

# THE Romsey Rag

VOLUME: 40 | EDITION: 6 | JULY 2022



## Storm recovery one year on

**June marked one year since the storm that caused widespread damage across the Macedon Ranges, and other parts of Victoria.**

In the days immediately after the storm, people were trapped on their properties without power and mobile coverage for days or weeks, and hundreds of trees down across roads in the shire cut off people's ability to move about.

Recovery is expected to continue for both Council and private landowners for some time, and Council will continue to advocate on behalf of residents and provide support.

One of the challenges for clean-up efforts has been the size and number of trees that came down. In partnership with Bushfire Recovery Victoria (BRV), Council's Romsey site helps to overcome these challenges by operating with local crews and specialist equipment.



The Romsey facility has allowed us to clear and process storm waste faster and on an enormous scale, and up-cycle waste into products which benefit our community.

### **Since its creation, the Romsey site has:**

- Supplied ten Men's Sheds across six shires with timber for community projects
  - Woodend Men's Shed have used milled timber to craft over 100 nest boxes for storm affected residents who want to support native animal habitats in their own backyards
- Created 50 kilometres of fencing supplies and retaining wall sleepers, for local residents and primary producers across the worst storm-affected farms and communities
- Milled 11,500 stakes for Council tree planting programs, saving thousands of dollars
- Created free firewood for residents
- Given free firewood to vulnerable members of our community, delivered to their homes
- Provided 90 truckloads of root balls to enhance fish breeding habitat within rivers and water systems across 10 water catchment authorities
- Delivered 225 cubic metres of sawdust to local pig farmers Processed 180,000 cubic metres of mulch, with free mulch available at transfer stations

# 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

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 ☎ 5422 9900  
 Kilmore Hospital  
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# Romsey Mechanics' Institute



Established 1865

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

**Updating the Main Hall:** We believe we have found the right heritage interior design consultants to visit the hall, review the current situation, discuss our goals and then design a plan of works to achieve those goals. The CoM will organise a meeting with all involved in coming weeks.

**2022 Subsidised Movie Nights/Afternoons:** Lancefield Kindergarten held a very successful showing of "Sing 2" on Sunday May 29th. Over 100 people attended. Once the lights went out and the screen and sound came on the whole atmosphere changed and everyone really enjoyed the experience. Our thanks to the kindergarten committee who were very easy to work with. The next movie night is scheduled for September and will be hosted by St Mary's Primary School.

**RMI Fire Escape:** This structure allows users to safely exit the upper storey of the RMI. Many years ago, the original fire escape was replaced and the current one put in place. While still in good condition we have contacted DELWP asking them to review the current structure and to add its eventual modification or replacement into their repairs/replacement program.



"Sing 2" - Ready to Go.

**RMI Lighting:** Recently we had a few problems with the strip lights at the top of the façade. This lighting illuminates the circular name of the RMI and adds to the much-improved look of Main Street. Our thanks to Kiara Beard (MRSC) and Jenny Stillman (RRBATA) who helped with these works.

## July in the garden

by **Melanie Kinsey**

**It's time for the winter cut-back! I started with the gaura that was leaning out over the path. Cutting back to ground level now will send strong shoots skywards in spring. Yet to be done are the herbaceous sedums, the roses, the ornamental grasses like miscanthus, the pineapple lilies and the salvias. This generates a lot of biomass, most of which can be cut up and placed in the compost heap. Then I can start assessing the garden for bare areas – potential spots for new plants!**

Flowering now providing a bright spot in winter are the lily-of-the-valley type flowers on the manzanita *Arctostaphylos pajaroensis*, the royal blue flowers of Salvia 'Anthony Parker' and the spears of the red-hot poker (kniphofia) which are beginning to show above the ragged mess of foliage. I forgot to cut the foliage back before the flowers emerged and now it's too late. The very last of the roses make a game contribution. In a hanging basket

I have cut back the donkey tail succulent *Sedum morganium* to encourage branching and to make new plants from the cuttings. Each of the leaves that fell off during the cutting can form a new baby plant, so these have been laid on a tray of potting mix for the next few months. Looks like I will have a few of these by spring!

In my Australian plant garden, the cockies tongues *Templetonia retusa* and the pink correa *Correa alba rosea* are covered in flowers.



Cockies Tongues.

The pincushion hakea *Hakea laurina* has just about finished and the wattles are all budding up nicely. I cleared around my groundcover banksia *Banksia blechnifolia* and now you can see it in its entirety. In 20 years its covered about 4m<sup>2</sup> and constantly produces furry brown cones at ground level that the honeyeaters adore!

## Committee

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**Romsey Rag**

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INC A0102067K

# Welcome to the July Edition

**We often hear a great deal about the importance of communities supporting each other. During calamities such as floods and fires large numbers of people, regional and city alike pull together to make sure everyone get as much support as possible.**

Recently we had a tragedy within our area, two small boys badly injured when an aerosol can exploded in a fire. As is to be expected locals rallied to assist these children. It is to Romsey Mitre-10's great credit that they lead the drive to help. Their fundraising activities have raised well over \$20,000 for the children's future.

Nick and all the team at Mitre-10 and all those who attended the BBQs or who bought tickets in the chainsaw raffle should be very proud of their efforts.

While no-one agrees with everyone all the time we are all Australians and often we all work together for the good of the community, yet we continually see elements within our community and media who love nothing more than to play up a supposed city/country divide.

**DISCLAIMER:** The views expressed by contributors are their own and not endorsed by the publisher or the editor of The Romsey Rag. No responsibility is accepted by the publisher or the editor for the accuracy of any information contained in the text or advertisements. The editor and publisher reserve the right to reject any submissions or advertisement for any reason. Publishing decisions are not based on subject matter and we reserve the right to edit all submissions. *We have a policy of allowing all political parties equal access to this platform. We will not print or disseminate any content that we consider to be defamatory, racist, discriminatory or hateful in any way.*

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## SUPERSTITIONS

*If an eyelash falls out, put it on the back of the hand, make a wish and throw it over your shoulder. If it flies off the hand the wish will be granted.*

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

Send us your thoughts and ideas for what you think could happen in Romsey.

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.



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



**Always supervise children in the kitchen**

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**Romsey Rag**

# The RRBATA Breakfast is back!

After a COVID-induced 2-year hiatus, the 11th Annual RRBATA Breakfast will be held on **Friday 29th July** at Glen Erin at Lancefield. Proudly supported by Bendigo Bank Romsey and Lancefield and with a theme of "Celebrating Family Businesses", **Peter Greenham** will be in conversation to discuss his 6th generation role in the family meat business, H.W. Greenham and Sons. Peter is a "new local", having recently moved to Romsey with his wife Edwina to enjoy country living and raise their three children.

So – get a great start to that Friday by joining us at Glen Erin for breakfast!

Bookings - <https://www.trybooking.com/CALDA>



**Bendigo Bank**



**Romsey Region Business & Tourism Association (RRBATA)**

**Jenny Stillman**

**Phone:** 0412 349849

**Email:** [jennystillman@optusnet.com.au](mailto: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](mailto:info@romsey.org.au).

## | Christmas in Romsey 2022 Update

### • Funding support

Although it is only half way through the year, RRBATA is already thinking about Christmas in Romsey 2022. With generous funding support already secured from Bendigo Bank Romsey and Lancefield as well as Macedon Ranges Shire Council, the hunt is on for a significant sponsorship(s) to support enhancing the Building Illuminations Night(s) given their popularity last year and the desire to also return the Community Carols event. Stay tuned for further news re key CIR dates.

