

Romsey Golf Club Women's Report

After our Christmas breakup at Soltan Pepper and a few weeks off we are feeling refreshed and ready to start the new year.

Wednesday 15th: In the heatwave a few women braved the conditions early and played a few holes then back to the clubrooms for that refreshing cuppa. Now is the time to try golf. We have members who are willing to teach you the basics. So come along on a Wednesday morning and join the fun at the course. Just bring a hat, sunscreen, drink and snack (apple or banana) .

Recipe for this month

Curry salad.

Saute onion in a little oil

When onion softened add curry powder and fry for a couple of minutes.

Add crushed tomatoes , chickpeas and vegetables eg zucchini, pumpkin, cauliflower, carrot, or whatever you like. Cook until soft. May be eaten hot or cold

Beryl Cole
54295411

Romsey Golf Club
Twilight golf
Friday evenings
Daylight saving
Inviting members and non members
Weekly nine holes of golf,
hitting off from
4.30 – 6.00pm
Golf and
Sausage Sizzle \$5.
Refreshments available

Clubs and buggies
available
Handicap and
knowledge of golf
not required

Kyneton gears up for 2014 Aquathon



**Macedon
Ranges**
Shire Council

Tie up those laces and slip on your bathers, the 2014 Kyneton Aquathon is not too far away. The Kyneton business community has been extremely generous with donations of prizes for the two-stage swimming and running race, to be held on Sunday 16 March at the Kyneton Toyota Sports & Aquatic Centre. Sponsors include Kleenheat Gas, Watt's Fresh, Kyneton RSL, Central Victorian Drug-Free Powerlifting, Kyneton Bowling Club, Jellis Craig Real Estate and Campaspe Family Practice.

Kleenheat Gas is throwing in a four burner Sundance Horizon Barbeques valued at \$399 each for the male and female champions of the long course. New sponsors, Watt's Fresh, are also supplying fresh fruit for all competitors.

"Whether you're looking to get fit or knock out the competition, now is the perfect time to begin training for the big day," said Kyneton Toyota Sports & Aquatic Centre Manager, Jon Ground.

Sport and fitness enthusiasts of all ages and abilities are encouraged to participate in either a mini, short or long course option.

"Don't forget that if you're a runner but not a great swimmer or vice versa, you can enter as part of a team to tackle the swim and run sections of the race," said Mr Ground.

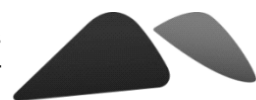
The mini course is friendly to any age group, especially designed for first timers. The run is 400m with a 50m swim (2 pool laps). The short course includes a 4km run and 400m swim (16 laps). Feistier participants can enjoy the long course, consisting of an 8km run and 800m swim (32 laps). Both short and long courses are completed in age categories. Team entries are for these courses only.

If you can't make the Kyneton Aquathon this year, you can always join the Gisborne Aquathon instead, to be held on Sunday 13 April at the Gisborne Aquatic Centre.

To enter, download an application form from www.mrsc.vic.gov.au. For more information about training and participation, contact Karyn Aumont at the Kyneton Toyota Sports & Aquatic Centre on 5421 1477 or Paul Ross at the Gisborne Aquatic Centre on 5421 1452.

Adult bike riding program

To help people get back on their bikes or start cycling for the first time, Macedon Ranges Shire Council is facilitating its final round of AustCycle programs as part of the Healthy and Active People Initiative.



**Macedon
Ranges**
Shire Council

AustCycle equips adults with the skills and confidence to cycle regularly. The program caters to a range of skill levels, from those who have never ridden a bike to those who are comfortable but may not have ridden for a long time. Participants learn the basics of balance, bike setup and safety.

This beginner bike riding program will be the eighth program run as part of the initiative which has seen almost 50 people in the Macedon Ranges get back on their bikes to re-learn the skill of riding a bike safely.

