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Monday to Friday 9am - 5pm ~ Saturday and Sunday 9am - 1pm

www.lifelinemedicals.com.au/romsey

EMERGENCY CONTACTS

Police Emergency 000

Non-urgent Crimes & Events

131444

Romsey

5429 5461

Fire Emergency 000

Bushfire Information Service

1800 240 667

SES (State Emergency Service)

132 500

Vic Emergency Hotline

1800 226 226

Nurse-On-Call

1300 60 60 24

Doctors & Chemists:

Romsey Medical Centre

5429 5254

Parkwood Green Clinic

5429 5800

Lifeline Medicals

5429 3543

Romsey Pharmacy

) 5429 5353

Lancefield Country Practice

) 5429 1362

Welfare & Support:

Asthma Victoria

1800 278 462

Beyond Blue Info Line

1300 22 46 36

Cancer Council Helpline

13 1120

Sunbury/Cobaw Comm Health

1300 026 229

Diabetes Australia VIC

03 9667 1777

Epilepsy Action-Australia

1300 374 537

1800Respect Counselling

1800 737 732

Hospitals

Kyneton Health Services

1 5422 9900

Kilmore Hospital

5734 2000

Royal Children's Hospital

9345 5522

Royal Women's Hospital

3 8345 2000

Royal Melbourne Hospital

9342 7000

BETTER LIVING



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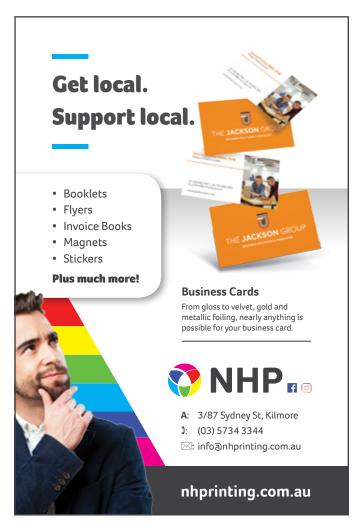
Anthony Mokbel
(B.AppSc(Comp.Med), M.Osteo)
Osteopath

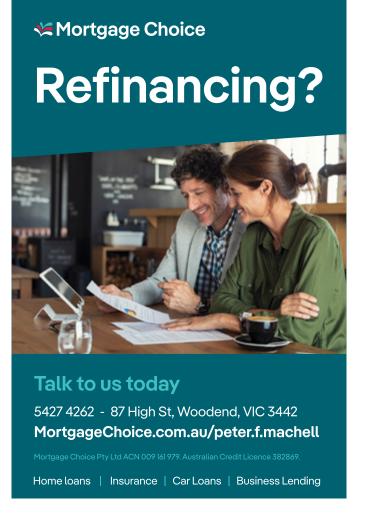
Samantha Baxter
(B.AppSc(Comp.Med), B.AppSc(Osteo))
Osteopath

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F O /BETTERLIVINGOSTEO





Romsey Mechanics' Institute

Updating the Main Hall: Currently we are in conversation with The Mechanics' Institute of Victoria to see if we can find a heritage interior designer who can visit the hall and discuss options to bring the hall back to its former glory. We are aware that this will take a great deal of funds but without the planning these works will never be done. Here's hoping we are able to get this moving in the very near future.



Established 1865

Subsidised Movie Nights/Afternoons:

Lancefield Kindergarten was the first group to take advantage of these events showing "Thing 2" on the last weekend of May. There is only one more subsidised movie event still available. Our thanks to the Bendigo Bank for their support with this program.

2022 Art Show:

Over the past few years our Art Show has been another casualty of the Covid-19 pandemic. We hope that we can again get this show going again for 2022. We will be discussing the show with local art groups with a view to getting it up and running for November.



The recent puppet show at the RMI.

PO Box 130, Mob: 0458 726 106, ABN: 99 340 024 758 - presidentrmi@gmail.com, secretaryrmi@gmail.com rmibookings@gmail.com - www.romseymechanicsinstitute.com

June in the garden

by **Melanie Kinsey**

So winter is here and the garden has gone to sleep for a few months. Its time to do some heavy work in the garden! Now is the time for landscaping, for moving things around and building things! Winter was the time I got my lych-gate built, my pebble mosaics created and garden edging installed. Its simply too hot at other times of the year or you are too busy pulling out weeds! Last weekend I spent some time clearing plants away from the future fence line between our old and new properties. Next, I will remove an old seat slab, reshape the garden bed lines and install new garden bed edging. Then I can get some plants in to fill the gaps!

The pin-cushion hakea forgot to read its label and after 20 years has reached between 8m and 10m tall. It's a beautiful well-shaped large shrub or small tree in which crested pigeons have made their nest. Currently its absolutely covered in its strange pin-cushion like flowers beloved by the bees and the honeyeaters. A few years ago, I planted a new one – a cultivar called 'Stockdale Sensation' which flowers a bit earlier with even more and showier flowers.

Even though its winter the last deciduous shrubs are changing colour – the berberis, the weeping apricot and the cotinus are glowing orange. Still looking great long after many other deciduous trees have shed their leaves. Down



The red and cream flowers of the pincushion hakea.

the road a Chinese snowball, an Autumn Blaze maple and the scarlet oaks are bright red. Soon they will all be leafless sticks against a grey old sky. However unlike the northern hemisphere it won't be too long until the bare branches burst into leaf again. Hunker down and work hard during winter by all means; but plan for spring!

Committee

President Tony Lakey

Treasurer
Dianne Irvine

Secretary
Allan Irvine

General Committee Shauna Martin Sonia Martin

Production Assistants & Proofreading Trish Dunn Sue Kirkegard Allan Irvine Tony Lakey Margaret Mitchell Shauna Martin

Romsey Rag

ABN: 80 102 393 407 INC A0102067K

ON AVERAGE

The average cat consumes about 127,750 calories a year, nearly 28 times its own weight in food and the same amount again in liquids.



Welcome to the June Edition

As we hit the winter months we begin to consider things such as;

- the state of the heater and the supply of wood in the woodshed,
- how are the heavier jumpers and coats,
- · do the family's boots and rubber-boots still fit?

For many of us this is not a huge concern but there is a growing number within our community who are having trouble making ends meet.

Like most towns and suburbs around Australia we have the usual groups who lend a helping hand, the schools, the churches, the Neighbourhood Houses our sporting clubs and many non-aligned community groups who help out with clothing, food, school equipment, cheaper or free memberships and uniforms, and other often essential items.

All of these groups need help from volunteers and funding to assist them to do their work within the community. Every town and suburb has its share of locals who are only too happy to give their time to help others and while some funds do come from state and federal governments the local branch of the Community (Bendigo) Bank delivers over \$200,000 annually to the communities of Romsey and Lancefield. A large proportion of this money goes to all the above groups and this support is vital in allowing them to do their work making sure every gets as good a go as possible.

The Bendigo Bank should be congratulated for their ongoing work within our community.

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www.theromseyrag.com.au

Send us your thoughts and ideas for what you think could happen in Romsey. For all correspondence: <code>email@theromseyrag.com.au</code>.

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.



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Romsey Rag

Romsey Region Business and Tourism Association (RRBATA)

Eastern Ranges Progressive Dinner a HUGE Autumn Festival success!

The "Eastern Ranges Progressive Dinner – Poetry in Motion" was a generously supported by Macedon Ranges Shire Council and organised by Romsey Region Business and Tourism Association (RRBATA). It sold out 2 weeks ahead of the 23rd April date with any last minute tickets available from COVID cancellations being snapped up!

This year saw the 3 groups each with 50 diners assemble under a festoon light illuminated marquee at Verdure in Main Street Romsey for pre-dinner drinks and canapés, with entertainment by Michelle and Tony (Cedar Music) setting the scene for the night ahead. Group leaders Rachel, David and Jenny guided (or should it read "herded"?) their guests on and off buses as they travelled between Soltan Pepper, Mount Monument and Lancefield Lodge.

Poetry performances by Donna Prince, Izzy Roberts-Orr and Jack Bamford added an extra "cultural" layer to the night.

RRBATA extends a big thank you to Newnham Earthmoving for providing the Traffic Management service for the Pre-Dinner element at Verdure (a shout out to lan Logan who worked hard on the night and Dave Pettman for his planning work with this!).

A big thank you also to RRBATA member businesses which generously supported the event with prizes and giveaways: TCC Real Estate, Evexia Macedon Ranges, Red Door Books Lancefield, Off Road and Outback, Soltan Pepper, In Symmetry, Tony's Place Romsey, The Lost Watering Hole Brewery.

Facebook: Romsey and Lancefield Region - Business and Living

Instagram: Romsey_Lancefield_Region www.rrbata.com.au











Romsey Region Business & Tourism Association (RRBATA)

Jenny Stillman

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

The benefits of the Romsey Region Business andTourism 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.