### • Calling all creative thinkers and planners!

CIR is in need of some new ideas and skill sets to even further develop this wonderful community festival. If you would like to be involved and have some input into the planning of Christmas in Romsey 2022, contact Jenny (ph. 0411700464 or email [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au))

## | Huge Local Project awarded to Newearth Constructions

Exciting news for our region with RRBATA member business Newearth Constructions having been awarded the design and construct contract for the **Macedon Ranges Shared Trails Project**. Newearth Constructions is a family-owned business based in Romsey with local employees and suppliers who have been delivering projects across the Macedon Ranges since 1927. They are strongly committed to creating careers in the civil construction industry in the region, particularly amongst youth. The \$11.24 million Shared Trails Project will deliver a 24-kilometre trail for walking, running, low-volume cycling, and commuting all the way from Woodend to Riddells Creek—linking rural landscapes, towns and heritage places. Construction of the trail is taking place in stages and is expected to take two years, with completion scheduled for mid-2024.



**Facebook:** Romsey and Lancefield Region - Business and Living  
**Instagram:** Romsey\_Lancefield\_Region  
[www.rrbata.com.au](http://www.rrbata.com.au)

The poster features the Romsey Region Business & Tourism Association logo at the top. The main title is "THE RRBATA BREAKFAST" in large, bold letters, with the subtitle "- Celebrating Family Businesses" below it. A circular portrait of Peter Greenham is on the right. Text on the left asks "What does it take to be the managing director of your family's 6th generation business?" and lists Peter Greenham's name and the event details: "In Conversation" on Friday 29th July 2022 at 7am at Glen Erin at Lancefield. Below this, it says "After a COVID hiatus, the RRBATA Breakfast is back for its 11th year!" and "Join us!". At the bottom, it lists the ticket price as \$55 pp (RRBATA Members: \$48 pp) and includes the Bendigo Bank logo with the text "Proudly supported by Community Bank Lancefield and Romsey". The booking information is "Bookings: https://www.trybooking.com/CALDA" and a QR code is provided for bookings.

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# Call for youth leaders

**Volunteers aged 18 to 25 are being sought to help plan and support the delivery of a three-day camp for young people in the Macedon Ranges.**

Sunbury and Cobaw Community Health's Pride Camp, organised by its long-running WayOut program is an annual event for LGBTIQ+ young people aged 14-21 years, supporting them to build social connections and a sense of belonging, as well as developing knowledge and skills that contribute to their mental health and wellbeing.

*"No experience is required to be one of our youth leaders, just tons of enthusiasm," says Mez Lanigan from WayOut.*

*"This is a great opportunity to learn a whole range of new skills including event planning and management as well as useful leadership skills. WayOut provides a number of leadership and volunteer opportunities for local LGBTIQ+ people with lived experience."*

If this is something you want to be part of, register your interest by Monday 4 July via;

**[www.surveymonkey.com/r/pridecampyouthleaders](http://www.surveymonkey.com/r/pridecampyouthleaders)**. All leaders will be invited to attend a youth leadership day on Tuesday 5 July. The camp will take place in September. If you have any questions you can speak to one of the team on 5421 1666 or email **[healthpromotion@scchc.org.au](mailto:healthpromotion@scchc.org.au)**.



## ANIMAL FACTS

***Cheetahs make a chirping sound that is much like a bird's chirp or a dog's yelp. The sound is so an intense, it can be heard a mile away.***

## The Mount Players Happenings

Auditions for our November production, *When The Rain Stops Falling*, an Australian drama by Andrew Bovell, will be held this month on 23 & 24 July. The story spans 4 generations of dysfunction in one family's lineage of secrets, abandonment and searching for answers. An epic work of drama with a cast of 8, offering male & female roles with ages ranging from 20's to 60's.

For a script and full details on the play and to book an audition time please contact Director, Vicki Smith at [stagestruck58@me.com](mailto:stagestruck58@me.com)

Our 3rd Production, The Tarantino thriller **Reservoir Dogs**, will open on Friday 19 August and run to Sunday 4 September. The play has been adapted for the stage with a full female cast. Creative Director, Craig Lenaine-Smith (Director of *Harold & Maude* in 2014) will put his own special touch on this classic, including live music on stage.

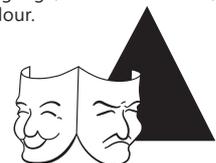
ATTENDANCE INFORMATION:- This production of *Reservoir Dogs* is for a mature audience only. It contains high level course language, sexual references, stylised depictions of violence, simulated gun shots, the use of strobe lighting effects and stage cigarettes which produce an odour.

**A contemporary piece that will show true diversity of The Mount Players!**

**To book tickets go to [www.themountplayers.com](http://www.themountplayers.com) or phone 5426 1892 for assistance.**

*See you at the Mountview Theatre.*

**| Karen Hunt.**



The Mount Players

**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.

# Biggest Morning Tea Celebrated in Gisborne

**Member for Macedon, Mary-Anne Thomas celebrated the Biggest Morning Tea with community members in her local office and raised \$400 for cancer research.**

With 95 new diagnoses daily, one every 15 minutes, cancer is a leading contributor to disease in Victoria. Since 1982, cancer incidence has steadily increased by 0.6 per cent for men and women. Whilst a small increase, the growth and ageing of the Victorian population result in a much larger 3% increase in cancers diagnosed. Nearly half (46 per cent) of cancers are in Victorians aged over 70 years. Less than 2 per cent are in people aged under 30 years.

The five most common cancers in Victoria are prostate, breast, bowel, melanoma and lung - 57 per cent of new cancers and 46 per cent of cancer deaths. On average 30 people die from cancer every day in Victoria, though death rates are declining - since 1982, decreases of 1.6 per cent for males and 1.2 per cent for females. These show earlier detection of cancers through screening, reductions in tobacco use – especially in males – and improvements in treatment.

Overall, from 1982 to 2016, five-year survival rates for cancer increased from 46 per cent to 68 per cent – but more research always needs to be done.

**“Cancer has sadly touched the lives of so many people in our community. I urge community members to make use of the free screening services for bowel and breast cancer. Building a strong relationship with a GP is critical to the prevention and early detection of cancer.”**

Member for Macedon Mary-Anne Thomas

**Mary-Anne  
Thomas MP**

LABOR MEMBER  
FOR MACEDON



## Romsey Lancefield Senior Citizens

**Bendigo Bank Monthly Bus Trips**

**Bendigo Bank**



### HO, HO, HO IT'S CHRISTMAS (in July)

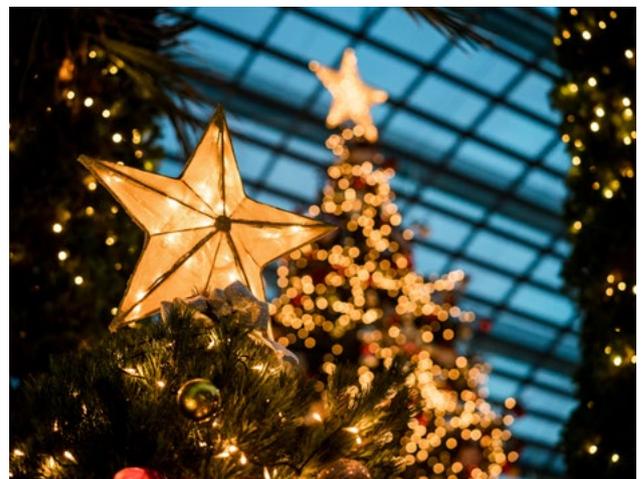
We will be travelling to Sunbury Bowls Club again this year on Tuesday 5th of July for our Christmas in July lunch. Cost is \$40. It's sure to be a great day no matter what the weather is like. We would love to see you, the more the merrier.