The seven-week AustCycle bike riding program starts on Thursday 6 February at the Woodend Buffalo Stadium and the cost is a gold coin donation per session.

Participants are required to bring a helmet and bike, but those without access to a bicycle can contact the Healthy Communities team for assistance.

Places are limited for the AustCycle program. To register or find out more information, contact Council's Healthy Communities Team on (03) 5422 0216 or email healthy-communities@mrsc.vic.gov.au.

This National Partnership Agreement on Preventative Health initiative was funded by the Australian Government.

THE ROMSEY RAG

Issue No. 322 2070 copies produced each month at Romsey Primary School as a service to our community and proudly supported by the Macedon Ranges Shire Council

February 2014

THE FEBRUARY EDITION OF THE ROMSEY RAG IS PROUDLY BROUGHT TO YOU BY

- Trevor Perkins : International Karate Academy-



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If you represent an organisation, sporting club, charity or other not-for-profit group, please remember that advertising and promotion of your organisation's events is free in the Romsey Rag. This is a community newsletter for our community, so please make use of it!

New Team Members Welcome

If you have some time to spare on collating days for the Romsey Rag (as published on page 2 of the Rag each month) our collating team would love to make you welcome. Collating generally takes between two and three hours, but even an hour would of your time would be much appreciated once a month. Please contact Joan Sparkes on 5429 5848 if you want more information.

If you are interested in being involved in the production side of the Romsey Rag please contact Robyn Moore during school hours on 5429 5099.

The closing date for copy for the March 2014 edition of the Rag is February 15th. We cannot guarantee inclusion of copy received after this date.

Please email your copy to the Romsey Rag email address: romseyrag@romseyps.vic.edu.au

We require submissions to be in Word document format, and for graphics to be in Jpeg format, as we cannot guarantee that we can open or print other formats.

Please also ensure that you have permission to use photographs of people included with your article.

THE ROMSEY RAG IS PROUDLY PRODUCED AT ROMSEY PRIMARY SCHOOL AS A COMMUNITY SERVICE

Editorially Speaking

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Romsey Post Office

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Joan Sparkes—5429 5848

Contributions:

Articles should be left at the Romsey Post Office (fax 5429 5134) or Romsey Primary School (fax 5429 5765) by 12 on the 15th of the month.

We prefer articles to be submitted electronically or on disc. Legible typed or handwritten items may be accepted. All material submitted for publication must be named and have contact details.

Articles can be sent via e-mail to:
romseyrag@romseyps.vic.edu.au

Please ensure that any text is sent as word documents and logos / photos are sent as .jpg files.

Views expressed are not necessarily those of the Editorial Committee. All contributions remain the responsibility of the author.

Advertising:

Rates are GST inclusive.

Front page sponsorship: \$150

Business card: \$30 per issue

\$240 per year in Business Directory

Quarter page: \$60 per issue

Half page: \$110 per issue

Full page: \$200 per issue

Line ads: e.g.- For sale, births, deaths, marriages, engagements - \$15

For invoicing please include name & address details

Cheques must be made payable to Romsey Primary School Station Street, ROMSEY 3434

Distribution:

2070 copies delivered to the Romsey community at the commencement of each month.

Romsey Rag Publication Deadlines 2014

Edition	Closing Date for Copy	Collating Date
March 2014	Saturday February 15th	Thursday February 27th
April 2014	Saturday March 15th	Thursday March 27th
May 2014	Tuesday April 15th	Thursday April 24th
June 2014	Thursday May 15th	Thursday May 29th
July 2014	Sunday June 15th	Thursday June 26th
August 2014	Tuesday July 15th	Thursday July 31st
September 2014	Friday August 15th	Thursday August 28th
October 2014	Monday September 15th	Thursday September 25th
November 2014	Wednesday October 15th	Thursday October 30th
December 2014	Saturday November 15th	Thursday November 27th

Share the Road in The Ranges

Bike Safe Macedon Ranges with RoadSafe Central Victoria is running a community road safety campaign over the next three months. You will see signs displaying a message to "Pass Cyclists with Care" on roads throughout the Macedon Ranges. The messages also appear on posters and displays in our towns, the posters inform both drivers and riders of relevant road rules and the need to give each other courtesy and respect.

