its Action Plan is incredibly important to businesses across the Shire including the eastern corridor area.

### Roundabout Landscaping

Following up on a community member's concern re the weed overgrowth in the centre of the roundabout, RRBATA has been informed by Regional Roads Victoria that the contractor which built the roundabout will be responsible for the maintenance of the landscaping and its planting for 2 years from completion of construction. RRBATA has been assured that Regional Roads Victoria is working with the contractor to ensure this is done.

## Romsey Ecotherapy Park Inc (REP) Update



### Stage 2 is coming – SOON!

The detailed design is now complete for Romsey Ecotherapy Park's Stage 2 construction. This will include the Sensory Therapeutic Space and Arts Culture Space. Romsey Ecotherapy Park Inc (REP) is represented on the Project Reference Group along with the landscape architects (ACLA), Macedon Ranges Shire Council (Project Manager and Project Sponsor) and Regional Development Victoria's representative. It meets regularly to discuss the project's progress and is a great demonstration of Council's partnership with REP as the community conduit for the project's roll-out.



### Art in the Park - A successful campaign!



Romsey Ecotherapy Park Inc (REP) has been overwhelmed by the generosity of the local community members who have supported the Art in the Park – A Legacy that matters fundraising campaign. Funds raised will secure the inclusion of Romsey Ecotherapy Park's distinctive site-specific art installations inspired by nature as the next exciting stage in the Park's evolution is realised.

The Foundation for Rural and Regional Renewal (FRRR) is supporting Romsey Ecotherapy Park Inc's "Art in the Park" fundraising campaign with a partnership for tax effective fundraising through a Not-for-Profit Fundraising Account. That means that donations made were tax deductible. Stay tuned for the "final tally" to be revealed (Facebook, Instagram, April edition Romsey Rag).

For more information OR to make your tax deductible gift:

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

Jenny Stillman Ph. 0411 700464

#### CONTACT DETAILS:

Romsey Ecotherapy Park Inc (REP)  
P.O. Box 53, Romsey, Vic., 3434  
[romseyecotherapypark@gmail.com](mailto:romseyecotherapypark@gmail.com)  
[www.romseyecotherapypark.com.au](http://www.romseyecotherapypark.com.au)

# Sex Smart Youth Highlighting the Importance of Youth Sexual & Reproductive Health in the Macedon Ranges



The Sex Smart Youth survey is going live this March to find out the ins and outs of young people's sexual and reproductive health knowledge and their access to safe and inclusive information and services.

Sex Smart Youth aims to bring together young people and services working with young people to improve access to relevant, legitimate, inclusive and safe sexual and reproductive health education and resources for young people in the Macedon Ranges. A working group made up of youth participants and local community, health and education organisations has created the Sex Smart Youth survey to gather and collate localised data regarding the sexual and reproductive health of young people. The information gathered from the survey will be used for:

- The planning and delivery of sexual and reproductive health projects in the Macedon Ranges.
- Funding applications for increased service provision in the area related to sexual and reproductive health.
- Supporting young people to develop their skills and capacity in projects related to sexual and reproductive health.

The organisations participating in Sex Smart Youth are: Sunbury and Cobaw Community Health, Macedon Ranges Shire Council, Woodend Neighbourhood House, Kyneton Community House, Macedon Ranges Health, Thorne Harbour Country, Women's Health Loddon Mallee and local

schools. In addition, the group benefits from the active participation and experience of two paid young people.

The online survey will be available through social media and the participating organisations' websites and the aim is get as many young people as possible who either live, work, study or play in the Macedon Ranges to participate. Rhani Dean-Talbett, Working Group Chair and WayOut Worker at Sunbury and Cobaw Community Health says "We want to hear directly from young people on what they know, don't know, wish they knew earlier, or want to know more about when it comes to sexual and reproductive health. We're really excited to hear from a diverse range of young people as we know they hold the expertise of their experiences".