Community immunisation sessions

Council provides a range of **free** immunisation services for infants, children, secondary school students and adults as well as catch up vaccines for eligible individuals, refugees and other vulnerable people, in line with the National Immunisation Program.

Sessions are held on the first Thursday of each month in Gisborne, Kyneton and Woodend and on the third Tuesday of each month in Riddells Creek and Romsey.

Our specialist immunisation nurses will discuss any possible reactions and address any concerns you have before you are administered any vaccines. Please note, Council does not administer COVID-19 vaccines. For information regarding these vaccines visit coronavirus.vic.gov.au/vaccine.

Flu vaccine

Yearly flu immunisation is recommended for everyone aged 6 months and over.

Council offers free flu vaccine to eligible residents who are:

- · Aboriginal and Torres Strait Islander
- Children aged 6 months to under 5 years
- · Pregnant women
- · People with at-risk medical conditions
- · People aged 65 years and over

When coming to a session wear comfortable and loosefitting clothing and bring your child's health record (green book) and any documented evidence of previous vaccinations given.

All children and adults are required to remain at the immunisation venue for at least 15 minutes after receiving any vaccination.

For more information about Council immunisation services and session location and times visit: mrsc.vic. gov.au/Live-Work/Healthy-Living/Immunisation

Kyneton Town Hall – June performances

Kyneton Town Hall presents two stunning performances in June.

Kicking off is live music duo **Tex Perkins & Matt Walker** on Saturday 11 June at 8pm.

Oozing magnetism from every pore, rock royalty will grace our town hall for one night only! The set is a mix of new songs and old favourites, including tracks spanning Perkins' career and discography. To the joy of fans, Perkins and Walker play a mix of hits: The Honeymoon is Over, a crowd favourite delivered as artfully and with as much intensity as its release in 1993, while the Beasts of Bourbon's This is not the Way Home takes the audience on a nostalgic journey, and Dark Horses gets a nod with a spine-tingling rendition of Please Break Me Gently.

If classical music is your choice, then **Peaceful Piano** is a double-bill tour featuring Australia's foremost neoclassical pianist/composers Nat Bartsch & Luke Howard. Scheduled for Friday 24 June at 7.30pm this is a performance not to be missed.

To purchase tickets, call 1300 888 802 or visit www.mrsc.vic.gov.au/buytickets.

Immunisation Session Times

- Tuesday 21 June 2022 | 11.30am-12.30pm
- Tuesday 19 July 2022 | 11.30am-12.30pm
- Tuesday 16 August 2022 | 11.30am–12.30pm
- Tuesday 20 September 2022 | 11.30am-12.30pm
- Tuesday 18 October 2022 | 11.30am-12.30pm
- Tuesday 15 November 2022 | 11.30am-12.30pm
- Tuesday 20 December 2022 | 11.30am-12.30pm

The Mount Players gearing up for One Act Play Festival & more.

Hard to believe we're in June already! The theatre is now gearing up for it's 17th Annual One Act Play Festival. On the weekend of 16 & 17 July theatre companies from Melbourne & Regional Victoria get together for a weekend of 1 act plays. Plays are adjudicated and awards presented at the conclusion on Sunday afternoon. Patrons are invited to come for a session (3 short plays) or nestle in for the weekend and enjoy all performances. Food & bar facilities available. Tickets at the door. For session times go to www.themountplayers.com or call 5426 1892.

Our 3rd Production has been cast and now in rehearsal. The Tarantino thriller Reservoir Dogs has been adapted for the stage with a full female cast. Creative Director, Craig Lenaine-Smith will put his own special touch on this classic with live music on stage and special effects. **Warning though** – it's not for the faint hearted as



The Mount Players

for mature audiences who enjoy a contemporary performance. The show opens on 21st August.

it contains violence, coarse

language and sexual references

throughout the show. Definitely

Auditions for our 4th production, When The Rain Stops Falling is an Australian drama by Andrew Bovell. The story spans four generations of disfunction in one family's lineage of secrets, abandonment and searching for answers. An epic work of drama. Auditions are 23 & 24 July. For a script and full details on the play contact Director, Vicki Smith at stagestruck58@me.com.

See you at the Mountview Theatre.

Karen Hunt.

Premiers' Reading Challenge Launches for 2022

Thousands of Victorian children are preparing to discover a new chapter by immersing themselves in the world of words and the magic of books, as the Premiers' Reading Challenge returns for 2022.

Member for Macedon, Mary-Anne Thomas has launched this year's Reading Challenge, an initiative that promotes the importance of reading for children and students from early childhood to Year 10, while encouraging families to get more involved and support their children's reading at home.

The artwork for the 2022 Challenge theme 'Discover a new chapter' has been designed by Anna Zobel, a talented Victorian-based author and illustrator with a colourful and quirky style who was recently listed on the Children's Book Council of Australia notables list.

The Reading Challenge encourages students to read a set number of books, depending on their age and level, over the year with their reading efforts recorded online. Picture books, short stories, poems or non-fiction books in any language all count as part of the Challenge.

Children who have not yet started school are challenged to experience 40 books with the help of their families as part of the Premiers' Reading Challenge for the Early Years.

Most of the books are from Challenge book lists while the remainder can be of the reader's choosing.

The Victorian Government launched the Premiers' Reading Challenge in February 2005 to promote the importance of reading among school students, and to get all Victorian families reading more voraciously at home.

In 2013, the Challenge was expanded to include young children from birth to five, in recognition of the strong evidence showing that reading to young children from birth promotes brain development and language learning.

Since the challenge began, more than 3.5 million students in Victoria have read more than 54 million books.

The Challenge supports the Andrews Labor Government's Education State school targets for reading, that 25 per cent more Year 9 students will reach the highest levels of

reading achievement by 2025. For more information on the Challenge, visit https://www.vic.gov.au/premiers-reading-challenge

Whether it's for fun or to learn new things, I'd love as many Victorian children as possible in Macedon to get involved in this year's Premiers' Reading Challenge and beat their book targets."

- Quote attributable to Member for Macedon, Mary-Anne Thomas.

Reading is not only a key part of every child's development, boosting their academic, social and emotional skills – it's a fun and joyful way for children to learn about new people, places and worlds and open their minds."

- Quote attributable to Minister for Education James Merlino.

Macedon Ranges Business Excellence Awards 2022

Is your business doing amazing things? Share your stories by entering the Josh's Rainbow Eggs Macedon Ranges Business Excellence Awards.

This is your opportunity to share your business story or the story of an individual who works in your business and tell us how this has contributed to business excellence in the shire.

The awards celebrate businesses of all types and sizes, offering a platform to showcase what you do.

Self-nominations close Friday 8 July.

Find out more at *mrsc.vic.gov.aulbusiness-awards* or contact 5422 0333.



C.W.A. 2022 STATE THEMES:

THEME: Sharing, fun and friendship.

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

Country of Study: Malaysia.

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

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

Social Issues Focus: Safe Homes for All.

ANIMAL FACTS

A newborn kangaroo is about 1 inch in length.

Romsey Branch of C.W.A. Inc

CWA is not just for older women; it is for women of any age wanting to be involved in their local community - and connect 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 each month from 10.00 am to 12.00 noon.
- In May, June and July, due to the cold weather we are cancelling our craft days normally held on the 3rd Thursday, and having our craft on the Wednesday of our Monthly meeting. We will brainstorm ideas for our Christmas stall held on the first Saturday in December.
- Our Romsey Branch participates in various community activities. We welcome new members. Come and join us! Membership is affordable.
- On Saturday the 30th April our Mother's Day Stall went very well. Thank you to all who came along and bought from us.

CWA Romsey would like to thank the following businesses for their support of our Raffle,

IGA, Romsey Pharmacy, Bottle O, Yours Truly Gifts, Rue D'Fleur, Soltan Pepper

Congratulations to all our winners.

For any further information please call: PRESIDENT: Dianne Purtill **0409 214 520**,

SECRETARY: Wendy Foster **0409 175 667**, email: cwaromsey@gmail.com

Get to Know Your Grower, Farm Crawl a great success

On Sunday 1 May, Transition Streets Romsey and Veg Action Macedon Ranges hosted a 'farm crawl', visiting three organic and regenerative market gardens in the Romsey-Lancefield Region. A fully-booked group had stunning autumn weather for a morning of learning and making new connections.

At Lancefield Edible Garden, we heard from Silk and Ted about their closed loop system, avoiding plastic waste and returning as much organic matter to their soil as they can. We stopped at their farm gate (11 Bennett Close, Lancefield) to sample their herbal teas.

Matt from Force of Nature/Mushrooms Anonymous at Cope-Williams Winery showed us around the seasonal rows that he and partner Jo tend to. Matt and Jo supply specialty produce to restaurants and ran a farm shop each Saturday morning over the abundant summer and autumn months. They're closed for winter now however keep an eye out for future offerings.

Our last stop was Ben's first-year market garden, Wildwood Organics at Hollyburton Park, where you can also find Madeleine's Eggs (look out for their farm stand on the Lancefield-Melbourne Road). We learned how Ben built his farm in a year and got a peek inside his weekly veggie boxes.