- **Depart: Lancefield Post Office – 11.45am**  
**Romsey Mechanics Institute – 12pm – out the front.**

We had a great trip last month to Westfield Shopping Centre with a lovely lunch at Skyways.

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

*Hope to see you soon.*





# 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 also be connected to a world-wide organisation of friendship and community care. We have a lot of fun and laughs while being creative and raising funds for community projects. CWA is a volunteer organisation.

Our friendly monthly meeting occurs on the **1st Wednesday of each month from 10.00 am to approx. 12.00 noon.**

With our craft day on the 3rd Thursday of the month from 10am. Both meetings are held in the supper room (side entrance) of the Romsey Mechanics Institute, Main Rd, Romsey. Examples of crafts we do are: knitting, sewing, crochet, cooking, beading, paper-craft.

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

As the days are becoming colder our branch has decided to hold our craft days on the 1st Wednesday of the month from 12 noon, after our monthly meetings, for the months of July and August. Non-members are more than welcome to attend.

The State conference was held the last weekend of May and held at the Melbourne Showgrounds and was well attended. It was great for the branches to once again meet face to face. Thank you to those members who attended on behalf of the branch.

## 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.

## This month's Recipe:



### Peanut Bars

#### Ingredients:

- 1 cup of sugar
- 1 cup peanut butter
- 1 cup Golden Syrup
- 6 cups Rice Bubbles

#### Method:

Combine sugar and syrup in a saucepan and cook until sugar is dissolved. Stir in peanut butter well, add Rice Bubbles, press into a greased slab tin and ice with chocolate icing.

When set cut into fingers.

For any further information please call:

PRESIDENT: Dianne Purtil **0409 214 520**,

SECRETARY: Wendy Foster **0409 175 667**, email: [cwaromsey@gmail.com](mailto:cwaromsey@gmail.com)

## JOKES

*Drove past a drug rehabilitation centre this morning & there was a sign on the lawn saying "Keep off the grass"*



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**G'day, Most cooks take great pride in their ability to produce a marvellous Chicken Liver Paté. If the truth be known some (not all) naughty cooks buy their Paté from many respectable Paté producers.**

**You see, it has been put abroad that to make a respectable Paté is truly difficult - the results questionable. And is the result, in fact, a Paté or a Terrine? And how do you tell? (Actually it's easy when you know how - so the following is for those who've forgotten.)**

**"PATÉ:** Patés to a Frenchman are an indispensable part of the haute cuisine. Paté de foie gras is a beginning to a dinner in the grand style. A paté de veau et porc is found in the Frenchman's pique-nique basket, while the paté maison is the pride of every French restaurateur wherever he may be, proving his skill in the subtle blending of various sorts of finely minced or ground meats.

"There are patés and patés, and it has become usual to describe as a paté a mixture of any finely ground meats, liver, game etc. seasoned and flavoured and baked as a paté. Strictly speaking these are terrines. Both the terrine and the paté mixture is the same. However, when the mixture is placed in a dish which has been lined with pork or bacon fat it is a terrine, and when it is baked in a pastry crust or as the French say en croute it is a paté. When the mixture is of finely ground fowl or game bird meat and steamed it is a galantine.

**"TERRINE:** An earthenware dish, oval or round in shape with a cover. Terrines are fairly deep, of varying dimensions and with ears. By extension the word has come to mean also the food cooked in them: terrine de foie gras or terrine de gibber (game paté), or paté en terrine, which means that the paté has been cooked in a terrine rather than in a crust (this would be paté en croute).

SOMEONES THROWN A  
4 £20 PATÉ EN CROUTE  
AT THE UMPIRE - WHOSE  
ASKING FOR SAUCE!



## CHICKEN LIVER PATÉ

... or is this technically a Parfait? Bloody hell! It's all a bit confusing. I'm an innocent Aussie boy and I'm saying it's a Paté - so there!

### Ingredients

- 35 g butter
- 1/4 cup thick cream
- 2 shallots
- 1 tablespoon brandy.
- 500 g chicken livers, trimmed

\* If you want garlic or mace, pop them in with the shallots. And if you don't have shallots use onions.

### Method

1. Peel and slice the shallots and cook them for 5 minutes in the butter in a large heavy frying pan over a medium heat, stirring all the time, until they are transparent. Lift them out of the butter and drop them into a food processor then cook the trimmed chicken livers in the butter in the frying pan (you may have to do them in batches, depends on the size of the pan) until they're seared on the outside but still pink and soft inside - about 5 minutes. Drop them into the food processor with the shallots and add 2 tablespoons of the juices from the frying pan together with the cream, brandy and a little salt and pepper.
2. Blend for 5 minutes until the mixture is smooth then push it through a fine sieve into a serving bowl to get rid of any remaining lumps. Cover with plastic wrap letting the wrap touch the surface of the mixture and put the bowl into the fridge to chill for at least 4 hours.
3. PS. Some recipes suggest melted butter to top your pate - this, they say, keeps the air from the pate. Trouble is as the butter cools (it's in the fridge), it shrinks away from the edge of the pate container, therefore allowing the air (oxygen) to tint the pate. I use plastic cling wrap the keep the air out.
4. Bring the bowl to the table and allow guests to help themselves, putting a heaped teaspoon of the paté onto crackers, Melba toasts or pieces of toasted ciabatta.
5. The paté will keep in the fridge for 3 days if stored in an airtight container.
6. Serve within half an hour of taking it out of the fridge.

**And don't argue whether it's a Paté or Parfait, just enjoy it!**

**PPS. A meat pie is a pate en croute.**

**The Macedon Ranges Bridge Club is looking for new players. If you enjoy playing cards or making new friends, you are invited to go along to its Learn to Play Bridge classes that commence on 11 July 2022.**

*"Bridge is a fantastic card game that challenges the mind and keeps us mentally active. It can take a little effort to learn but provides years of enjoyment, social interaction and friendship"* the secretary of the Woodend-based club Cate Carr said.

*"It has been a difficult few years for the community and the club struggled through Covid like everyone else" she said. "We had to play online during the lockdowns but now we are back and looking for new players".*

Bridge is played around the world, with clubs in the major cities and most regional centres. The Macedon Ranges Bridge Club attracts players from Kyneton, Woodend, Gisborne, Macedon, Lancefield, Daylesford, Sunbury and all places in between.

Bridge is sometimes likened to chess with cards – it requires brainpower and logic but also partnership skills and perhaps a little luck. It is thus both social and challenging – so fun for all.

*"It is a partnership game but you don't need a partner to come to the lessons, as we can match you up with another learner" Ms Carr said. "If you have played 500 or solo, bridge might be for you but you do not have to have any card playing experience to learn the game".*

The ten week Learn to Play Bridge classes start on Monday 11 July at 12.30 pm in the meeting room at the Woodend Library. The cost is \$70, which includes refreshments and class notes.