Kate McIntosh, one of the young people on the working group, is a local person passionate about all things related to improving the health of young people in the Macedon Ranges, "I can't wait to see what the survey tells us and to use the data to inform the next actions of the working group!"

The Sex Smart Youth survey will be open to from 1 to 31 March, follow this link: <https://www.surveymonkey.com/r/sexsmartyouth>. All survey participants will have the option of going into a draw to win a prize. For more details contact Rhani on 5421 1666 or email [rhani.deantalbett@scchc.org.au](mailto:rhani.deantalbett@scchc.org.au).

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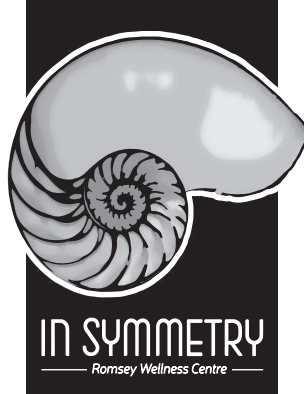
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## Romsey - Lancefield Probus

Welcome to Friendship

The Romsey/Lancefield Probus Club provides an opportunity for retirees or semi retired people to relax and enjoy the welcoming company of those at the same stage of life.

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

The next meeting of the Romsey Lancefield Probus Club is on  
Thursday 25th March, 2021 at 10am.  
St. Mary's Catholic Church Hall, Main Street, Romsey.  
This is our Annual General Meeting

The April meeting will be on Thursday 22nd.  
The Guest Speaker will be Tony O'Brien, President, Romsey/Lancefield RSL

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

**Visit our WEB-Site: [www.rlprobus.org.au](http://www.rlprobus.org.au)**



## The Mount Players - First Show Set to Open in May



We are in the middle of a 5 day lockdown as I type this article.....so who knows where we will be by the time it's published.... very surreal! However, I continue on a positive, hopeful note by way of telling you about our first production which will open in May.

**"Too Many Crooks"** was a 1959 British comedy movie starring among others, Terry Thomas, Sydney James & George Cole. Director, John Rowlands has adapted the script for the stage in the form of a BBC Radio Play.

The plot concerns a bunch of inept crooks led by an incompetent boss, who continue to botch straight forward robberies. When their plans turn to kidnapping, matters become overly complicated.

John brought his radio play, **'The Wrong Box'** to the Mountview Theatre in 2018 and it was a real hit.



**'Too Many Crooks'** promises our audience lots of laughs with great characters and of course, live sound effects.....just like it used to be! The season will run from 14 – 30 May.

Rest assured our theatre has a thorough Covid plan already in place to look after our patrons.

For more details on the show and to book tickets go to our website [www.themountplayers.com](http://www.themountplayers.com) or call 5426 1892 for enquiries.

See you all in May.....fingers crossed x

*By Karen Hunt*



Dear Residents,

We were incredibly pleased to attend the official opening of the Romsey Men's Shed. Full marks to those involved in bringing this project to completion. Also, the lights at the Romsey roundabout have had their final electrical inspection. Hopefully Powercor will have them switched on by the time you read this.

At a recent meeting, Council resolved to submit on Green Wedge protection and agricultural activities in the Shire's Farming Zone. There appears to be plenty of interest in the Government's plans within a 100 kilometre radius of Melbourne.

For those in the west of the Ward, The Woodend Community Centre Master Plan is out for comment until the 8th March. It is worth a look. Council has also adopted a Community Engagement Policy and Councillor Code of Conduct in line with Government policy. Processes are underway to employ a Chief Executive Officer (CEO). It is hoped the selected person will be 'in the chair' by April. The work of Acting CEO, John Nevins, is very much appreciated.

We will be starting Budget deliberations soon, with many important aspects to consider, including the COVID impact over the past year. Planning permit applications continue to flow in with Riddells Creek prominent. It is pleasing to see the degree of public interest being shown.

Recent damage to public and private property in several locations across the Ward is disturbing. Thanks to those members of the public who report such vandalism to the Shire and Police. Efforts are being made to curtail the damage done (and associated repair costs).

Till next time.