You can order from Ben at wildwood-organics.com

Find out more about these growers and many others in the shire on Veg Action's website: *veg.mrsg.org.au/growers*.

Transition Streets Romsey is a new resident-led sustainability group. We meet on the second Saturday of each month at 10am at the Romsey Neighbourhood House to discuss sustainability topics. We learn about how we can improve sustainability at the household, street and town level. In April, we talked about food, which motivated us to offer the Get to Know Your Grower farm crawl to the community. In May we discussed how to save water and use it wisely.

In June, we'll be talking transport. Why not walk, ride or skip down to RNH to join us on Saturday 11 June at 10am? To learn more about us, you can join our Facebook group (facebook.com/groups/transitionromsey) or contact Meg at transitionstreetsromsey@gmail.com.



I've a T-shirt with the inscription 'The Stinking Rose'. It was purchased in San Francisco where it was on sale to publicise a restaurant which pushed Garlic as its point of difference.

But garlic (a member of the lily family) hasn't always been popular with folk such as Americans and, before them, Englishmen and women. In medieval England it was given to fighting cocks to improve their chances.

Upper-class Europeans considered it vulgar to eat garlic because of its smell, and this attitude lasted for many centuries. Cervantes' Don Quixote, published in the early 17th century, included the advice: "Do not eat garlic or onions, for their smell will reveal that you are a peasant". And the peasants of the Mediterranean loved it.

The Romans believed it cured everything, as did the Greeks. (Athletes ate it before competing, and soldiers before going into battle. They believed in its healing

properties, but they also loved the flavour it imparted into their food.) The Egyptians fed it to the workers who built the Great Pyramid of Giza. And, of course, it's well known the Indians and many Asian cultures used it successfully in their cooking.



Cooking with Peter Russell-Clarke

Walnut and Garlic Sauce



Ingredients

- 2 slices wholemeal bread, crusts removed
- 1/4 cup milk
- 1 1/4 cups shelled walnuts Salt
- 4 cloves garlic, finely chopped
- 1/2 cup olive oil

- 2 tablespoons walnut oil (plus extra for drizzling)
- · Juice of 1 lemon
- - Freshly ground black pepper
 - · smoked paprika (for dusting)

Method

- 1. Put the bread into a shallow bowl, pour the milk over it and leave to soak for 5 minutes. Then pour the lot into a food processor or blender adding the walnuts and garlic and process until you have a chunky paste. With the motor still running slowly pour in the olive and walnut oils and continue processing until the sauce is smooth and thick.
- 2. Turn off the processor, stir in the lemon juice and add a little salt and some ground black pepper to suit your taste.
- 3. Spoon the sauce into a serving dish, drizzle with a little walnut oil and sprinkle some smoked paprika over the top.

So, gentle folk, garlic is good for you - as are nuts, and walnuts in particular, I hope this simple little recipe will become a favourite. I serve it with all sorts of food - so pick your favourite meal and include this Mediterranean inspired sauce.

Romsey Lancefield Senior Citizens

Bendigo Bank Monthly Bus Trips - Bendigo





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

This month we will be heading to Westfield Shopping Centre, Airport West, having a lovely lunch at Skyways Hotel. Our trip will be on TUESDAY 7th OF JUNE.



Give Helen or Rae a call for further details and times for bus departures.

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

Remember, we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, for just \$5 everyone is more than welcome.

We will be having our roast meal during June in our meeting room at the rear of the Romsey Mechanics Institute. Join us for this beautiful meal, roast, veggies and dessert, all for \$10. If you are interested in joining us on this day please contact Helen or Rae (for catering numbers and date).

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

Hope to see you soon.

More exciting progress as the Park heads towards completion!



The Romsey Ecotherapy Park Inc committee (REP) recently was guided around the construction site by Michael Black, the ACLA landscape architect whose creative mind has helped shaped the REP vision for this wonderful space. Pathways and garden beds now have obvious shape and form. The water/sand play element has been completed and some of the sculptures have

been installed. Follow the construction progress on REP's social media!



Build-your-own cubby frame in the Woodland ramble.



"Cycles" by Charlie Aquilina.



REP committee members and landscape architect Michael Black (ACLA).



REP committee members and landscape architect Michael Black (ACLA).











www.romseyecotherapypark.com.au

Share Ride Launch

Tuesday 28 June 12.30 – 2pm (as part of Feed it Forward lunch)

Lancefield Mechanics Hall

We are very excited to launch the Share Ride project and hope you can join us.

The Community Driven project has developed out of the Neighbourhood Houses identifying that lack of transport is an issue for many of our community members. This led to being part of a pilot program and the development of our medical transport.

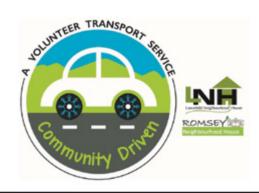
We received some funding to undertake research into the transport needs in the towns and this has led to Bendigo Bank sponsoring a people mover for our 'Share Ride' project.

Join us at the launch to celebrate and find out all about the project.

Please book by phoning Lancefield or Romsey Neighbourhood House on -

5429 1214 or 5429 6724 Or on-line at www.communitydriven.org.au

If you would be interested in being a volunteer with community driven as a driver or for admin support please call Michelle or Vivien at the Neighbourhood Houses to discuss.



Storm Recovery Updates

Register for free native trees

To assist environmental recovery from the June 2021 storm, free local forest tree tubestock species are available to residents.

To go in the draw to receive tubestock, register your details at mrsc.vic.gov.aulhabitat-kits

Thanks to DELWP for funding this great initiative to assist in the replanting of large forest trees and provide habitat for local fauna.

• Event: Where are We Now? A Storm Recovery Conversation with David Younger, Clinical Psychologist

The past 12 months have been a very challenging period for many people. The storm that swept through the Macedon Ranges on 9 June 2021, was for some a stressful experience whilst for others it was frightening. It also left a widespread trail of destruction. In combination with COVID-19 and lockdowns, it started to feel like sometimes life just keeps throwing curve balls.

'Where are We Now? A Storm Recovery Conversation' is a community information evening focussed on the needs of storm-affected residents of the Macedon Ranges. Disruption, stress, delays, tiredness, fatigue, uncertainty about the future, and a realisation that there is still a lot of work to do, are all experiences that ring true for some residents.

This session will be facilitated by David Younger, clinical psychologist and consultant, and an expert in the area of natural disasters and emergencies. David has worked with many communities and individuals throughout Victoria and Australia after severe weather events and disasters. During 2021, he supported communities in the Yarra Ranges affected by the severe storm.

David brings a commitment and a sensitivity to the experiences and needs of those that join the sessions. Everyone is welcome and privacy will be respected.

Wednesday 15 June at Woodend Community Centre. Tea, coffee and snacks from 5.30pm, session starts at 6pm.

RSVPs are required. Register at mrsc.vic.gov.aulstormsupport. David Younger – Clinical Psychologist

Kindergarten registrations now open for 2023!

Online registrations for three and four year old kindergarten in 2023 are now open.

Give your child the best start to their learning journey at one of Council's eight kindergartens in the Macedon Ranges. Our kindergartens have highly qualified and experienced early childhood teachers and educators and, with their beautiful natural features and outdoor play areas, are rich in nature-based and creative learning experiences.

Register online by 30 June 2022 at mrsc.vic.gov. aulkinder-rego or call 5422 0239.

Are you looking to GROW your resilience?

Grow Australia is coming to Romsey Neighbourhood House and will offer their GROWing Resilience program commencing June 3, a first for the Macedon Ranges.

The philosophy behind the program is that no situation is unmanageable, only thoughts, feelings, and actions can make our lives unmanageable. By learning how to regulate our thoughts, feelings, and actions, we learn to build resilience and cope with any situation.

The Growing Resilience peer-to-peer six-week program, developed by the GROW team, leaders in wellbeing programs for mind health, is designed to provide those who attend tools to help improve mental health and build resilience in times of high distress brought on by life events.

"Community (especially carers) have told us they are wanting more in person opportunities to connect so the in-person session delivery facilitated here at RNH will offer our community a local experience to learn new skills to support mental health whilst meeting others in a supported and safe setting"

The program will commence on June 2 with attendance at all six 60-minute sessions free (this includes a six week program workbook and coffee and light refreshments at the end of each session). All participants are encouraged to share their stories and challenges in this small,

supportive and structured peer-to-peer program that is safe, caring and confidential.

For further information or to register:

Email: vic@grow.org.au or

Phone: 1800 558 268 or contact us at

Romsey Neighbourhood House on 5429 6724



Community Bank Connections Bendigo Bank



COMMUNITY INVESTMENT PROGRAM

Romsey Region Business & Tourism Association - Christmas in Romsey Event Sponsorship - For the seventh year running, Community Bank Lancefield & Romsey is proud to support this spectacular community event with a grant of \$6500. This wonderful festival is a celebration for the entire community - trees decorated by business & community groups, Main St landmarks illuminated, a Home & Business Lights & Decorations competition, culminating with the planned return of Community Carols.