**Bookings are essential. For more information or to book ring Cate on 0417 549 041 or email [cate2010@live.com.au](mailto:cate2010@live.com.au)**

**Covid vaccination required.**

**The Macedon Ranges Bridge Club plays at 12.30pm every Monday and Thursday at the Woodend Tennis Club rooms. For more information see the club website at <http://www.mrbc.asn.au>**

## *Chilblains - a Romsey winter favourite*

### What are Chilblains?

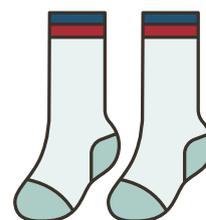
- Itchy, burning, red (and sometimes purple) swellings on the toes, hands or ears.
- People can get chilblains after being in damp, cold weather

### Anyone can get Chilblains, but it is most common in these groups:

- middle aged adults
- females
- Smokers
- People who work outdoors for long periods e.g. farmers, gardeners

### What can I do about Chilblains?

- Keep your legs, feet and body warm. Toe socks coupled with woolen socks in Ugg boots is my go-to recommendation.
- Trousers, long boots, tights, leg warmers and gloves will also help.
- Stop smoking.
- Exercise to keep warm and improve circulation.
- Use Calamine lotion to help remove some of the discomfort.
- If the Chilblain has broken down and is bleeding - apply antiseptic and a band-aid and see your Podiatrist ASAP.



**Book an appointment with Andrew if you have any concerns**

**Ph: 5429 5254**

**Email: [info@rangespodiatry.com.au](mailto:info@rangespodiatry.com.au)**

**RANGES**  
**PODIATRY** 

# Yarra Pygmy Perch found in Deep Creek



**We have had very positive news from surveys looking for the threatened fish species, Yarra Pygmy Perch in Deep Creek. Fifty one were found at two different sites near Lancefield. This is great as recent surveys had found very few.**



Yarra Pygmy Perch (*Nannoperca obscura*) is a small fish, often about 40 mm long, it is listed as vulnerable and has significantly declined in number since European settlement. Their diet consists of insects, insect larvae and crustaceans.

Threats to this vulnerable little fish include introduced non-native fish and fauna, loss of stream habitat like logs, loss of streamside vegetation, stock accessing and polluting waterways, urban sprawl polluting waterways, modified water flows and salinity. Droughts exacerbate threats.

Melbourne Water engaged Ecology Australia to do the survey. Deep Creek Landcare is grateful to both organisations for keeping a watch over our precious waterways given the multiple threats that they face. Melbourne Water's work, to support private landholders and groups like ours to improve stream vegetation and water quality will help this species recover further.

The Yarra Pygmy Perch is unique. We are very lucky to have it in our area – it is no longer found in many other areas. We should do all we can to protect it.

The Plains-wanderer is critically endangered also. Once found across large areas of inland eastern Australia – now, less than 1000 of the birds remain. The largest known population is in the Northern Plains grasslands in Victoria, between Bendigo, Echuca and Swan Hill.

A monitoring project has run for 5 years and is expanding to new sites - including some old sightings in our area. Locations south of the Kilmore-Lancefield Road and south of Lancefield heading towards Romsey are being investigated. Landholders with grassland/grazing in the target area can contact us if they wish to get involved.

In other good news, the Victorian Serrated Tussock Working Party (VSTWP) has a new extension area west of Romsey. Serrated tussock (*Nassella trichotoma*) is a highly invasive grass native to Argentina, Uruguay, Chile, and Peru.

The Romsey- Rochford project includes the headwaters of Charlies Creek and Deep Creek, and over 200 parcels of land - 5000 hectares of farmland and rural living properties.

The VSTWP Extension Officer, Ivan Carter "The project increases awareness and gives technical advice on a property-by-property basis. Serrated tussock can be difficult to identify from other similar grasses but can quickly take over pastures and grasslands".

Landholders are offered a free property visit and will be given a map of any serrated tussock infestations on their property.

**For more information please visit [www.serratedtussock.com](http://www.serratedtussock.com)**

- Along with Nulla Vale Pyalong West Landcare, we have run two information sessions on Carbon Farming with the third and final session on July 14 at 7:00 pm. It will be held at the Lancefield Mechanics Hall under the title "Carbon and Tree Planting Opportunities".
- 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.



# Community Bank Connections

## TEAM NEWS!

In May we welcomed Amy Gauld to our team as Customer Relations Officer at our Romsey branch. Amy joins us from Bendigo Bank Kyneton having been part of the team for approximately 12 months. She and her husband, Braydon, live in Romsey. Please feel free to call in and introduce yourself to our newest branch member!

We are also pleased to announce the appointment of Lauren Harrison to the position of Marketing Officer effective July 1 2022. Lauren joins us with a strong marketing background and extensive experience. Lauren and her young family reside in Romsey and she is looking forward to working closely within our communities, promoting your Community Bank and our Community Investment program.

## 2022 DIVIDEND TO SHAREHOLDERS

On May 17, 2022, Suzie Ewart, Chair of Lancefield and Romsey Community Financial Services Limited, announced that Shareholders would receive a fully franked dividend of 7 cents per share. Payment date is June 16, 2022.

Suzie said, "Once again, It is wonderful to give back to those shareholders who begun the vision that is now Community Bank Lancefield and Romsey, as well as being seen as an attractive profitable company." With this payment, total dividends paid to Shareholders by Lancefield and Romsey Community Financial Services Limited will exceed \$878,000.

## \$500 Reconnect Community Grants

Community Bank Lancefield & Romsey are pleased to announce the following recipients of \$500 under our current Reconnect Community Grants scheme. Congratulations!

- Romsey Junior Football Netball Club  
Lancefield Bowling Club
- Lancefield Junior Football Netball Club
- Romsey Cricket Club
- Romsey Football Netball Club
- Romsey Bowling Club

There are a limited number of grants still available. To find out more, email [angela.dickins@bendigoadelaide.com.au](mailto:angela.dickins@bendigoadelaide.com.au) or call in and speak with our wonderful team at either of our branches.

## COMMUNITY INVESTMENT PROGRAM – ROUND 1 2022/23

The Lancefield & Romsey Community Bank Board is pleased to announce the opening of applications for the first round of its 2022-23 Community Investment Program (CIP).

- **Applications will open on Monday 18 July (visit: [www.communityenterprisefoundation.com.au](http://www.communityenterprisefoundation.com.au)) Applications will close on Monday 22 August**

Once again, we will be partnering with Bendigo Bank's Community Enterprise Foundation (CEF) to ensure an efficient and effective process for our CIP in 2022/23. Whilst the role of the CEF is to facilitate online applications, check compliance requirements and ensure acquittal procedures are met, we want to assure the community that the Lancefield & Romsey Community Bank Board of Directors and Community Investment subcommittee are the ultimate decision makers for all our funding programs and grants. The Board will meet in September to review and assess all compliant applications. And great news! The return of our CIP Awards Presentation night on Thursday, October 27th.

We would also like to reinforce our commitment to invest in projects both large and small. We know that the fabric of our community is made up of many organisations of different sizes, with projects of variable size needing support from grants, events and sponsorships! So don't be afraid to apply for even a small amount of funding support. Likewise if you are a group that has a big dream that could build local community and social capital, then we're keen to hear about that too! Our Community Forum in February provided an extensive insight into some fabulous community generated projects/programs. Let's start working together to see what can be achieved!

Make sure your organisation is registered to receive our CIP information programs updates – send your name, organisation and email address to: **[beverleybeaumont55@gmail.com](mailto:beverleybeaumont55@gmail.com)** Alternatively, please call in at either branch and have a chat to our staff should you require any additional information.