Bill West 0400 025 455 [bwest@mrsc.vic.gov.au](mailto:bwest@mrsc.vic.gov.au)  
Geoff Neil 0419 244 776 [gneil@mrsc.vic.gov.au](mailto:gneil@mrsc.vic.gov.au)  
Annette Death 0427 956 117 [adeath@mrsc.vic.gov.au](mailto:adeath@mrsc.vic.gov.au)

## Romsey Lancefield Senior Citizens MARCH 2021



We have had a lovely welcome back the past month. It is great to see lots of familiar faces joining us again for our weekly get togethers of a Monday. Why not join us for a relaxed lunch, chat and get together. **We meet from 11am every Monday at the rear of the Romsey Mechanics' Institute.**

We hope to start our monthly bus trips again this March. Our first trip will be to Ballarat Wildlife Park on **Wednesday 3rd of March**. If you are interested in joining us please give Helen or Rae a ring to make sure you get a spot on the bus and for more information on pick-up times. The Ballarat Wildlife Park specialises in native Australian animals but also includes a wide variety of reptiles, and now has meerkats and Sumatran tigers, Maneki and Satu.



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



## Romsey Lancefield RSL Sub-Branch AGM & ANZAC DAY EVENT Sunday, 25th April 2021



The Romsey-Lancefield RSL sub-branch has scheduled its AGM and a new incoming committee will assume control.

"All current executive committee members are standing down, due to a variety of reasons," said outgoing president Tony O'Brien. "Family commitments, relocations and greying hairs are the driving forces", he said.

When elected President two years ago, O'Brien made the commitment that he would serve one term only, as he does not believe in the 'divine right to rule in perpetuity'.

"If the US president has a fixed two terms maximum in office, I reckon that all committee Presidents should have fixed terms and allow others to step up and have a go," said Mr. O'Brien. "It would be a good idea for politicians and councillors," he quipped.

"The last year, 2020, was a difficult time for the veteran community. The Covid-19 virus disrupted our programs, especially ANZAC Day and Viet Nam Veterans Day.

We managed a limited Remembrance Day service, yet we faced total prohibitions on our fortnightly morning tea gatherings," he said. "Our older members were greatly impacted by the isolation caused by the lockdowns and restrictions on social gatherings and mates' funerals."

With restrictions eased in recent weeks, the Sub-branch was quick to reinstate the essential morning tea gatherings for their vets.

Mr. O'Brien's final actions as President was to apply for permits to conduct a big ANZAC Day service at the Lancefield cenotaph, with a military catafalque party and RAAF flyover as occurred in 2019.

"On behalf of the retiring committee, the members and affiliates of the Romsey - Lancefield RSL, we thank the local community for their great support", said Mr O'Brien.

## Welcome Back to Play!

For many of you and your clubs, this summer has been spent enjoying a return to the field, the court, the course, the pool - or wherever you play.

After what was a very challenging year for our local sports clubs, whether you're back playing or training for the season ahead - I'm sure many of you have never felt so happy to be out and about, playing the sports you love.

You'll see below some information on the recently announced Local Sports Infrastructure Grant.

I encourage you to take a look.

Mary-Anne



**APPLICATIONS ARE NOW OPEN FOR THE LOCAL SPORTS INFRASTRUCTURE FUND, WITH GRANTS ON OFFER TO HELP SUPPORT GRASSROOTS SPORTS IN OUR COMMUNITY.**

There is a range of opportunities available across five funding streams:

- \* Better Indoor Stadiums;
- \* Female Friendly Facilities;
- \* Community Sports Lighting;
- \* Facilities for Active Seniors;
- \* Scoreboards and Fixed Infrastructure.

The funding will boost wellbeing and support participation through the development of high-quality, accessible sport and active recreation infrastructure. Interested clubs should visit <https://sport.vic.gov.au/> for more details, and contact Council regarding the application process.

Applications will close on March 22. For more information or assistance, please don't hesitate to contact my office on 5428 2138, or send an email to [mary-anne.thomas@parliament.vic.gov.au](mailto:mary-anne.thomas@parliament.vic.gov.au)



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# Don't Flush It!