It is also with pleasure we announce a \$1,500 grant to Romsey Region Business & Tourism Association in support of their Annual Business Dinner. This dinner provides an ideal opportunity for attendees to network with local business groups as we continue to recover from the impacts of Covid19.

Our next Community Investment Program is due to open on July 18th 2022 so start planning your project and application now! There were such a diverse range of ideas and suggestions at our recent Community Forum, so give some thought as to how they can be achieved.

\$500 Community Reconnect Grants

Congratulations to Lancefield Playgroup and Lancefield Cricket Club on their successful applications under our current \$500 Community Reconnect Grants. To find out more about these grants, email angela.dickins@bendigoadelaide.com.au or call in and speak with our wonderful team at either of our branches.

Historic Map on Display

Romsey branch is currently displaying a significant piece of our region's history, a copy of the 1880's Shire Map. Community Bank Lancefield & Romsey were delighted to have provided a grant for the restoration and framing of this map. Community members are invited to call in and have a look at this historic piece and gain an appreciation of how our wonderful area has evolved.

PART-TIME POSITIONS AVAILABLE (16 hours/wk) - IS THIS YOU???

Lancefield Romsey Community Financial Services Ltd (LRCFSL) currently have two part-time positions available. Community Bank Lancefield & Romsey has been operating in excess of 20 years, returning more than \$2 million back into our local communities. Both positions offer an exciting opportunity for motivated and enthusiastic individuals to be involved in a very rewarding and satisfying organisation.

COMPANY SECRETARY / EXECUTIVE OFFICER

This role includes the overall responsibility for co-ordinating the administrative functions of the Company and ensuring compliance with legal requirements. A key component of this role is to provide insight into Company objectives and processes, co-ordinating administrative functions and ensuring operational compliance with legal entities and regulations. The role encompasses core areas of Board and Committee support, Company Secretary and corporate governance responsibilities, executive and general administration duties. Previous Company Secretary experience would be highly desirable.

MARKETING & COMMUNITY INVESTMENT OFFICER

Reporting to the Chair of the Marketing and Community Investment Committee and the Board, this newly-created position supports the Board and Branch staff in marketing of the Community Bank, Community Investment program, and preparation and management of marketing resources and materials. Whilst marketing experience is desirable, applicants with similar disciplines/ exposure would be considered.

For further details (including position descriptions) please contact:

Suzie Ewart 0411 045 658

email: suzanne.ewart@bigpond.com

We opened a bank to grow a community Community Bank - Lancefield

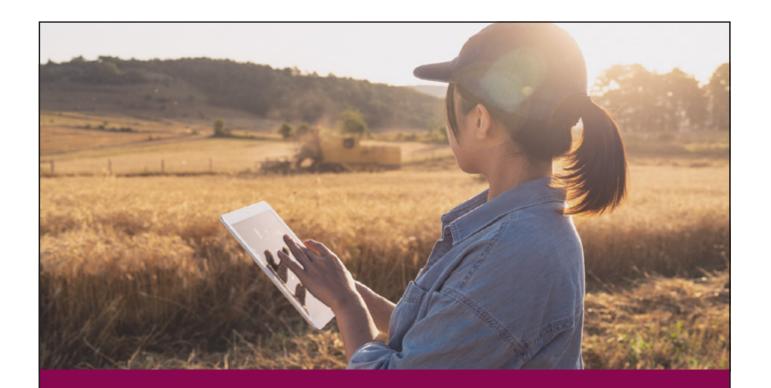
🖁 Bendigo Bank



Reminder - Pet Registrations

Pet Registration renewals were due on 10 April. If you have not renewed your pet's registration, be sure to do so right away. It is an offence in Victoria to not renew your pet's registration annually, and fines may apply. Council's Local Laws Officers will follow up with pet owners who are not complying.

If your pet's registration was current last year, you should have received a renewal notice in the post. If you didn't receive it, have lost it or have any questions regarding payment please contact our customer service team on 5422 0333.



Equipment finance from 4.99% p.a.*

Need new equipment to keep your business growing? Or is your old equipment running out of steam? If so, it's time to talk with a business specialist.

If reliable equipment matters to you, call Lisa on or search 'Bendigo Bank Equipment Finance'.

Community Bank · Lancefield 5429 1977 · Romsey 5429 5526



Bendigo Bank

*Terms, conditions, fees, charges and lending criteria apply. All information is correct as at 1 May 2022 and is subject to change. Individual circumstances may vary. You should consult your taxation advisor and read the relevant Terms and Conditions available at bendigobank.com.au before making a decision. This offer is only available to Business customers for business purposes loans and only for selected new vehicles and equipment (Demonstrators accepted). Not available in conjunction with any other discounts or package offers. Only available for transactions that settle prior to 30 June 2022. Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL / Australian Credit Licence 237879. (1678614-1720176) (03/22) OUT_17966806, 09/05/2022

Rabbits Buck Extinction Trend!

Climate change featured significantly in the recent Federal election, but other environmental issues were rarely raised. Perhaps this is understandable in a time of rising living costs, falling real wages, an aged care crisis,



concerns relating to government integrity and significant geopolitical issues.

Now that the election is over, hopefully, environmental concerns will get an airing and the pace of repair can be increased and the rate of animal extinction slowed. You may not agree with some of Extinction Rebellion's protest methods, but it is hard not to agree with their aim. Extinction Rebellion is a global movement with the stated aim of using non-violent civil disobedience to compel government to avoid tipping points in the climate system, biodiversity loss and the risk of social and ecological collapse.

Over 500 of our wildlife species are at risk of being erased including the Greater Glider, Black-flanked Rock Wallaby, Regent Honeyeater, Swift Parrot, frogs in general and Australia's iconic koala. About 1800 plant and animal species are listed as threatened under the Australian Government's Environment Protection and Biodiversity Conservation Act 1999 (EPBC). A further 90 are considered extinct and Australia has the worst mammal extinction rate of any country in the world. "Yet rampant destruction of threatened species habitat continues at an unprecedented rate, due to loopholes and failures of Australia's national nature laws -the EPBC"1.

Numerous animals have disappeared from the Macedon Ranges including the Southern Brown Bandicoot (last recorded 1968), Leadbeaters Possum (last recorded 1995), and the Eastern Quoll (last recorded in the late 1800's). Although the area is rich in fauna species many are threatened or endangered such as the Powerful Owl, Brush-tailed Phascogale, Greater Glider, Brown Toadlet and Yarra Pigmy Perch. Other iconic species include platypus, wombats and koalas.

Unfortunately, there is no sign that rabbits face extinction – they are extremely resilient and have survived everything that has been thrown at them. Council recently organized rabbit workshops in Lancefield and Gisborne in early May which were well attended, demonstrating the magnitude of the problem in our area. What our group would like now is action. MRSC have advised that further initiatives will be forthcoming – watch this space!! Effective rabbit control requires the sustained use of proven practices while adopting a coordinated approach. Landcare will assist where we can, but the overall strategies and partnerships must also involve all landowners cooperating with their neighbours, and all levels of government.

We will not be at the Lancefield Farmers Market over winter, but we have been very pleased with the enthusiasm displayed and the interest in the establishment of Gardens for Wildlife in our area. A big thank you to Pat Danko and Victoria Morris. Our working bee at Gallagher's Ford in April saw the replenishment of trees and shrubs lost over summer and the planting of another 50 on the western side of Joyce's Road. A special thank you to Peter Munns and

his Mirrim Wurnit Athletics group and the MRSC for their encouragement and support. Over the next couple of years, we are planning to complete another two stages to a site that will be beneficial to the environment and those lucky enough to frequent it. Similarly, in May we replaced 101 trees as part of our ongoing project at Forbes Crossing. In total we have planted over 400 trees and shrubs - another site where biodiversity values have been improved significantly.

Along with Nulla Vale Pyalong West Landcare, we are convening three information sessions on Carbon Farming at the Lancefield Mechanics Hall fortnightly from Thursday, June 16.

Deep Creek Landcare Group has nesting boxes for bats, birds and phascogales for sale from \$25. We also have Myna bird traps to lend out. Annual Landcare membership is \$20 per family. You can follow us on facebook, contact our President, Phil Severs (0476 324 000) or attend our monthly meetings in the Lancefield Mechanics Hall.

1 The World Wildlife Fund (WLF)

Community Funding Scheme – grant applications open for 2022-23

Council's annual grants program, the Community Funding Scheme, is open for applications from 23 May until 27 June. The Community Funding Scheme provides funds to not-for-profit community groups for programs and initiatives that benefit the shire and meet local needs in line with Council goals.

Grant applications will be accepted online via the grants administration system SmartyGrants. Council's Community Development Team is providing support to help individuals learn how to use the SmartyGrants platform. Local community groups and not-for-profit organisations are encouraged to discuss their project ideas with a Council Officer as soon as possible.