 **Bendigo Bank**

**We opened a bank to grow a community**

Community Bank · Lancefield

 **Bendigo Bank**



Community Bank  
Lancefield & Romsey

COMING  
SOON

# Community investment program

When you partner with us, good things happen.

Your organisation gets sponsorship, and your banking  
helps support the community.

Applications open Monday 18 July 2022 for both grants and  
sponsorships. Visit our Facebook page (@communitybanklancefieldromsey)

Find out more. Call us on 5429 1977/5429 5526 or search Bendigo Bank Lancefield &  
Romsey.

 **Bendigo Bank**

## Hello possum! Successful Creatures of the Night spotlighting surveys

During the Autumn Festival residents joined Macedon Ranges Shire Council officers on night walks out in the forests and woodlands of our shire. These night walks are carried out each year to help us assess the health of our environment and our precious nocturnal wildlife.

The results are in! After spotlighting in all six of our biolink areas, 108 individuals of 11 species were spotted, with the Common Ringtail Possum spotted 57 times! Often seen in pairs and pictured here by photographer Helen Evans.

We were also delighted to spot the threatened marsupial – the Brush-tailed Phascogale! The Brush-tailed Phascogale is an indicator of a healthy ecosystem, and is the target species for Council’s nest box program. This shy animal is rarely seen while spotlighting so participants on the Cobaw and Mount William Range night walks were very lucky.

A big thank you to our citizen scientists, including over 70 adults and children, both locals and visitors from Melbourne!.

**You can find out about future spotlighting and environment events by subscribing to Environment Enews at [mrsc.vic.gov.au/environment-eneews](http://mrsc.vic.gov.au/environment-eneews)**



Image: the Common Ringtail Possum: often seen in pairs and pictured here by photographer Helen Evans.

## Survey results – Do you need compost?

Thanks everyone who participated in Council’s compost survey in May. The feedback will help us to understand the demand from residents for processed FOGO-turned-compost at a competitive price.

We received 113 responses, with 57% percent showing interest in purchasing compost from Council – most saying they would purchase every three to six months. A majority of those also said they would prefer to purchase in bulk (trailer load) whereas 34 opted for bags (approx. 20kg).

Amongst the feedback were suggestions for pricing of compost in bulk, bag and other sizes. Council is working on establishing the costs, and is looking at bulk delivery, self-loaded in bags, and the possibility of pick up from transfer stations as options.

**For more information and updates visit [mrsc.vic.gov.au](http://mrsc.vic.gov.au)**

## Nominations closing soon for the 2022 Youth Awards

Nominations for this year’s Macedon Ranges Youth Awards will close 31 July. There are six categories in this year’s awards and winners will be announced on 6 October at Kyneton Town Hall.

If you know an inspiring young person, or group of young people, aged 12–25 years who live, work or attend school in the Macedon Ranges and deserve recognition for their achievements, nominate them at [mrsc.vic.gov.au/youthawards](http://mrsc.vic.gov.au/youthawards) or email [youth@mrsc.vic.gov.au](mailto:youth@mrsc.vic.gov.au).



## Take a look around our kindergartens

Would you like to take a look at our kindergartens before registering for 2023?

Our kindergartens are offering tours with educators available to answer your questions. There is a limit of six adults per tour so bookings are essential. Children are welcome on the tour! Virtual tours are also available on our website.

**For more information visit [mrsc.vic.gov.au/kindergarten](http://mrsc.vic.gov.au/kindergarten)**



## A night of comedy with Jimeoin LIVE!

• **Saturday 16 July, 8pm, Kyneton Town Hall**

You've seen him on TV, you've seen him online, you may have even seen him down the pub – but have you seen Jimeoin LIVE?

A ferocious onslaught of gags and a constant stream of laughter, all with inimitable facial expressions (and yes, those world famous eyebrows)!

It's the ultimate comedy show from one of the best Stand-Ups in the world.

So go on, treat yourself, see Jimeoin LIVE!

To purchase tickets call 1300 888 802 or visit [mrsc.vic.gov.au/buytickets](http://mrsc.vic.gov.au/buytickets).



## Local native flowers now in bloom to brighten your winter days!



Our forests and woodlands have winter flowers too! Victoria's state floral emblem, the Common Heath (*Epacris impressa*) is in flower now and putting on quite a show. This lovely shrub has tubular flowers in dark pink, pink and white colour forms. The flowers provide nectar for small honeyeaters such as the Eastern Spinebill, and nectar-loving marsupials such as pygmy possums and phascogales.

Common Heath can be seen on the edge of the Calder Freeway between Macedon and Woodend.

You find it in Stringybark Forests / Woodlands predominantly, so Ashbourne and Bullengarook are good locations to see it, specifically Ashbourne Road Reserve, Hobbs Road Reserve, and Bullengarook Recreation Reserve. It will most likely be around the Macedon township area as well, also on Norton Road on the rail easement.

**Happy flower-treasure hunting!**

## Our Art to Wear Parade is on again at Jubilee Hall Macedon on July 9 at 1pm.

Here is your chance to see our unique collection of handmade clothing and jewellery by 24 talented makers from all over Victoria. Presented with champagne afternoon tea while our models show off knits, felts, wovens, painted silk and wool, recycled pieces, hats and jewellery.

All garments not sold on parade day will be featured in the Gallery Mt Macedon during the month of July

Tickets \$30. Purchase online only through Try Booking [www.trybooking.com/BZPWF](http://www.trybooking.com/BZPWF)

Enquiries Ph:0419 009 030 or [info@thegallerymtmacedon.com.au](mailto:info@thegallerymtmacedon.com.au)

The Gallery Mt Macedon Presents 

# Art to Wear Parade

2022




**Saturday 9th July**  
Jubilee Hall, Smith Street, Macedon  
Doors Open 12.30pm, Parade from 1- 3pm

**Tickets \$30**  
*includes a glass of bubbly & afternoon tea*

Bookings essential through TryBooking  
[TryBooking@arttowearparade](mailto:TryBooking@arttowearparade)

For enquires call 0419 009 030  
[www.thegallerymtmacedon.com.au](http://www.thegallerymtmacedon.com.au)  

# Transition Streets Romsey talks water and transport

**Each month, Transition Streets Romsey meets to discuss a different sustainability topic. Our most recent topics were water and transport.**

In May, we talked about how to save water at home. From low-cost DIY rainwater harvesting, to installing grey water systems, the Transition Streets program (available for free from [www.transitionaustralia.net](http://www.transitionaustralia.net)) is great at helping us explore options whatever our budgets.

One of our members spent a couple of hundred dollars on mini tanks and watched some YouTube videos to set up a few hundred litres of water storage for her garden and chooks. Another found a supplier of second-hand IBCs (Intermediate Bulk Containers –big plastic cubes used to store bulk food products) and learned how to convert them to tanks. Each one holds 1,000L, and they now have 13,000L of water stored for very little investment.

We also talked about simple ways to conserve water, like taking shorter showers and using mulch in the garden.

At our June meeting, we looked at a topic that's front of everyone's mind: transport. With rising fuel costs, we talked about the difficulty of making sustainable transport choices in our area. While cheaper and greener options might exist, but they are often not convenient.

If high-speed rail to Romsey and Lancefield isn't likely to be on the cards anytime soon, we considered whether deeper lifestyle choices might help reduce our reliance on cars or how far we need to drive. Often, we have no choice but to jump in the car to get to work. Seeking work locally, working from home, or even choosing to work part-time might be options that suit different people.