Flushing the wrong items down the toilet can damage the sewer system. Only flush poo, pee and toilet paper.



From 1 July 2021, Western Water will join with City West Water to form a new water corporation, Greater Western Water.

Find out more at [westernwater.com.au/GWW](http://westernwater.com.au/GWW)

Call 1300 650 422 SMS 0480 015 200



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# Community investment program

When you partner with us, good things happen.

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# Library News

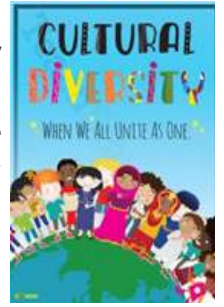
## DIARY DATES:

### International Women’s Day and Labour Day Public Holiday, Monday March 8

The library will be closed on Monday March 8, but don't let that stop you from popping by in the lead up to International Women's Day – we'll have a special selection of books available celebrating the women of the world. Read works by prominent politicians, authors, and sports stars – stretch your mind and discover some new perspectives on femininity.

### Cultural Diversity Week, March 21-28

### Harmony Day, Sunday March 21



## BOOK REVIEW

**The Girl in the Painting** by Tea Cooper  
Set in the booming regional towns of gold rush and federation era New South Wales, this gentle family saga invites the reader to unravel the mystery of Elizabeth Quinn. Rescued from poverty in Britain and brought to Australia as child migrants, Quinn and her brother work their way up to become successful businesspeople, benefactors, and all-round pillars of the community. But are they really who they seem?

Cooper knows how to keep the little intrigues and mysteries piling up as the pages roll on, but she also writes with a light touch. These were harsh times, but where some authors of historical fiction would labour over the drama and suffering, Cooper's storytelling is

proportionate to what the characters experience as they get on with their own lives.

The cast of characters is sensibly compact, and they by and large make pleasant company. With the questioning, intelligent Elizabeth at its core, if this story does have one limitation, it is whether she could ever really quite believe how the titular painting manages to find its way to her.

The future is bright for Tea Cooper, and fans of Kate Morton and Di Morrissey should definitely give her a go.



**Romsey Library**  
**The Hub**  
98 Main Street  
Romsey  
Ph: 5429 3086  
E: [romsey@ncgrl.vic.gov.au](mailto:romsey@ncgrl.vic.gov.au)

## Opening Hours

Please refer to our website, [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au) Facebook page or contact us for information regarding up-to-date opening hours in February.



One of the things we really missed in 2020 were the weekly Baby Rhyme Times, Toddler Times and Story Times that have been a regular fixture at our library for so many years.

For the most up-to-date information, visit: [ncgrl.vic.gov.au](http://ncgrl.vic.gov.au)/storytimes and the Romsey Library Facebook page, or to phone us on 5429 3086.

Our sessions are free, do not require special bookings, and all are welcome!

**\*\*Please note session times are subject to change due to the COVID situation\*\***

So, we were all happy when Rae and Karen ran a full slate of these sessions at the start of February. It was great to see all the smiling faces and have that buzz back in the library again!

Naturally, these activities now involve various safety precautions, and our intrepid presenters ran extra sessions to allow more people to attend while maintaining social distance.

Sadly, after that exciting first week things had to go on hold for the circuit breaker lockdown.

But our plan is to resume our regular schedule as soon as possible:

**Mondays:** Baby Rhyme Time at 10.30am followed by Story Time at 11am.

**Thursdays:** 2 sessions of Toddler Time, at 10.30am then 11am.

## Who Am I?

I was the youngest of ten children, raised near Ballarat by a single father. (5 points)

My biggest sporting win came in on odds of 100-1. (4 points)  
In 2017, I received a one-month suspension for taking a prohibited appetite suppressant. (3 points)

The trainer Bart Cummings selected me for my first rides in the Caulfield Cup and Melbourne Cup. (2 points)

I was the first female jockey to win the Melbourne Cup. (1 point)

## ANSWER:

I am Michelle Payne. You can find out more about me by watching the DVD *Ride Like a Girl* or reading my biography *Life As I Know It* – both available from the Romsey Library.