For more information call 5422 0333, email grants@mrsc.vic.gov.au or visit mrsc.vic.gov.au/grants

Two years of Better Living Osteo

This month Better Living Osteo celebrates two years of servicing the Romsey and Macedon Ranges community. It has been a busy two years where a global pandemic changed many people's lives including their working and social habits. Samantha and Anthony have seen this in action with the changing trends with patient injuries.

In the last two years, we have seen many different injuries ranging from back, neck, shoulders and ankles!



The most common complaint we see are sore necks and shoulders, usually from poor ergonomics at a desk when working from home. Anthony recommends that if you are still working from home, to make sure you are working at a desk with an adjustable chair and that you have a monitor that is eye level. The biggest pitfall here is working on a laptop, where people tend to have to look down for long periods of the day. If possible, connect a separate adjustable monitor to the laptop to help get you upright.

If you are back in the office, take note if you are at a new workstation or if you are hot desking. You may have to adjust the workstation to suit your height or even get a new office chair if that old one isn't working for you. In the office, Samantha recommends the 40:15:5 which is 40 minutes of sitting, 15 minutes of standing and 5 minutes of walking. No matter how good your workstation is, it is still important to get moving every hour!

Samantha and Anthony at Better Living Osteo would like to thank the Romsey, Lancefield, and the Macedon Ranges community for being so welcoming and for the support over the last two years. We hope to keep helping you achieve your health goals for many more years to come!

Avoid the big chill:

How to prevent a frozen water meter this winter

As Victoria enters the chillier months, it's a good time to protect our water meters and pipes for winter.

Greater Western Water (GWW) has some simple tips to reduce the risk of your water meter freezing, so you can avoid short-term inconvenience and potential damage.

GWW's General Manager, Operations & Delivery Solutions Louise Meadows says, "On cold nights, cover your water meter to trap the air around it. A bucket, cardboard box, hessian bag or old tyre do the job well".

To avoid exposed pipes from freezing, you can protect them with insulation found at hardware stores.

In the event your pipes or meter freeze, it's best to allow them to thaw naturally. If you can't wait, pour lukewarm water over the frozen meter or pipe. Never use boiling water as this increases the chance of pipes splitting.

If your water meter breaks, contact Greater Western Water on 13 44 99 to arrange for a replacement. Visit *gww. com. au* to find out more.





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

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

The June meeting of the Romsey/Lancefield Probus Club in 2022 will be on Thursday, 23rd June, 2022 at 10.00 am in St.Mary's Catholic Church Hall, Main Street, Romsey.

All attending are subject to current Covid regulations.

Contact:

President: Tony 0410 747 616 **Secretary:** Noreen 0401 579 180

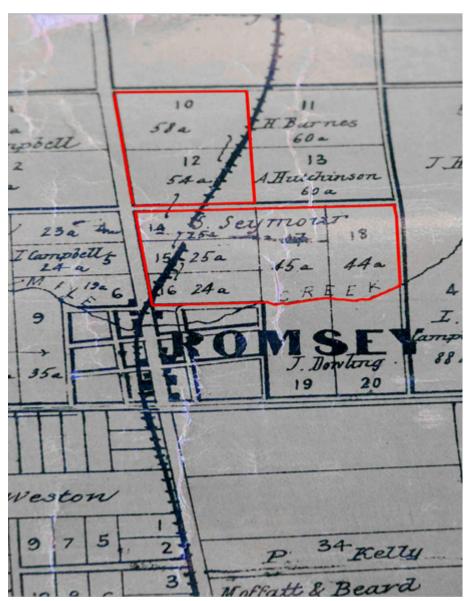
Visit our WEB-Site: www.rlprobus.org.au

Historic Regional Map of the Romsey-Lancefield Shires on display at the Romsey Branch of the Bendigo Bank

This historically important 1880s map of both the Shires has been restored and framed (1550mm X 1100mm) thanks to a Grant by the Romsey and Lancefield Bendigo Bank to the Romsey & Lancefield Districts Historical Society.

The map was provided to the Historical Society by the descendants of the Amess Family who have generations of farming connection to the region and many family members have been involved with the administration of the former Shire of Romsey.

The map's content shows the property boundaries, occupiers, land areas, roads and the Shire Boundaries. Images of notable business buildings in Romsey, Lancefield and Melbourne surround the map's perimeter.



Sidney Seymour's Romsey farming property (in red) known then as 'BARTEN' - from the map opposite approx 300 acres occupied with a house since 1856 and eventually purchased in 1885 from J P Bear

Why is this old 1880s-1890s Map important?

This map provides historic evidence of the occupiers and the extent of farming in the Romsey & Lancefield region in the post Gold Rush (>1851) to the pre-federation (<1901) era. This map also facilitates the historic and geographic research for early regional families and extent of farming land occupation in the then areas of Romsey and Lancefield prior to their amalgamation for the second time into one Romsey Shire (before 1890 and after 1916)

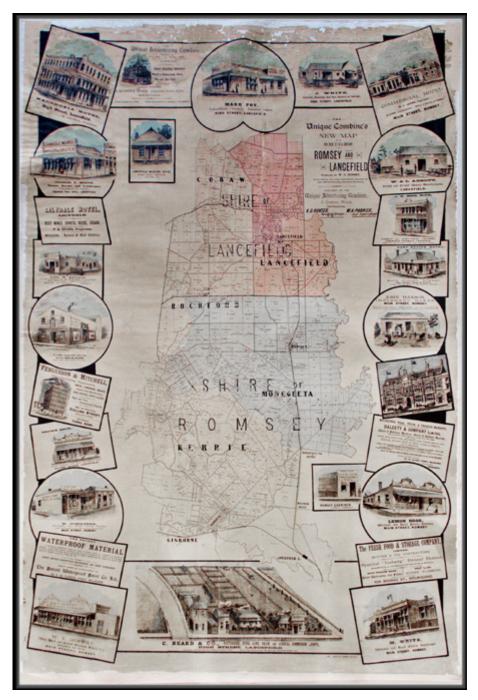
The surrounding lithographic images of predominate business buildings is of particularly significance for research on Romsey-Lancefield town histories as many of them still exist along with alterations and additions over the intervening 150 years.

This map is also important for its use by the Shires as part of the land valuation & property occupation rating system. It was used by several descendants of the Amess family in the Romsey Shire Offices and hence has considerable social and Local Government administration significance.

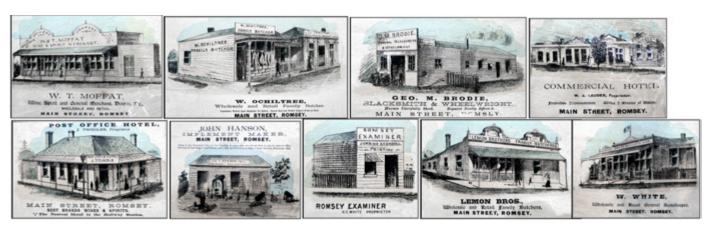




The Romsey & Lancefield Districts Historical Society intends to further research and publish more related background and historic explanations of the Map's contents. For instance, why is the Romsey-Lancefield railway line shown on an incorrect alignment, as it was constructed in 1881 much further to the east of the Romsey township avoiding the steep grade north up Main Street to Lancefield.



Should you wish to obtain more information please contact John Spring via the Romsey & Lancefield Districts Historical Society. *https://www.romseylancefieldhistorical.org.au/maps-parish-plans*



Selection from upper left to bottom right – all Main Street Romsey Businesses

(R1) E T Moffat - Wine & Spirit Merchant / (R2) W Ochiltree - Family Butcher / (R3) Geo M Brodie - Blacksmith n Wheelwright / (R4) W J Lauder - Commercial Hotel / (R5) J Trindles - Post Office Hotel / (R6) John Hanson - Implement Maker / (R7) H C White - Romsey Examiner Printing / (R8) Lemon Brothers - Family Butchers / (R9) W White n Son - Drapers n Clothiers

Chamber Poets returns post-pandemic

The Chamber Poets public reading is back by popular demand postpandemic, with an event at the Woodend RSL on Saturday 11 June.

This is an event with a bang - a special performance by the Woodend Warblers, and three featured authors - plus the resident band Black Forest Smoke, the open section, afternoon tea of soup and scones, raffle and open bar.

Poets in this impressive lineup will be launching their latest publications ie. Alice Wanderer with Lips Licked Clean, Kevin Brophy with In *This Part of the World*, and Woodend's own Myron Lysenko with *a ghost gum leans over*.

We feature several poets to make up for 2 years of missed presentations and book launches.

The Woodend Warblers begin with Ukrainian songs in solidarity with Ukraine and its people.