Bike Safe Macedon Ranges invites local businesses to support our safety campaign by displaying safety posters on their windows or our displays in their venues. Some businesses have already kindly committed to assisting us. Please telephone our president on 0407759860 if your business would like to support us in this way. Your support will be acknowledged on our active Facebook page.

Drivers, please think about how vulnerable a cyclist is when passing them on the road and give them plenty of space when overtaking. Their lives depend upon your patience and consideration. We all want to get home to our families safely.

Submitted by Margaret Douglas

President

Bike Safe Macedon Ranges



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The Lancefield Romsey Commuter Bus offers a Mon-Fri return service direct to the CBD at the cheapest rate available in the shire.

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Departs Cnr William & Latrobe Sts 5.20pm, arrives back in Romsey

6.20pm & Lancefield 6.25pm

Seats currently available.

Please contact **Maree Lawson 54292027**



Romsey Golf Club – Men’s Report

<http://romseygolfclub.net>

Saturday January 11th - Stroke

The steadily increasing heat and the almost total lack of recent rain has meant that the once verdant fairways now show only a faint tinge of green. Drives got good cary in the warm, dry air and excellent run once they landed. Chip and Run shots had to be played very carefully or you would be well through the green facing a difficult chip to get up and down. The greens remained in good nick and well played lofted shots still held. A number of green have been under ongoing attack by the cockies and many members spend Saturday mornings filling and levelling the holes the birds leave in the greens. The day's southerly wind, 20 - 25 kph, kept the temperature in the mid 20s. The day's results were;

Winner; Steve Poulton - 98/29/69 from Neil Jarman - 85/14/71 and Rob Rea - 89/17/72

NTPs; 1st - Neil Jarman and 15th - Chris vanDerVliet

Friday January 10th - Twilight 6; 9-Holes Stableford

Another clear warm day and another good turnout for the clubs 6th "Chicken Run". This even has really become one for the ages, I.E. you have to have a fair bit of age on your side to get close to a win. Despite the apparent ease with which our veteran golfers regularly take out this weekly event one and all have a great time on the course and back in the rooms. This week's winner; Mick Nicholls 24 pts

Saturday January 4th - Guest Day - Ambrose

With predicted westerly winds of only 20kph and a top temperature of around 20C players looked forward to a round where, for the first time in many weeks, skill would be the major arbitrating factor. However, as sometimes happens, the weather forecast was not entirely accurate and players hit-off under dark and threatening skies. Nevertheless the clouds soon broke and the sun shone through for a very enjoyable afternoon. The projected winds came then, quite unexpectedly, moved to the south (didn't see that in the forecast). The course, continuing to dry out, gave players excellent value for their drives and long irons however damage to the mower meant that the greens had not been mown so putting required a firm hand and a great deal of conviction. The field enjoyed the day with the sound of laughter (of course supportive) echoing across the fairways. On an excellent day for golf the results were;

Winners; Andrew Laing, Anthony Freeman, Chris van DerVliet & Sharif Abdul-Sayed (10.25) - 58.75 from Andrew Clement, Mitchell Clement & Daniel Wright (4.83) - 59.14

Friday January 3rd - Twilight 5; 9-Holes Stableford

Another good field took to the course on a lovely summer's evening for the club's fifth round of twilight golf. The course remained in good condition with the fairways provided excellent lies. A few old stagers got out early and brought home good scores so it was tight on the leaderboard until late in the day. The best round of the evening came from Sharif Abdul-Sayed (20) with 22 pts.

Wednesday January 1st - Stroke.