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# Cooking with Peter Russell-Clarke

## FRIED CABBAGE



We once had a dog. His name was 'WOOF'. Skinny, my mother's boyfriend, blamed cabbage for every smell which floated around the dining room, but my mother knew it was Woof who was responsible, and so my mum encouraged Woof to seek another domicile.

PS. Woof was so named because that was the sound which one uttered as Woof relaxed under the dining room table.

CABBAGE: What the Chinese use to pad out the food they serve to Australians.

I don't know where cabbages came from, but I do know I came from under one because my dear old mum told me often enough.

Some authorities insist cabbages came from the Middle East. If they did, why were they not mentioned in the Bible? The Greeks ate it as a gut filler. Diogenes was said to have

told a young courtier "If you lived on cabbage you would not be obliged to flatter the powerful." "If you flattered the powerful," replied the young bloke, "you would not be obliged to live on cabbage."

The wealthy Romans chomped into it with gay abandon, even though it was expensive. Claudius, the drunken glutton, once demanded the Senate debate if there was a better dish than corned beef and cabbage. They dutifully voted that there was not. Claudius was right in one thing, cabbages are the most versatile of vegetables .... And there are lots of varieties - broccoli, Brussels sprouts, cauliflower, collard, kale and kohlrabi. It's interesting and important to know that any vegetable which has leaves which cross over each other - cruciferous - are considered to be excellent in combating stomach cancer, help heal gastric ulcers and stimulate the immune system. They contain calcium, magnesium, potassium, beta-carotene, folic acid, vitamins C, E, K, Thiamin and iodine.

### FRIED CABBAGE

- 1/2 head of cabbage (about 500 g);
- 1/2 green capsicum;
- 3 tablespoons butter;
- 1 clove garlic, crushed;
- 1/2 teaspoon mustard seeds;
- 1/4 teaspoon each cayenne, turmeric powder, ground cumin and ground coriander;
- 2 teaspoons lemon juice.

Remove the worn-out looking outer leaves of the cabbage and the thick centre stem. Cut the rest into fine shreds as if preparing the cabbage for coleslaw. Chop the capsicum into fine pieces.

In a large heavy frying pan over a moderate heat, melt the butter then add the garlic, chopped capsicum and the mustard seeds. When the mustard seeds start to pop, add the cabbage and stir. Continue stirring while adding the rest

of the spices. Stir until all the spices are well blended into the cabbage. Cook for 15 to 20 minutes, stirring occasionally to prevent the cabbage from sticking to the bottom of the pan.

When fully cooked, the cabbage will be only half its original size. When cooked, remove from the heat and squeeze the lemon juice over it then serve hot.

Lots of people sneer at cabbage, saying amongst other things it smells out the kitchen whilst it's cooking for days after. I'm not amongst them.

Cabbage is king!



## NOTICE OF ROMSEY RAG A.G.M

The Romsey Rag Annual General Meeting will be taking place on:

**MONDAY 15TH MARCH 2021**

It will be held in the Supper Room at the Romsey Mechanics Institute starting at 7:30pm.

All members of the community are welcome to attend.

All positions will be up for nomination and voting, so if you would like to get involved this is your chance. Note all positions are voluntary, no payment will be made.

Each role has a defined job description and requires a few hours commitment each month.

If you would like to find out more please contact us via email with any questions you may have.



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Romsey Office:  
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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.

Please follow us on social medial or check our website for updates on our Sunday Services detail

Find us on Instagram and Facebook using the following @encouragechurchromsey




## PASTOR'S PARABLES

### When God Knocks



A teenage boy, playing a computer game, heard a knock on the front door. He chose to ignore it. Soon after his mother came downstairs and asked, 'Did you answer the door?'

Not taking his eyes from the game, the boy replied, 'I didn't want to - someone may have been there.'