Chamber Poets was founded by Myron Lysenko in 2013. It supports established and emerging poets from the Macedon Ranges, Melbourne and beyond. Myron

I am thrilled to have Chamber Poets returning and being able to provide a space for poets to share their latest works. In troubling times poetry becomes more relevant and these are menacing times indeed, what with the pandemic, climate change, war and the nuclear threat."

Poets from Euroa, Geelong and Frankston will share poems in the warm and welcoming open section; always a highlight. Chamber Poets meet on the second Saturday of each month from one o'clock. Entry is a donation of \$5 or \$10 at your discretion.

Contact:

Katrina Buttigieg 0401 874 441 kbuttigieg@macedonrangeswriters.com

Myron Lysenko 0483 003 309 myronpoet@hotmail.com

LOOKING TO ADVERTISE IN THE ROMSEY RAG?

Contact us today to find out how you can secure a space!

Send any advertising enquiries to; email@theromseyrag.com.au

Romsey Rag

Romsey Structure Plan Update – Plan feedback vital for town's future

Council has completed community consultation on the Romsey Emerging Options Paper and is continuing development of the draft Romsey Structure Plan.

Participants in community consultation activities run between February and April delivered valuable feedback in person and from surveys and submissions that will help to shape the draft Romsey Structure Plan.

Council wishes to thank residents, businesses and landowners for your genuine interest and involvement in the project so far. A total of 419 online and hardcopy survey responses were received, as well as 56 written submissions. Minutes from the community-led meeting attended by Council representatives have also been included as a submission. This is all vital feedback for the project team.

Next steps

Planning officers and consultants Plan2Place are jointly preparing a report for Council to consider on the submissions and how the draft Romsey Structure Plan may best address key issues raised. The team is also working on getting redacted copies of surveys and submissions onto Council's webpage for everyone to view.

Development of the draft Romsey Structure Plan will continue with further consultation in future stages. We are committed to achieving positive long-term outcomes for Romsey.

Stay informed

- Visit Council's website for more information on *mrsc.vic.gov.au/Romsey-plan*.
- Receive regular updates by registering your details with Council.
- Call our Strategic Planning team on (03) 5422
 0333 or Email strategicplanning@mrsc.vic.gov.au

Romsey Golf Club Report

The wetter, more mild weather of autumn has seen steady growth across the whole of Romsey park and the golf course. All volunteers have been busy keeping the autumn growth under control and making the usual repairs and improvements. The Shire has a major drainage program to clear water from the tennis courts/Rec Centre, Cricket Nets and Oval No 1. Once completed this will see much more storm water directed out of the park rather than onto the golf course.

Men's & Women's Pennant:

This year RGC entered two men's teams and one women's team.

The Men's Scratch team:

A tough start to the season losing the first two matches before winning well at home. With one round to go it will be extremely tough for them to make the final.

The Men's Handicap team:

A good start winning the first two matches before going down badly in the third. With one round to play they still have a chance to make the final but will have to play well in the final round.

Council lights up Kyneton Town Hall as show of support for Ukraine

Macedon Ranges Shire Council lit up Kyneton Town Hall in the Ukrainian colours every evening from 6–12 May as a sign of solidarity and support for the people of Ukraine.

This was part of a motion that was unanimously passed by Councillors at May's Council meeting to show that Council:

- Stands with Ukraine and their innocent courageous citizens enduring the ravages of an unprovoked war
- Provides supportive assistance to Ukrainian refugees who are seeking shelter in the Macedon Ranges Shire
- Expresses our gratitude and thanks to members of our community, not for profit organisations, government agencies, telecommunications companies and our Council staff who are providing aid to Ukrainian refugees arriving with limited resources.

Macedon Ranges resident Victor Zablockyj who has family and friends in the Ukraine said this is a huge heart-felt show of support from our Macedon Ranges community for the Ukrainian people.

"The four notices of motion passed unanimously by Council was done in a true Australian spirit," he said. Park Lane, Romsey (PO Box 200, Romsey 3434)

President: 0417 088 891 Secretary: 0400 768 040 www.romseygolfclub.net mail@romseygolfclub.net



Established 1922

The Women's Handicap team:

Won their first match before losing their captain to Covid-19 and losing their second match. Having won this division for the last three years the team still has an excellent chance to make the final.

Algie Mitchell Shield:

The final of this shield, Mick Nicholls Jnr Vs Scott Williams, was played later than usual to make room for the Centennial Weekend. On the surface it looked a very even match with Mick Jnr giving Scott one shot. However, from the first few holes Mick was able to take command and turned the corner five up. Despite some top golf from Scott he was not able to peg Mick back, Mick went on to win 6/5.

2022 Club Championships:

The championships are played over three consecutive Wednesdays or Saturdays of May. Unfortumately both men's and women's fields have been effected by Covid-19. After two rounds the results are:

Stroke Nett:

• Women; Jenny Hartley – 194

K Jacobsons (39) - 230/68/152

Men;

A Grade; Mal Mottram – 162

Mal Mottram (6) - 162/12/150

B Grade; Andrew Laing – 178

Andrew Laing (17) -178/34/148

C Grade; John Freestone – 198

John Freestone (25) - 198/50/148



RGC Capt, Mal Mottram with AlgieMitchell Shield winner Mick Nicholls Jnr.

Romsey Primary School May2022

On Thursday 5th May Romsey Primary School raided their socks drawers for their brightest stripy socks! Stripy Sock Day is annual event at Romsey Primary School which helps spread information and awareness around Cri du Chat Syndrome.







Your body is made up of trillions of cells, too small

to see, even with a microscope! Inside these tiny cells are

23 pairs of chromosomes,

that make you the person you are. The information in your chromosomes determines your hair color,

your eye color, how you Grow, and all of the other things that you can do.

People with

Cri du Chat Syndrome

are missing a small part of

Chromosome 5.

It sometimes makes it tricky for them to do things, and it might take a little longer for them to learn to walk and talk.

© Sometimes, they might need your help. ©



Awareness Week 2022 May 1-15











On Wednesday 11th May the 5/6 students at Romsey Primary School hosted a night market giving the students the opportunity to learn about economics and business in a real world environment.

All products were hand made by students with an awareness of recycled materials and were on sale to the school and local community. It was a great turn out and the really students enjoyed selling their creative products.











ROMSEY LIBRARY (THE HUB)

98 Main Street, Romsey
P: 5429 3086
F: romsey@poorl vic gov a

OPENING HOURS

Please refer to our website www.ncgrl.vic.gov.au

Facebook page or contact us for information regarding up-to-date opening hours in February

What's happening this month at the Romsey Library

National Reconciliation Week 27 May - 3 June

The National Reconciliation Week 2022 theme, "**Be Brave. Make Change.**" is a challenge to all Australians—individuals, families, communities, organisations and government-to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.

Join us for a special story time on Monday the 30th of June and pick up a book from our library display.

More information on National Reconciliation Week at https://nrw.reconciliation.org.au

Premiers' Reading Challenge May - September

Registration has opened for the Victorian PRC – this encourages children and students to read a set number of books over the year and record their efforts online. Since the Challenge began in 2005, more than 3.5 million students have read over 54 million books. The library is ready to support PRC! Come and borrow from our huge range of books on the premier's challenge list. PRC books are levelled and clearly labelled - picture and chapter books for all reading levels from Kinder to Grade 6.

For more information and to sign up to the Premiers' Reading Challenge, visit https://vprc.eduweb.vic.gov.au/home

Service Update

Help us to reduce our paper use!



 Instead of receiving a printed slip for your loans, you can now receive an email



 download the spydus app



 signup for the free library ELF reminder service

For more information visit **www.ncgrl.vic.gov.au** or ask at the library service desk.

School Holidays 25 June - 3 July

Keep your eye out for our Winter School Holiday Program, out soon! Hard copies available from the library. All information, incl. links to books, are on our website www.ncgrl.vic.gov.au

| Storytime at Romsey Library



Read, sing, talk, play together everyday. Bear and Crocodile reading. We love babies and children at the Library. All ages are always welcome at our storytime sessions. No bookings required.

- Monday 11am Storytime (3-5 years)
- Tuesday 11am Toddler Time (1-4 years)
- Thursday 11am Baby Rhyme Time (0-1 years)

| IT Help

Our friendly staff help with 1-1 technology tasks on many topics including formatting documents, printing, setting up new devices, ancestry and much more. Sessions are free. BOOKINGS are required. Phone 5429 3086 to enquire and to book.

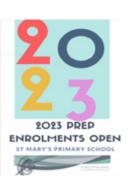
| Dates for your Diary

- 27 May 3rd June: National Reconciliation Week
- 13 June: Queens Birthday Public Holiday (Library Closed)
- 13 June 19 June: Men's Health Week
- 20 June: World Refugee Day
- 25 June 10 July: School Holidays

St Mary's Lancefield & Romsey

2023 Prep Enrolments are now open'Enrolments close 24th June, 2022

Call the school office to book in a school tour!