The first competition of 2014 got underway beneath darkening skies with 35 kph north to north-easterly winds, it looked another tough round of golf! The recent heat had further dried the course and the fairways were losing a little of their green. Cockatoos had also dropped in for their Christmas/New Year visit. As usual they paid close attention to a number of greens, digging down here and there to check the soil structure. To add to the gusting winds and the bird damage on some greens rain began to fall about midway through the round, however it dried up after a few holes. So, on another challenging day the results were;

Winner; Mick Nicholls (24) - 38 pts from John Laing (26) 36 pts
NTPs; 15th - John Laing

Saturday December 28th - Monthly Medal - Stroke & Putts

The day had warmed considerably by the time players took to the course and 30Kph-40Kph winds, gusting from north to west

and back again, looked set to challenge all golfers. Recent heat had dried the fairways giving an extra 30m of run so shorter irons were the order of the day for many second shots. The greens were still in good nick and well played wedges bit and held. Ex-member and long-time friend of RGC, Gary Watts, was down from Sydney for a Christmas visit and he played the course as if he had never left. On a day when wind and temperature moved around a great deal the results were;

Winner and December Medalist; Andrew Laing - 90/20/72 from Mick Nicholls - 98/25/73 and John Laing - 100/26/74. Visitor; Gary Watts - 84/13/71,

Least Putts; John Freestone - 26 and **NTPs;** 15 - T. Emmons

Friday December 27th Twilight 4; 9-holes Stableford.

There was another good turnout for the nine-holes of stableford; the middle day of three consecutive days of golf at RGC. The steady increase in temperature during the week had increased the roll on the fairways and the older, wiser (more cunning?) golfers took full advantage driving the ball low and chipping and running with great aplomb. Once again it was a night for the veterans (these veteran golfers, cut the sun improve the score?) with a number returning good cards, none better than Mick Nicholls who returned a very respectable 22 points.

Thursday December 26th - Boxing Day Stableford.

A hearty and dedicated group teed off on Boxing Day under dark and threatening skies. These soon cleared and by the fifth hole the sun was poking through. From then on the weather improved and all enjoyed the round. The course was again in top condition, fairways had good cover and the greens remained receptive to a well played wedge or high iron. Putting still demanded commitment with many shots pulling up short of the cup, often for a simple tap-in bogey. The day's results were;

Winner; Sharif Abdel-Sayed (20) 37 pts from Tony Freeman (21) 34 pts

NTPs went to; 1 & 16 Sharif Abdel-Sayed and 15 - Steve Poulton.

A very relaxed and congenial Boxing Day round was enjoyed by all.

Saturday December 21st - Stableford.

A good field turned out for the last round before Christmas. The course was in top nick even after the recent extremely hot weather with the fairways giving good run and the thicker rough drying out considerably thus reducing the damage from a wayward drive. The greens were also in fine condition; they again challenged golfers to "put it in the air" and aim right at the flag, putting required a firm hand and a strong commitment to the chosen line. Whilst the day started out under heavy cloud cover and an implied threat of rain none fell, a steady, 20kph, SE wind followed the field for the round. On a generally excellent day for golf, where a number of players took the opportunity to record scores close to, or better than, par the results were;

Winner; Pat Chisholm (16) 42 points from John Freestone (21) 37 points

NTPs; 15 - Tony Freeman and 16 - Rob Rea

Over the last few years the golf club has had a number of break-ins and vandal damage to the greens and newly planted trees. The clubrooms, shared with the bowling club, have been broken into with alcohol and other items stolen however a new security system has now been fitted so hopefully this will now cease. The golf club has also had break-ins to the main shed/workshop. Items stolen include a variety of powered and hand tools, compressor, battery charger, fire extinguishers and fuel containers, the police have all the details of the stolen items. We know that many residents of the town enjoy a walk around the park, we would ask you to keep an eye out and report any suspicious activities on the course or around the shed.

Thanking you for your support

Hospital Gets Big Tick From Government.