We often deny God's existence for many reasons. Sometimes, it's simply because we don't want Him to exist. We can be so preoccupied acquiring material things or fulfilling personal ambitions that we think our plans will be upset if we concede that there is a God. Alternatively, we have accepted theories of evolution for so long we now consider them

established facts – and nothing will move us from our faith in those atheistic beliefs. God reveals Himself in so many ways - through Creation, His Word, our conscience and various other agents. Every person, without exception, hears God knocking. But many of us don't want to answer just in case someone is there and we have to stop what we are doing and adjust our thinking. (See Romans 1:20)

With the onset of Covid-19, many questions about life have been raised. And with these questions there has also come the opportunity to adjust our thinking, to reset our priorities, and perhaps even change who or what we BELIEVE IN.

No one in the World has been able to IGNORE Covid-19.

But through this pandemic God has been Knocking. God is a Gentleman! He will not force entry into our lives. It is up to us to answer the door and let Him in. Understandably, no one wants to be disturbed by an unwelcome guest, but God is the Creator of the Universe and He comes bearing a great gift (eternal salvation). We have so much to lose by ignoring God. Furthermore, change that may occur in our life by answering God's call will only be a change for the better.

**"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come into him and dine with him, and he with me." Revelation 3:20.**



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



#### Sunday Services:

Romsey Church Service 9am each Sunday

Lancefield Church Service - 10.30am each Sunday

It is with regret that we announce that our Locum in charge Revd. Judi Pollard will retire as of Sunday 14th February 2021. The Parish would like to extend our thanks and appreciation for all the leadership and fellowship throughout difficult times. We wish Rev Judi much happiness in her retirement.

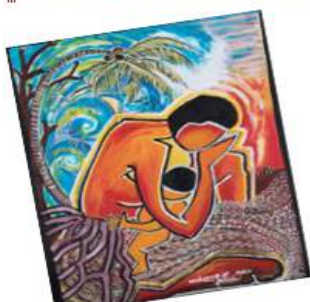
#### St Paul's Romsey Op Shop has re-opened on

Friday 12.30pm - 4.30pm

Saturday 10am - 1pm

Please drop donations of quality clothing etc into the Op Shop either on Friday & Saturday during open hours only. **No electrical, baby cots or mattresses can be left.**

**Owing to Covid-19 regulations the op shop cannot accept toys of any nature.**



**The World Day of Pray 2021**  
**Friday 5th March 2021 at Christ Church Lancefield 11am.**

**Theme is - Build on a Strong Foundation**

The World Day of Prayer service is prepared by the Christian women of the Republic of Vanuatu. **All Welcome to attend**

**MACEDON RANGES UNITING CHURCH PARTNERSHIP CONTACTS**

Ministers: Pastor Annette Buckley Ph. 5429 5351 or 0457 608 539  
 Rev. Linda Young Ph. 0412 137 783

Office Phone: 5428 6920  
 Email: macedon.ranges.partnership@hotmail.com  
 Website: www.macedonrangesunitingchurch.org.au  
 Members of the Uniting Church Macedon Ranges Partnership have been enjoying worship services via Video Link - see the website above.

The Romsey Uniting Church has commenced holding Sunday Worship Services at 9am. There will be a Minister conducting the service on the 4th Sunday in the month. The other weeks services will be conducted by a visiting minister or worship leader.

**God Whispers**

The man whispered, God speak to me, And a meadowlark sang.  
 But the man did not hear.  
 The man whispered, God speak to me, And the thunder rolled across the sky.  
 But the man did not hear.  
 The man looked around and said, God help me to see you  
 And the sun shone brightly.  
 But the man did not see.  
 And the man shouted, God show me a miracle, And a life was born  
 But the man did not notice.  
 So the man cried out in despair, touch me God and let me know you are here Whereupon  
 God reached down and touched the man  
 And the man brushed the butterfly away and walked on.  
 The man cried, God I need your help, and an email arrived reaching out with good news and encouragement  
 But the man deleted it and continued crying.