St Mary's Lancefield

and Romsey

St Mary's Student Reporter

I would like to introduce Alister McEachran in Year 6 who has taken on the role of Student Reporter for our school community. Over the coming year, Alister will be reporting on the many happenings within the school from a student's perspective. We welcome Alister to this role and look forward to reading his news!

Mother's Day Breakfast

On the morning of Thursday May 5, we celebrated our Mother's Day Breakfast for the amazing women and special friends within our school community who do so much for all of us. It was a beautiful crisp morning to welcome our families for a lovely breakfast of croissants, pancakes, fruit platters, muffins and yogurt. The hall had been decorated with pink & purple tablecloths and vases of beautiful chrysanthemums on each table. There was an honour wall which displayed our amazing mums, grandmothers and special friends as well as some artwork by the prep students on why they loved their mum! Over 200 people attended our breakfast, so it was a very busy morning! I'd like to thank the amazing St Mary's staff who got up early to make sure everything was ready and who kept the food coming as it was devoured by our hungry participants. We hope our families had a lovely breakfast and that everyone was able to celebrate Mother's Day with those that they love and cherish.

Mother's Day Liturgy

Today was the Mothers' Day Liturgy at St. Mary's Primary School. Students were allowed to bring their own special person (Mum, Dad, Guardian etc). Mrs Thrum led our touching liturgy with the main focus being love and gratitude. We enjoyed recalling the loving ways our mums care for us, by writing on a paper heart to be given to our mothers on Sunday. Parents commented that the liturgy was particularly special because it brought our school community together.

| Alister McEachran (Student Reporter)

Aboriginal Culture for a Day

On Friday 6th May students participated in a whole school incursion - Aboriginal Culture for a Day. The 3/4 classes kindly wrote about it for us.

On Friday Year 3/4 participated in the 'Aboriginal for a day' workshops. In the first session we met Aunty Monica or Monster and she taught us lots of things about the aboriginal culture. She brought examples of totems and tools and showed us how to make traps from weaved grass.

The second session took us to Aunty Marg who educated us about Indigenous art. She talked to us about her tribe and how their stories inspire her artwork. She showed us what the symbols and shapes meant and how they tell a story.

Lastly, we listened to the Dreamtime story about how the Brolga came to be and learnt a traditional lullaby song. It was a fun day as we got to do something that was different from our normal school day.



Cross Country Event Bendigo

A huge well done to the following St Mary's students who participated in the Cross Country at Bendigo on May 6. Alister McEachran, Michael Brown, Tommy Portelli, Illiana Way, Maggie Keogh and Cole Newnham. All students put in their best efforts on the day and we congratulate Michael, Illiana, Maggie and Cole for making it to the next level. We wish them well for the next competition.







Jo Shannon (Community Liaison Leader)



ENCOURAGE CHURCH ROMSEY

WORSHIP SERVICE: SUNDAYS @ 10AM

Senior Pastor:

Pastor Tim Emonson

Office: 7 Mitchell Court, Romsey

P: (03) 5429 6327

Email:

office@encouragechurch.com.au

Website

www.encouragechurch.com.au

- · Mainly Music
- · Children's Church
- Before & After School Care
- Youth Activities







From the Desk of Pastor Tim

Freedom

The Bible gets a lot of 'bad press' as a book of rules. I'm sure you've heard it – do this, don't do that, that's what the bible says. I have to admit that if you read the bible 'cold' it would appear like that. Many Christians read the Bible and treat it like that – they feel a compulsion or duty to follow what it says. For many years I struggled with Paul's letter to the Romans, where he wrote about faith, the law (rules) and freedom. "So, we are made right with God through faith and not by obeying the law" (Romans 3:28), Paul starts with. Then he says: "Do we, then, nullify the law by this faith? Not at all! Rather, we uphold the law" (Romans 3:31), whilst talking about the "glorious freedom of the children of God" (Romans 8:21). We are saved by faith, but yet still follow the law whilst having freedom. How does that work?

It wasn't until I discovered that the issue was with the way I was looking at it. King David said "I desire to do your will, my God; your law is within my heart" in Psalm 40:8. I needed to look at my heart. What I discovered was that I was treating the law as a 'have to' instead of a 'want to'. I realised that for what Jesus did for me, paying for my sins so that I could get right with God, my love and appreciation for that needed to grow. In doing so, I turned it from a 'having to do it' to wanting to do the things God asked out of love for God.

To give an example. A rule at home is that my wife doesn't take the rubbish bins out to the front nature strip each week. I could look at having to do that as a chore, I could grumble and resent it. However, I want to do it for her as I love her so much and I know she appreciates it. So, the sense of compulsion or duty falls away, and the chore is no longer a chore because I love doing it for her. The same is true with God's laws. If we look at it as a set of rules we have to follow, we've missed the point. If we realise that we want to follow them out of love for God, because we want to, they are no longer restrictive. It is realising this, that we find we have freedom from them and that the rules no longer rule us. That is liberating.

ADVERTISEMENT

Mary-Anne Thomas MP

LABOR MEMBER FOR MACEDON

As your local Member of Parliament I am keen to hear from the community

and assist with any State Government

matter.

Mary-Anne Thomas

Shop 14, Nexus Centre, 9 Goode Street, Gisborne, VIC 3437

P: 5428 2138

E: mary-anne.thomas@parliament.vic.gov.au

Mental Health First Aid courses for volunteers

The Storm Recovery team has been successful in obtaining funding from DFFH for community volunteers to complete Mental Health First Aid (MHFA) training free of charge. In the past 12 months we have seen a number of severe weather events across the Macedon Ranges and it's not unusual for people affected by emergencies to experience distress (e.g. feelings of anxiety and sadness, hopelessness, difficulty sleeping, fatigue, irritability or anger and/or aches and pains), Each year one in five Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however, most do not cover mental health problems. MHFA teaches people the skills to help someone who they're concerned about. Each two-day session, held at the Woodend Community Centre and Library, will train community volunteers in the Macedon Ranges who work closely with the community. A therapy dog will be our special guest at each of the sessions and lunch will be provided.

- Session 1: 22 and 23 June, 9am-4pm
- Session 2: 13 and 14 July, 9am-4pm
- Session 3: 14 and 15 September, 9am-4pm

Places are limited. Contact recovery@mrsc.vic.gov.au Visit mhfa.com.aul for more information on Mental Health First Aid Training.

Christ Church Anglican Lancefield with St Paul's Church Romsey

Regular weekly Church Services are:

- Romsey Church Service
 9:00am each Sunday
- Lancefield Church Service 10:30am each Sunday
- Prayer Meeting is held at St Pauls Romsey each Monday 7pm
- Bible Study is at St Pauls Romsey Tuesday 6:30pm and at Christ Church Lancefield Thursday 10:30am
- A community lunch is being held on the last Saturday of the month at Christ Church Hall at 12 noon. All very welcome to join in.

St Paul's Romsey Op Shop open on:

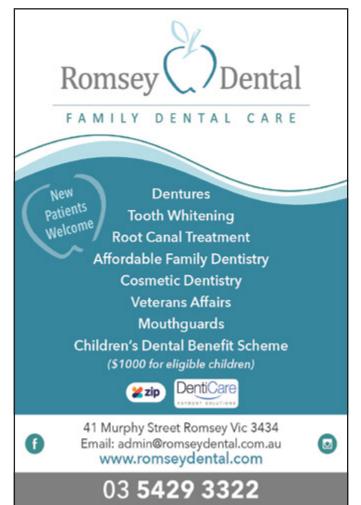
- Friday 12:30 4:00pm
- Saturday 10:00am 1:00pm

The Op Shop staff looks forward to greeting everyone and for all to see the interesting items we have on display. Donation's of clothing, Bric & Brac, craft & books and good quility working toys can be left Friday afternoon or Saturday mornings during open hours. Please note that owing to regulations we cannot accept electrical good, prams, baby cots, mattresses or furniture. Your support & donations are much appreciated.













THE UNITING CHURCH IN AUSTRALIA MACEDON RANGES PARTNERSHIP

Romsey Congregation

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

Worship Services Sunday, 9am.

Chairperson

Mr. Noel Shaw **P:** 5429 5509

Secretary

Mrs. Jenifer Clampit **P:** 5429 5480

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

Let the word of Christ dwell in you richly.

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God bless you every day.

Romsey Uniting Church

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

We are still in the grip of the Covid Virus although it seems to be called Omicron now, and more people are contracting this virus.

Some of the rules have been relaxed, and we don't have to wear masks all the time now, **but is this OK?** Everyone is trying to do the right thing and it is still important to be careful and look after those people who are more vulnerable. The numbers are not going down and more people are in hospital and are still dying!!

Do not be Anxious - Scripture: Philippians 4: 6 & 7

"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"

June Worship Services & activities

- As from 1st May, 2022 Sunday Worship Services in the Romsey Uniting Church will be held at 9.30am.
- Sunday 5th June, Pentecost Sunday,10am Partnership Service, Venue TBA
- Wednesday 8th June, 1.30pm Church Council
- Sunday 12th June, 9.30am Worship Service led by Trevor Turnham
- Wednesday 15th June, 1.30pm UCAF
- Sunday 19th June, 9.30am Worship Service led by Jenifer Clampit
- Sunday 26th June, 9.30am Worship & Holy Communion Service led by a Minister.