The Kyneton Hospital, administered by the Kyneton District Health Service (KDHS) has been given 'a clean bill of health' by the Federal Government's tough new health care accreditation process.

All hospitals across Australia were put under the microscope by the Australian Commission on Safety and Quality in Health Care in a national program to improve the quality of healthcare across the nation. The program of new safety and quality standards, the Australian Health Service Safety and Quality Accreditation Scheme (NSQHS) was agreed to by State and Federal Health Ministers in 2011. To ensure all hospitals are up to standard, an accreditation process was launched in January this year.

KDHS CEO Jennifer Gale announced that, following months of investigation and rigorous assessment, KDHS has been successful in achieving national accreditation.

"It's great news for Macedon Ranges residents as it says their hospital gets a big tick in providing the high standard of service demanded by the Federal Government," said Ms Gale.

"This in-depth process was extensive and no rubber stamp exercise. Several hospitals across the country have struggled and now have some serious issues to fix," said Ms Gale.

"I am so proud of my team at KDHS. Despite recent difficulties and unfair criticism, they've worked hard, stayed focussed and now this successful result does the talking for them," said Ms Gale.

The news of the accreditation comes days before Ms Gale leaves KDHS after nine years as CEO.

"It's a strong and positive note to leave on. Kyneton Hospital is accredited by the Federal Government's new standard which is the most rigorous the health sector has ever seen. This is definite proof that much is going right at KDHS," said Ms Gale.

"I will miss the talented team at KDHS and the people of the Macedon Ranges, who largely have been very supportive and genuine in wanting a better health service."

"Despite the recent pointless attacks, my team and I have stayed positive, with an 'eyes on the prize' attitude... and accreditation is a very good prize," said Ms Gale.

KDHS Board President Graham Jasper welcomed the accreditation announcement... "It's a just reward for the reforms Jennifer Gale has made. The Board and I thank her for all the hard work." "Many of Ms Gale's achievements will go on helping people of the Macedon Ranges for years to come," said Mr Jasper. "Providing the best care we can is the everyday focus for all KDHS but it's important for residents to know when the independent umpire (The Commission) says their hospital meets its' high standards," said Mr Jasper.

The Accreditation process focuses on ten specific areas and then the many procedures and practices involved in those ten areas.

1. Governance for Safety and Quality in Health Service Organisations
2. Partnering with Consumers
3. Preventing and Controlling Healthcare Associated Infections
4. Medication Safety
5. Patient Identification and Procedure Matching
6. Clinical Handover
7. Blood and Blood Products
8. Preventing and Managing Pressure Injuries
9. Recognising and Responding to Clinical Deterioration in Acute Health Care
10. Preventing Falls and Harm from Falls.

"There's always challenges for all regional health services but achieving NSQHS accreditation tells the government and the community loud and clear we are on the right track," said Mr. Jasper.

The actual assessment work for the accreditation was carried by internationally respected company SAI Global which operates in 27 countries around the world including the USA, UK, Japan and Germany. SAI Global enjoys a reputation as an exceedingly professional company with investigation processes that are 'second to none'. The stature of SAI Global only adds further weight to the achievement of accreditation.

For further details please contact Graham Jasper on 0411 449 158

Macedon Ranges Book Club Inviting New Members



The Macedon Ranges Readers book club has been meeting for 10 years. It is a casual friendly group that meet once a month to discuss a book of the month over light refreshments. Book titles are chosen by the members. The group is kindly supported by the Red Door Book Shop in Lancefield. We would like to invite new members to join our group. So if you love reading and enjoy meeting friendly locals from all over the Macedon Ranges, please come along.