Choosing to buy local produce can also help reduce our 'food miles', and shopping local supports business owners and producers in our community, in turn creating local jobs. Fifty per cent of Romsey residents live within a fifteen-minute walk or five-minute bike ride of the town centre. So grab your back-pack, your pannier bags or your shopping trolley, and stretch your legs!

Our July topic is waste and consumption. If you've ever wondered how to get started on a low-waste or even a zero-waste life, you won't want to miss it. Join us on Saturday 9 July, 10am at Romsey Neighbourhood House. You can find us on Facebook at [facebook.com/groups/transitionromsey](https://www.facebook.com/groups/transitionromsey) or email Meg at [transitionstreetsromsey@gmail.com](mailto:transitionstreetsromsey@gmail.com).

## Romsey Mens Shed

*Working on Friendships*



**The Romsey Mens Shed in Romsey Park, Barry Street, is open on Tuesdays and Thursdays from 10 AM to 2 PM and we run a barbecue at 12 on Thursday with a \$5 donation. We welcome new members!**

Our woodwork and metals/automotive sections usually have a couple of mentors available to assist members interested in "hands-on" activities, but many members only attend for social reasons. Social interaction over a coffee is encouraged and we occasionally organise field trips to common interest venues. We have a small library operating on a free and book donation basis.

We have meetings with other sheds in the MRSC to exchange ideas and share any surplus tools or machines. We are also able to help, on occasions, other community-based organisations, -for example, with Romsey Xmas tree decorations. And at the shed, carry out repair work on small (usually sentimental) household items for residents on a cost recovery basis. We recently completed a number of bird and possum boxes and this type of project provides members with job experience, as well as helping Landcare.

We have been fortunate in getting donations of tools and machines from residents and recently provided a number of small hand tools to the Peter Mac Cancer Institute for the Shed that they operate for men staying over for treatment or patient support.

Fundraising is always an issue for volunteer organisations and we recently conducted a garage sale with items surplus to our requirements and some novelty items members made in the shed. We have also welcomed support from many local businesses.

**Member applications: [romseym@gmail.com](mailto:romseym@gmail.com) or on Thursdays at the shed.**



## Drainage Works

The recent Shire drainage works to get water away from the tennis courts, Rec Centre, cricket nets and main oval appear to have been quite successful. With over 35mm falling between June 5th to June 7th the usual flooding of the park was not seen. It was great not to see storm water pouring off the oval and down the 4th fairway.

## 2022 Pennant;

**The Men's Scratch** team fought out a tough final match losing to eventual champions Lancefield, scores were 3/2 however, two of the RGC team went down to the 20th before being defeated.

**The Men's Handicap** team finished with an excellent 4/1 win over Kilmore, a top way to finish the season but not quite good enough to make the final.

Park Lane, Romsey (PO Box 200, Romsey 3434)

**Romsey Golf Club**

President: 0417 088 891

Secretary: 0400 768 040

www.romseygolfclub.net

mail@romseygolfclub.net



Established 1922

**The Women's Handicap** team had a tough final two rounds, one win, one close loss and ended up 3rd in their division

**2022 Relative Pairs Shield** – The shield was played on Sat June 4th. It was a freezing afternoon with the round peppered by gusting winds, drizzle and spots of steady rain. One does sometimes wonder about the sanity of golfers. Despite the more than challenging conditions one pair, father and son, took the course apart to easily win the shield;

- Mick Squire (5)/Josh Squire (32) – 45 pts from
- Anthony Lakey (18)/Dave Richardson (26) – 38 pts

### 2022 Club Championship Results

Women	Stroke	Nett
	Jenny Hartley (19) -304	K Jacobsons 39) - 353/117/236

Men	A Grade	B Grade	C Grade
	Mal Mottram – 242	Pat Chisholm – 268	John Freestone – 294
	Mal Mottram (6) – 242/18/224	Andrew Laing (17) -270/48/222	John Freestone (25) – 294/75/219



'22 RGC Men's Champion, Mal Mottram with club Treasurer Kev Dunn



'22 RGC Women's Champion, Jenny Hartley

## What's been happening in 3/4EM?



*Growing Harvesting Inspiring Sharing*

In the Stephanie Alexander kitchen garden we did wheel barrowing and shovelling. It was so fun. We dug up soil and put it in the new garden bed. **Tom 3/4EM**



For the past couple of weeks all of the 3/4s have been working very hard on the Stephanie Alexander Kitchen Garden Program. We can all agree that making the fruit salad was the best part. The ingredients were grapes, strawberries, apples, bananas, blueberries, oranges and pears. **Evelyn 3/4EM**



Stephanie Alexander kitchen garden cooking. We made a fruit salad and got to eat it and it was yum. We have a new kitchen garden in front of the office. We had a wheelbarrow and filled the tub up with soil. **Milla 3/4EM**



## S.E.E.D Program - St Mary's Playgroup

Friday 27th May finally saw the launch of a new initiative at St Mary's - S.E.E.D Program (St Mary's Early Education Development Program) St Mary's Playgroup.

This was a Meet & Greet session for parents / carers and their little ones. All participants were given a goodie bag which contained a book, some crayons, scissors and information as well as a S.E.E.D t-shirt. There were plenty of activities to keep everyone engaged and all in all the session went very well. We've now had two sessions of playgroup, 14 children attending the first and 18 attending the second. We have space for 25 children with 24 currently registered. St Mary's Playgroup is open to all families in the Lancefield/Romsey community so if you know of anyone who is interested, please get them to email us at [playgroup@smlancefield.catholic.edu.au](mailto:playgroup@smlancefield.catholic.edu.au) and we can discuss opportunities with them.

As this is a new initiative, we are very open to feedback, suggestions and any ideas our families may have to make this the best possible experience for all who attend.

## Feed it Forward

On Tuesday 31st May our Mini Vinnies finally got to attend their first Feed it Forward lunch at Lancefield Mechanics Hall. Feed it Forward is an initiative by the Lancefield & Romsey Neighborhood Houses to connect communities one meal at a time. The students' role on the day was to greet participants and show them to their seats, chat to them and make them feel welcome, make them cups of tea / coffee, deliver their meals (main & dessert), help clear tables, sell raffle tickets and help with the raffle draw. It's a wonderful learning experience for our students and one that they thrive on. A big thank you to Emma, Molly, Meg, Sarah & Ellie for their hard work and dedication to their role on the day. They did a fantastic job representing St Mary's and I know they really enjoyed themselves in the process!



Here's what some of them had to say about their experience:

• Meg:

***I felt very comfortable talking to people in our community and serving them their drinks and food. The other volunteers were extremely helpful. They helped us if we weren't sure what to do. The food was basically gourmet! I loved that I was a waitress for a couple of hours.***

• Emma:

***I liked how the volunteers were very friendly and helpful. It was very fun and amazing meeting new people! It was a good experience for meeting people and waitressing. It was great getting food and drinks for people! I loved picking out the raffle tickets and watching people's faces light up because they won.***

• Sarah:

***I like how I got to connect with people and how I got to be a waitress for a day. We had heaps of fun with all the volunteers and we got to laugh with them all day. The volunteers would help us if we needed. It was an amazing experience for us Mini Vinnies.***

## Year 3/4 Inquiry Learning

Over this term the year 3/4 students have been learning about the importance of bees and insects on sustainability. It has been a fascinating topic and they have been amazed at how all life is connected. They learnt how all of our plants, animals and insects rely on each other for survival. Their focus has been more on bees and how they pollinate all sorts of plants which help us grow our food.