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https://macedon-ranges-photography.org.au/about/



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Web Site: macedon-ranges-photography.org.au

Views help set open space priorities

Community members who shared their views in a survey on future priorities and levels of service at parks and reserves are already shaping Council's new Open Space Strategy. A total of 165 people responded to the survey, creating valuable data on how they currently use open spaces and their views on investment priorities across the shire.

Consultation activities held over February to April revealed a range of community preferences, perceptions and values related to how people use open space. Consultants and planning officers will soon present a summary of all feedback raised to Councillors in June.

Community engagement activities included dropin sessions held at Gisborne, Romsey and Kyneton, markets at Lancefield, Woodend and Riddells Creek and online webinars. A key objective of the strategy is to provide clear direction to Council on current and future open space requirements to service the shire's existing and growing community. Members of the Open Space Community Assembly met on May 14 and 28 to deliberate on how Council should prioritise investment in open space and to make recommendations to help guide the development of the strategy.

If you would like to receive regular project updates, please register at *mrsc.vic.gov.aulopen-space* or call the Strategic Planning team on 5422 0333.

St. Mary's Parish - Lancefield & Romsey

CURRENT MASS CONDITIONS - ALL WELCOME

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

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

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

Current Mass Times:

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

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

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

Sacraments: Bookings are now open for parish children to register for Sacraments in 2022. Eucharist available to Yr4 and above, and Confirmation available to Yr6 and above. Please contact the office if you would like to register your child.

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

Direct enquiries to the parish office on 5429 2130 or by email at lancefield@cam.org.au

For funeral arrangements, please contact Fr. Martin on 5427 2690 or by email at woodend@cam.org.au



ST. MARY'S PARISH -LANCEFIELD & ROMSEY

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

E: lancefield@cam.org.au

Parish Priest

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

Parish Secretary

Mrs. Tammie Dalgleish **P:**5429 2130

School Secretary

Ms. Julie McDougall **P:**5429 1359

School Website:

www.smlancefield.catholic.edu.au

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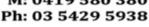
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National Reconciliation Week Events 2022

Macedon Ranges Shire Council will be holding two interactive events as part of National Reconciliation Week 2022, which runs from 27 May until 3 June.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. This year's theme is "Be Brave. Make Change."

Truth-telling and reconciliation will be held at Kyneton Town Hall on Tuesday 31 May at 7pm. This community talk will feature guests Brent Ryan, Assistant Director Education at Yoorrook Justice Commission, and Nicole Findlay CEO Reconciliation Victoria.

Brent will share the work of the Yoorrook Justice Commission, who have recently begun the first formal truth-telling process into historical and ongoing injustices experienced by First Peoples in Victoria. Nicole will speak of Reconciliation Victoria, Council's recent Reconciliation Action Plan and ignite our thinking around the ongoing work of reconciliation in our community. A Q&A session and light refreshments will follow the talk.

Reconciliation Action in our Community is a community round-table event that will be held on Tuesday 7 June from 7–9pm at Woodend Community Centre.

This event will involve an interactive discussion with community members who have expressed an interest in being involved in local reconciliation action. The evening will include a Dja Dja Wurrung Welcome to Country and Cultural Education talk as well as guest speakers including Macedon Ranges Shire Mayor, Cr Jennifer Anderson, Vic Say from Castlemaine Australians for Native Title and Reconciliation, and Dennis Batty a Local Taungurung man and member of Council's Reconciliation Action Plan Implementation Committee.

Round table conversations will follow the presentations to address the issues raised and to share ideas. Interested community members can nominate themselves to continue this work and consider how these ideas can be put into action in the mid-to-long term.

Both events are free however bookings are essential. For more information visit *mrsc.vic.gov.au/RW2022* or call 03 5422 0333.

ROMSEY/LANCEFIELD RSL SUB BRANCH

Thank The Community for Generous Anzac Appeal

The President, committee and members of the Romsey Lancefield RSL Sub-Branch wishes to thank the people of Romsey and Lancefield for their generous support for our recent Anzac Day Appeal.



The community contributed a grant total of \$12,949 to the Anzac Day Appeal. The donations of the appeal go to the Returned and Services League of Australia (RSL) General Appeals Patriotic Fund which is set up to assist serving members of the Australian Defence Force, Past Present and Serving members and their families. The Romsey Lancefield RSL Sub-Branch receives 50% of all donations which we use as our operating budget for the running of our Sub-Branch.

Assistance for our members and community include, but are not limited to, help with utilities payments, winter fire wood, and other needs they may require. We also run community events such as the Spirit of Anzac Award, Schools essay competitions and veterans events.

The Committee would also like to extend a heartfelt thank you to all our Volunteers who braved the elements during the period of badge sales, as well as our Appeals Co-ordinator.

Furthermore, the President would like to thank the communities of Romsey and Lancefield for their attendances at our wreath laying service at Romsey and the main commemorative service at Lancefield. It was the best attendance we've had since before covid.

Thank you to all the people that help to make the event the success it was. Obviously too many to mention here, but they know who they are. But a special thank you to the Lancefield Neighbourhood House for again putting on the morning tea after the service.

I would also like to apologise on behalf of the ADF who could not provide a catalogue party this year, the first time they could not comply with our request.

Reinhard G. Goschiniak (President) Romsey Lancefield RSL Sub-Branch

Romsey Mens Shed

Working on Friendships



• Romsey Mens Shed - Now fully operational!

The Romsey men's shed is now fully operational and welcomes new members! Following an initial AGM in 2019 in the Scout Hall and a lot of work from a small number of dedicated locals, the shed became a reality in 2020 after support from a number of regional businesses and funding initiated by our local State member, Mary Anne Thomas and Federal member Rob Mitchell.

Many locals checked out their own sheds and donated very valuable, quality tools. On request, we



run short sessions on welding and woodwork and with some extremely talented members we can occasionally branch out into craft activities, including glass cutting. We also assist with some local volunteer activities.

· A group of people sitting at tables

Description automatically generated with medium confidence The shed welcomes new members whether they want to be "hands on" or attend for social reasons. We are open on Tuesdays and Thursdays from 10 to 2 and on Thursdays have a \$5 barbecue lunch which has proved to be a great gathering point for men to discuss issues of interest.

For the "hands-on" there are two main areas, woodwork and engineering - which includes automotive where we have a vehicle lift which is a great asset to car enthusiasts - and we occasionally run field visits to other activities of interest.

Enquiries or member applications: Secretary: *romseyms@gmail.com* or drop in at Romsey Park for a cuppa.

Woodend Hanging Rock Pétanque Club

Well, even though our pétanque season finished at the end of March, we certainly have been busy since then.

In April a group of our players spent a successful day with the Maldon Pétanque Club, where Shirley Marshall won their raffle prize! Also, in the name of pétanque we ran a fundraiser for Ukraine, one cold Thursday afternoon with 12 teams playing and \$300 going to UNICEF for their cause. We then had 5 teams head off to the Grampians in April for a fun and successful weekend to play in the Northwest Cup.

On Sunday May 1st, the Rootes car club from Melbourne came up to Hanging Tock to challenge for our Rootes and Rockers cup, with our Rod Gell winning it back for our club. A delicious lunch of roast lamb with all the trimmings prepared by our committee finished off another fun day at The Rock.

The President's Cup was held on Thursday May 5th in honour of Marilyn Steel, Chinka Steel's wife, who was a treasured foundling member of our club, who helped and supported him in the 20 years we have been prospering. This night took on a Mexican theme with 30 members doing their bit and dressing up Mexican!

May 15th, took us on another occasion with members having lunch and a few games of pétanque at Darraweit Gium Cidery, with Wayne Mee taking home the winning prize!

So, our pétanque season never really ends, there is always something in the pipeline for our committed members to attend. Either in the city or around our region, as two of our star members, Ruth Giddings and Rod Gell will tell you!

If, you would be interested in joining our club to play this funny ball game of pétanque, please contact: **secretary@petanqueattherock.com.au**

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CUT THE SILENCE is a new local campaign to get men talking.

Scan the QR code to see actor Shane Jacobson chatting to some high profile Macedon Ranges men about looking after themselves or a mate who is struggling.

Five of our local barbers have participated in Conversations for Life training and have information to guide customers to help if they want it.

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Live music, food provided

Monday June 13 (Queen's Birthday) 1pm to 5pm at Macedon Railway Hotel

Tickets: https://cut-the-silence. eventbrite.com.au

Initiative supported by Macedon Ranges Suicide Prevention Action Group (MRSPAG), Sunbury and Cobaw Community Health and funded by North Western Melbourne Primary Health Network.

Scan this code to

see the videos.

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