Date and Times - Second Tuesday of the month at 7pm at Red Door Book Shop (Lancefield)



Like us on Facebook

Contacts

Donna – 0427 135 271
Red Door Book Shop – Lancefield

ROMSEY PRIMARY SCHOOL NEWS



All staff have had a relaxing time over the holiday break reenergising for another fantastic year of education at Romsey PS. This year we welcome Julian Flanagan to our staff as the Performing Arts teacher for years 2 to 6. We also welcome back Casey McGuffie returning part-time, from family leave. She will be responsible for Performing Arts for years prep, 1 and 1/2 JH. It is also great to have Corina Dean as a full time member of staff after several years as a Casual Relief Teacher. She is responsible for a year 6 class.

During the break, significant investment has been made to improve the facilities at the school. We have a new adventure playground and rubberised surface in the courtyard for our prep to year 2 students. This new brightly coloured equipment will be very inviting for students. We also decided to surround the area with artificial grass giving the area a fresh look and a way to protect the rubberised surface from the scattering of gravel and sand.



Another fantastic addition is the Y shaped footpath connecting The Learning Neighbourhood and the main school building. We have also had painters working in the portables with rooms 11, 12, 13 and 14 all being repainted.



New playground equipment and better walkways will make our environment much more appealing and safe for our students.

With the excellent fundraising efforts of the Parent Club last year we were able to authorise the upgrading of the sound systems in the school. The Performing Arts Room is complete; however we are waiting the arrival of some imported equipment for the gymnasium before it is completed.

Anyone who tried to telephone the school in December may have been frustrated by their inability to get through or by frequent engaged signals. By the last day of term the system completely failed so it was necessary to replace the telephone system. This has been successfully completed.

These numerous improvements will make a more attractive play space for students and better facilities in many parts of the school.

Over the last week many teachers have been in preparing their classrooms and planning programs. On Tuesday all staff officially returned to work for the first 2 days of professional learning and team meetings. Teachers have focused on a new program for teaching writing The Six Traits of Writing, student engagement in numeracy and behaviour management. Overall the consistent whole school approach to learning is very important and we look forward to a great year ahead.

This year all classes have a consistent values program to follow based on extending students understanding of our three school values of respect, responsibility and resilience. The You Can Do It Program continues to be an important part of classroom program's with term 1 focusing on the Organisation Key.

Year 6 Graduation was the last highlight of 2013. Despite the very hot night all students, staff, families and friends had an enjoyable evening celebrating the many achievements of our Year 6 students. In addition to acknowledging the contribution made by our student leaders, many students were honoured with awards presented by specialist staff and local community groups for their consistent academic and community achievements throughout the year.

The award recipients were:

Performing Arts Award:

Angus Webb Ware and Ashley Alford

Sport and Physical Education Award:

Jemma Denman and Josh Emonson

Visual Arts Award:

Rafael Maunus and Isabella Ristevski

Principal's Award:

Josh Emonson and Mackenzie Hales

Community Spirit Award (Joanne Duncan):

Angus Webb Ware

Bendigo Bank "You Can Do It" Award:

Brandi Beltrame

Lions Club Award:

Keeley Rankin

Masonic Lodge Award:

Josh Hartney and Isabella Ristevski

Romsey Neighbourhood House Award:

Nhikita LeGuier

Student Choice Award:

Callum Grierson

Congratulations Year 6 graduates and good luck for the future, and thank you to all the community sponsors mentioned who support our graduation each year with these awards.

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PH: 5429 5300



Encourage Church - Romsey & Woodend
Office: 7 Mitchell Court Romsey
Ph (03) 5429 6327
Email: encouragechurch@iprimus.com.au
Web: www.encouragechurch.com.au



Want to do something really memorable around Valentine's Day this year? An opportunity is being created for you to renew your Wedding vows during a special Sunday morning Service at Romsey on **February 16th 2014**

If interested please contact Encourage Church TODAY! Ph 5429 6327

If you would like to know more about faith in Jesus Please contact the Encourage Church Office on **5429 6327**.

We would be happy to assist you in your search for the true meaning of Life.