*This is a great reminder that God is always around us in the little and simple ways that we take for granted.  
 Don't miss out on a blessing because it isn't packaged the way that we expect.*

Macedon Ranges Uniting Church Partnership in Print



**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 ATTENDANCE AVAILABLE BY BOOKING ONLY**

As I write this, Victoria has just been placed under a 5 day lockdown. The following information was current this morning and if we return to the same level of Covid rules after our 5 day lockdown it will remain the same. To be certain please phone the presbytery for the most current rules.

Attendance at Mass is by registration only. Please contact the Secretary at lancefield@cam.org.au or by phone on 5429 2130 to reserve your place at the next available Mass. Social distancing, hygiene protocols and QR code sign-in are all place at our churches. Mass numbers are restricted at this time and masks must be worn. Please do not show up at Mass without a booking as you may be turned away. Thank you for your co-operation to keep our churches open.

**Current Mass Times:**

**Sunday Mass**

Sunday Mass will be celebrated at 9am and will alternate between Lancefield & Romsey. 1st & 3rd Sundays of the month in Romsey, 2nd, 4th & 5th Sundays of the month in Lancefield.

**Saturday Healing Mass**

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

**Baptisms**

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

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

Please direct enquiries to the parish office on 5429 2130 or email at lancefield@cam.org.au For funeral arrangements, please contact Fr. Martin on 5427 2690 or email at woodend@cam.org.au

**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](http://www.youtube.com/archmelb)
- Mass for you at home is broadcast on network Ten on Sundays <https://10play.com.au/mass-for-you-at-home>



**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	<a href="http://www.smlancefield.catholic.edu.au">www.smlancefield.catholic.edu.au</a>



# 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

During 2010/11 the Romsey Sporting Precinct received a major overhaul and many improvements were made to the main oval, a new oval was constructed, many new facilities were built and existing ones improved. Since that time the town's sporting needs have changed and it is now time to revisit the Sporting Precinct's "Master Plan". The Romsey Sporting Association, working closely with Romsey Park sporting groups and representatives from MRSC, will lead this review.

**RGC Motorised Buggy:** In early 2020 we applied, successfully, for funds to assist us to buy a motorised buggy for use by ADF veterans, disabled golfers and older golfers. **This buggy was funded by a grant from the Bendigo Bank, a donation from local MLA, Mary-Anne Thomas and club monies.** Throughout 2020 and into 2021 the buggy has received a great deal of use and has been a real positive for the club. 89 Yr old vet, Bob Dwyer loves the buggy and reckons it has knocked a few shots off his handicap.

**ADF vets Chris Manktelow, Steve Wilkins & Hugh Drummond**



**2021 Summer Cup:** After speaking with the family of Dean Jones it was decided to dedicate the 2021 Summer Cup to his memory. Dean was a long term member, a four times club champion and twice a Stroke Team Pennant winner. The Summer Cup runs throughout February, on Wednesday and Saturdays, and consists of rounds of Par, Stroke, Stableford and the February Monthly Medal, so four rounds but two tries at each round. Each player's three best round scores are counted.

**Twilight Golf:** RGC has been running Twilight Golf, nine-holes Stableford, every Friday evening from 4.00 pm since the beginning of November. Covid-19 has meant that we have not been able to offer a light meal as part of the evening. The players compete for the "Titan of Twilight", a much coveted award.

Unfortunately circumstances made it too difficult to run our 13th **Charity Golf Day**. It has **been postponed until early October**.