The 3/4 's were lucky enough to have Shae from 'The Zookeepers' and Sam from 'Labcoat Learning' come and visit the school with their bees. Sam and Shae were really impressed about how knowledgeable the students were about bees and the important role they play in our ecosystem. Sam and Shae talked about all the things honey bees do in their hives and how honey is made. The 3/4 's were a little grossed out about how bees actually made honey but it did not stop them from tasting the honey samples. The incursions were brilliant, but most of all they really appreciated the bees and how they help us in so many ways.

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 (Again)**

Last month I talked about freedom, and that if you look at the 'rules' that are contained in the Bible as a set of 'want to's' rather than 'have to's', those rules no longer rule us and we have freedom. Yes, I did hear you all snort whilst eating your cereal and reading that article in the Romsey Rag. So, this month I want to follow on from that and double-down on what I said.

People think that freedom is free to do what you want to do. Free from all constraints. Free from all restrictions. However, I've found in life that you cannot be fully free. I would really enjoy the freedom to run from Romsey to Lancefield in under a minute, however I have a physical limitation that stops me from doing so (I cannot run that fast...). Similarly, I might want to drive at 200km/hour between Romsey and Lancefield, and with no physical limitation stopping me (OK, the Volvo might struggle), but I would soon find the police on my tail and consequences of my behaviour that would restrict my freedom – loss of licence and car.

So, we already live in a world where we don't have full freedom – either a physical restriction that we cannot avoid, or a 'rule' that we establish to make the communities that we live in a better place. However, what about the rules for 'life'. We each limit or restrict our own lives in some way to meet our own expectations. In coming up with the rules for our own lives, why wouldn't we use the rules from the God who created us? Wouldn't He give us the rules that truly give us the greatest freedom for the way we are created?

An illustration may help. If you were a fish, swimming around in the water, you may look to the world outside of the water and think 'wow, the freedom out there – I could do so much more than here in the water'. Yet, if you took the fish out of the water, the habitat that it was designed to live in, and placed it in the air, it wouldn't get far and it would quickly die.

I've found that following God's rules in my life, out of love for Him (not because I have to) has given me true freedom, the freedom to be who God created me to be.

**If you want to read any of Pastor Tim's previous articles, they are listed here:  
[www.encouragechurch.com.au/pastors-parables](http://www.encouragechurch.com.au/pastors-parables).**

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

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# Anglican Church of Christ Church 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
- The community lunch was held on Saturday 28th May at the Christ Church Hall Lancefield at 12: noon. About 40 people attended and a good time was enjoyed by all with a large variety of food and with good company and new friends made. The next community lunch will be announced soon and all 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. Donations of clothing, bric-a-brac, craft & books and good quality working toys can be left Friday afternoon or Saturday mornings during opening hours. Please note that owing to regulations we cannot accept electrical goods, prams, baby cots, mattresses or furniture. Your support & donations are much appreciated.

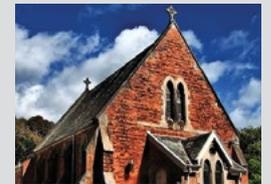


**THE ANGLICAN PARISH  
OF CHRIST CHURCH  
LANCEFIELD WITH  
ST. PAUL'S ROMSEY**

**Vicar**

Rev Matthew Browne  
P: 0401 615 099

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





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**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.*

*God comes to us, each  
and every one.*

*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](http://www.macedonrangesunitingchurch.org.au/worship-services)

**God is Able!**

**'Now glory be to God who by His mighty power at work within us is able to do far more than we would ever dare to ask or even dream of - infinitely beyond our highest prayers, desires, thoughts, or hopes.'** Ephesians 3: 20

What do you do when you reach the spot where the burdens of life become just too heavy and are more than you can bear? How do you "get hold of yourself" when your whole world seems to be falling apart at your feet?

Where do you turn when there are no answers and you're tempted to blurt out those negative words, "...but there's no way?" **Remember that God is ABLE!** When you don't know how to handle the burdens of life, God is able! The Christian faith offers hope, and that hope is based on the power of God!

**Do you feel weighed down by something today?** Perhaps it is a burden within your own life, or a problem that is caused by someone else - a relative, neighbour or associate at work. Read again Ephesians 3: 20 and dare to believe that God is able to do far more than you ask.

**July Worship Services**

As from **1st May, 2022** Sunday Worship Services in the Romsey Uniting Church are held at **9.30am**. Worship Services are at **9.30am each Sunday**. They are conducted by Lay and Worship leaders. A Worship and Holy Communion Service is conducted by a Minister on the 4th Sunday.

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Web Site: [macedon-ranges-photography.org.au](http://macedon-ranges-photography.org.au)



**Romsey - Lancefield Probud  
Welcome to friendship**

The Romsey/Lancefield Probud 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 July meeting of the Romsey/Lancefield Probud Club in 2022 will be on Thursday, 28th July, 2022 at 10.00 am in St. Mary's Catholic Church Hall, Main Street, Romsey.

There will be a Surprise Guest Speaker

All attending are subject to current Covid regulations.

**Contact:**

**President:** Tony 0410 747 616

**Secretary:** Noreen 0401 579 180

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

## 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 2.30pm 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](mailto:lancefield@cam.org.au)

For funeral arrangements, please contact Fr. Martin on 5427 2690 or by email at [woodend@cam.org.au](mailto:woodend@cam.org.au)



### ST. MARY'S PARISH - LANCEFIELD & ROMSEY

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

#### Presbytery office hours:

Tues, Wed & Fri 9-3

E: [lancefield@cam.org.au](mailto:lancefield@cam.org.au)

P: 5429 2130

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

## Kids' poster competition making waves for Water Week

To celebrate National Water Week, Greater Western Water is inviting primary-aged students to design a poster and be in the running for some great prizes.

This year's theme is 'Our water stories'. The competition is open until 2 Sept. Winners will be announced in National Water Week (17-23 October 2022).

15 prizes are up for grabs across five categories for a range of ages and abilities. A \$500 school prize sponsored by Southern Rural Water, will go towards your school's sustainable project. First prize winners in each category will enter the state-level competition.

### About National Water Week

National Water Week builds awareness of the value of water. Covering three-quarters of our planet and making up two-thirds of our bodies, water shaped our history and inspires our future. First Nations people have protected and sustained our water and lands for more than 65,000 years. It is a precious resource that we need to continue to protect.

Find out more, visit: [gww.com.au/nww](http://gww.com.au/nww)

If you have further questions, please email GWW's Education team [education@gww.com.au](mailto:education@gww.com.au)

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### DIRECTORY

#### JOB OPPORTUNITIES

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Roles will include general reception duties, preparation of herbal medicines, liaising with patients and clinic cleaning and maintenance.

Experience preferred but not necessary. Training will be provided.

Please email: [office@eastwesttherapies.com.au](mailto:office@eastwesttherapies.com.au)





## Diary Dates

- July 3 – July 10: NAIDOC Week
- Monday July 11: First Day of School, Term 3
- Tuesday July 12: Creative Life Writing Workshop, 7.00–8.30pm
- Thursday July 21: A Curious Circle, 7.00–8.30pm
- Monday August 1: Inclusive Storytime 11.00–11.45am
- Monday August 8: Dying to Know Day
- Thursday August 18: A Curious Circle, 7.00–8.30pm
- Saturday August 27: Introduction to Watching and Listening Online, 10.30–11.30am

## Creative Life Writing Workshop, 7.00–8.30pm Tuesday July 12

We all have strengths, challenges and dreams; uncovering these is a large part of enhancing wellbeing and knowing our true-self. In this hands-on session our workshop leader Annette Subhani will guide you through writing your life story to gain new insights and leave with strategies to strengthen holistic wellbeing. Annette Subhani has vast experience in supporting individuals during periods of challenge and natural life transitions. Her unique approach engages and empowers participants whilst offering strategies to enhance holistic wellbeing - heart, mind, body and spirit.