**The John Laing Shield;** Ryan Davies (8) **D** Rob Rea (0) - 4/3

All bookings at: <https://www.romseygolfclub.net> "BOOK NOW" button  
For detailed reports on all results; <http://www.romseygolfclub.net/results/2020/>

## PUBLIC HOLIDAYS & OBSERVATIONS

- Monday 8th March Labour Day
- Friday 2nd April Good Friday
- Saturday 3rd April Easter Saturday
- Sunday 4th April Easter Sunday
- Monday 5th April Easter Monday
- Sunday 25th April ANZAC Day
- Monday 14th June Queens Birthday
- Subject to AFL schedule Friday before AFL Grand Final
- Tuesday 2nd November Melbourne Cup
- Saturday 25th December Christmas Day
- Sunday 26th December Boxing Day



## Please Give \$ome for the Kids



### Royal Children's Hospital Good Friday Appeal

**Romsey Fire Brigade** will once again be seeking the help of the local community to raise important funds for the annual Royal Children's Hospital appeal.

Unfortunately, COVID 19 is still with us and so the usual Doorknock will not be held on Good Friday this year.

This year, the Brigade has arranged for appeal donation cans to be made available throughout the town at the following business locations:

- |                        |                          |                   |
|------------------------|--------------------------|-------------------|
| Caltex Service Station | Romsey Post Office       | Romsey Supa IGA   |
| Thrifty-Link Hardware  | O'Deas Auto Spares       | Offroad & Outback |
| Blooming Produce       | Main Street Fish & Chips | Romsey Hot Bread  |
| Romsey Pharmacy        |                          |                   |

The Brigade Members will also be at static collection points outside IGA and Caltex on the afternoon of Thursday 1<sup>st</sup> April and Good Friday morning on 2<sup>nd</sup> April (COVID rules permitting), to accept further donations.

As with last year, the Virtual Tin Shake will also be a feature of fundraising effort. More details about this will be placed on the Romsey Fire Brigade Facebook page.



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**Romsey** 106 Main street Romsey 3434  
Tel: (03) 54295477 Fax: 54296778  
**Sunbury** rear of 36 Macedon Street (PO box 96) Sunbury 3429  
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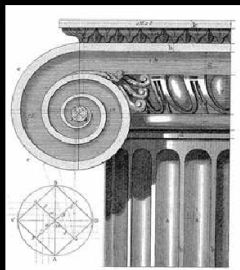
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## 'Learning From Local Experiences During the COVID-19 Pandemic'

Local residents' experiences during COVID-19 are being harnessed to understand the impact of the many and varied support systems that arose out of the pandemic and use this to inform future responses.

To learn from the community's experiences during this time and to understand more about how support systems are perceived by the broader community, local organisations have contributed to the development of a 'Community experiences during Covid-19' survey ('the survey').

Local community groups and organisations worked hard to connect and protect the community during the COVID-19 pandemic. Some of these initiatives include developing a food pantry system, targeted distribution of mental health resource packs and increasing digital connection of older residents. Additionally, there are many informal or very local support systems that have popped up in communities, focused primarily on increasing community connection and supporting food security and other material aid.

The survey is looking to engage whole of community and will be available online and via hardcopy upon request. We want to ensure that isolated community members and those that are not digitally connected are able to engage so encourage organisations, community groups, friends and neighbours to support those around them to access the survey. This survey is one way to engage with community members across the lifespan and to utilise lived experiences to inform future emergency responses.

All survey participants can go into the draw to win one of two \$100 supermarket vouchers

The survey is now open and can be accessed at <https://www.surveymonkey.com/r/communitycovidsurvey>. For further information or for a hardcopy to be sent to you, please contact Rhani Dean-Talbett on 5472 5333 or [projects@centralvicpcp.com.au](mailto:projects@centralvicpcp.com.au).



## **Romsey Antiques, Vintage & Collectibles Fair 20th March 2021**

Entry \$5

Saturday 9.30am till 3.30pm  
Mechanics Institute  
122 Main Street, Romsey

Stallholder enquiries to Gail on 0416 028 219

We are Covid-19 compliant with QR code registration

## Romsey Mechanics' Institute is holding its annual **Antiques, Vintage & Collectibles Fair** on **Saturday 20<sup>th</sup> of March.**

There will be plenty of items to catch your eye, including furniture, china, jewellery, glassware, silverware, books, antique prints and engravings, plus much more.

Morning and afternoon teas available from the CWA.

Entry \$5





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