## School Holiday Activities

Goldfields Libraries will be running a variety of walk-in and pre-booked activities during the winter school holidays including Shrinky Dinks and Box Fun. For more information, ask us in branch, phone us on 5429 3086 or head to [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au).

## Ease the Freeze this Winter – It's Warm Inside the Library

Your local library is a warm and cosy place to work, study or just relax. With free Wi-Fi, comfy sofas, plenty of space and convenient cafes just down the road, this is the place to come when you just need to get out of the house.

## Home Library Service – Let the Library Come to You

Do you know someone who likes to read, but who struggles to get out and about on their own? Our Home Library Service might be just what they need. Designed for borrowers who are temporarily or permanently housebound, our friendly library staff & volunteers will deliver directly to your door, and also help you select titles from month to month. Home Library borrowers have full access to the Goldfields Libraries collection including large print books and audiobooks (ideal for readers whose eyesight is no longer what it was). For more information, please contact the Romsey Library directly on 5429 3086.

## Your Local Rag and in Your Local Library

The Romsey Library is one of many collection points where you can find local newspapers including The Romsey Rag and The Lancefield Mercury. We also carry The Senior and Tourist News.

## A Curious Circle: Curiosity, Connection & Creativity! 7.00 – 8.30pm, Thurs 21 July & Thurs 18 August

We're inviting adult women to come together to connect and explore their curiosity in a creative way. With a different activity each month led by our creative library staff Trish, Karen and Liv, this is a great way to try out some new arts and crafts, just for fun! Supper is provided, and beginners are 100% welcome.

Bookings essential. For more information, please email [romsey@ncgrl.vic.gov.au](mailto:romsey@ncgrl.vic.gov.au) or phone us on 5429 3086.

## The Murder Rule by Dervla McTiernan

Irish author Dervla McTiernan has really made a name for herself in recent years with the Cormac Reilly series of novels. Set in modern day Ireland, the tone of these well-executed mysteries would be familiar to readers who have enjoyed recent works by Anne Cleeves or Jane Harper.

But with *The Murder Room*, McTiernan has surprisingly – and refreshingly – changed course. Exploring the dubious machinations of a law student working the justice system in South Carolina, *The Murder Room* is still a mystery story at heart. But it is also unapologetically a page-turner, with the kind of heightened tension and stylised characters you would find in a Harlan Coben or James Patterson novel. Thankfully there is also a healthy dose of scepticism in the writing that other authors frequently neglect. Coupled with a compelling (and flawed) protagonist, this makes *The Murder Room* McTiernan's best read yet. If there's one criticism I must level at this story, it's that with so many devious characters, you turn the last page never quite feeling like you've heard the whole story. And that's why I'm already looking forward to McTiernan's fifth book – whenever she gets round to writing it.

You can find all of Dervla McTiernan's books on our catalogue at [goldfields.spydus.com](http://goldfields.spydus.com), or as eBooks or eAudioBooks in our Borrowbox app.

## Recycle at the Romsey Hub

Old batteries piling up? Still have that mobile from 2010? Then it's time to visit the eWaste station at the Romsey Hub. With receptacles for household batteries, small computer accessories (like mice and keyboards), mobile phones and printer cartridges, this is the place to finally say goodbye to those tricky recyclables. Please note that size limits apply and not all items can be accepted for recycling.

# The Blues From a TCM Perspective

**We all experience periods of sadness or heavy emotions, it's a natural part of human life. However, when low moods linger or occur in cycles you may need some extra support to see them through.**

In Traditional Chinese Medicine (TCM), our emotions are intimately linked with our physical body and health. Each organ system corresponds to an emotion and a combination of these can affect what we experience as low mood.

- **Liver** corresponds to anger, manifesting as irritability and emotional mood swings, worsened in stressful periods of life.
- **Lung** corresponds with sadness/grief. Long-term grief without letting go can impair the lungs.
- **Heart** corresponds to joy and the vigour of life, which is often dampened by other emotions, causing symptoms such as insomnia.
- **Spleen** corresponds to worry/overthinking. This can be taxing on both our minds and digestion, leaving us feeling sluggish and unmotivated.
- **Kidney** corresponds to fear. Often affected by traumatic events or a weakness in this organ system causes a tendency to fear.

\*If you are experiencing extreme depressive moods or suicidal thoughts, do not hesitate to call the 24/7 Lifeline Crisis Support Line on 13 11 11.

These organ systems explain why low mood and mental health require holistic perspective and treatment, emphasising the importance of looking after the physical body to support emotional wellbeing.

What you can do to see you through a low mood:

- **Process** your emotions. This may look like journaling, talking to a trusted friend, family member or professional counsellor.
- **Bring** yourself into the present with mindfulness or meditation. Practicing gratitude daily can also reduce how often the blues come by.
- **Look** after your physical health – healthy diet & lifestyle habits.

In Chinese Medicine we examine the overall health of an individual in terms of physical, mental, and spiritual wellbeing. Treatment is aimed at finding the root cause of disharmony and help walk you through a journey to better mental health.

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# COMMUNITY FOODSHARE NOW OPEN



Romsey Neighbourhood House is proud to announce our new Community Foodshare initiative located next door to the Romsey Laundromat out of the St Mary's Kiosk. The Community Foodshare aims to provide a range of food (both local and store bought) open to ALL the community, striving to support people not just in vulnerable situations in getting the grocery support they need. The Foodshare initiative seeks to destigmatise people's views and social biases towards these types of services, enabling access to all and looks to make this service type accessible to everyone. Everyone should be able to access reliable and necessary food services.

The project is currently run two days a week on Tuesdays and Thursdays, from 10am til 2pm, but is hoping to extend as we get more volunteers on board. The project operates through a buy/swap/sell/take or donate system. Patrons can contribute a donation to buy goods for a heavily discounted rate. They can seek to swap equal value goods; whether non-perishable or freshly grown items, they are able to sell or donate goods that they have (such as farm goods like eggs or jams or a bag of tomatoes, etc). They can donate their time, from volunteering to be on shift at the shopfront, to driving to picking up goods, to volunteering even across the range of our other initiatives such as community transport, the Co-Op, or our Feed It Forward Lunches to name a few. People are also able to register to use credits if they are unable to provide cash. The credit system allows a single person to have 40 credits a month, a couple 60 and a family 80 credits. 40 credits equate to \$40. These credits are replenished monthly. People who are struggling or in isolation due to Covid can also get a resource package of essentials if needed, at no charge.

At this moment, the Foodshare provides many long-life goods, such as cereal, milk and flour and other essential groceries like dry pasta, spreads, canned goods, hygiene products and dog food. We are hoping to extend this service to also supply bulk bought goods where people can bring their own containers to refill. The Foodshare is heavily stocked but relies on donations from the public. Its all about Community Supporting Community...so BE PART OF IT!

ROMSEY 

Neighbourhood House

## Be Part Of It