You are invited to join us at one of our Sunday Services

Life Groups recommencing every fortnight from Monday 3rd February 2014
Chillax Youth Group recommencing Friday 31st January 2014 = Party Night
Evening PM Sunday Services recommencing February

We also offer Before & After School care and School Holiday Vacation Care;
Weekly Sunday morning Children's programs during school terms.

Pastor Marilyn Hunter -
"ENCOURAGECHURCH"

Interim CEO Announced for Kyneton Hospital

The Board of the Kyneton District Health Service (KDHS) has announced the interim arrangements for the position of Chief Executive Officer of the KDHS. Current CEO Jennifer Gale concludes her term on Friday 13th December 2013 after nine years in the top job. Mr Ken Taylor will take up the position of Interim CEO of KDHS on Monday 6th January 2014. KDHS Board President Graham Jasper announced the appointment saying the Board intended to maintain strong, stable management during the CEO recruitment process. He said Mr Taylor brought significant expertise to the role. "It's a real coup to secure someone of the calibre of Ken Taylor who has 28 years experience in senior management roles in the Australian health sector," said Mr Jasper. "Mr Taylor was the first CEO of Albury/Wodonga Health and has been CEO of North West Health in Wangaratta. He's worked with health services in metropolitan Melbourne as well as in Mildura and The Wimmera. "He will provide a steady hand at the helm as the KDHS prepares to transition to new management in 2014. Being in such safe hands, (with Mr Taylor's appointment), the Board won't rush the CEO recruitment process. The extensive search has already resulted in approaches from some very impressive candidates." During the three weeks over the Christmas break, Mr Andrew Beattie, the current Director of Finance and Corporate Services at KDHS was the Acting CEO until Mr Taylor takes over. It is planned for Mr. Taylor to remain at KDHS until a new CEO is appointed in the first half of 2014. "I am looking forward to doing what I can for the 42,000 potential patients we serve in the Macedon Ranges," said Mr Taylor. "I'm aware there's been some community concern regarding KDHS and while I can't comment on any specific issues until I take up my post, I am encouraged to see solid local support for the hospital. It's difficult to run a successful regional health system, but the combination of an engaged community and dedicated professionals delivering services, as we have at KDHS, means real results are possible." For further details contact Board President Graham Jasper on 0411 449158



Female Administrators Network (FAN)

The regional Female Administrators Network (FAN) sessions are on again!

Creating a "Female-Friendly" Club

How does your club encourage more women to get involved, whether as a player, as an official, a committee member or simply as a spectator? How can your club make the environment be more inviting, safe and welcoming for women and families? This session will explore the barriers to women getting involved in clubs and help develop practical strategies to encourage greater involvement of women within your club.

Who should attend:	Female sporting club volunteers (administrators, coaches, officials)
Date:	Wednesday 26 February, 2014
Time:	6.30pm - 9pm
Venue:	Romsey Recreation Reserve Sporting Pavilion, Park Lane, Romsey.
Cost:	Sports Focus members - \$15 per person or \$25 for two people from the same club/organisation. Non-Members - \$25 per person or \$40 for two people Light refreshments will be provided. Payment to be made on the night.
RSVP:	Wednesday 19 February, 2014

Brought to you by:



Presenter: Fiona Jones (Vicsport)
Fiona has been with Vicsport for 4 years and is responsible for the management and delivery of Vicsport's Women's Sport Initiatives. She also consults with sports on a 1-on-1 basis, assisting them to develop inclusive practices and increase the number of women within all areas of their sport. She has worked with sports to undertake Governance reviews and assisted with the development of action plans for ongoing Good Governance measures.
Fiona has been involved in sport as a participant, coach, referee and administrator from an early age in a range of sports. She currently plays social basketball and participates in long distance running events.

Further information, or to register for the session, contact:

Zita Waldron-Brown
Sports Focus, Bendigo
E: admin@sportsfocus.com.au
P: 03 5442 3101

Fiona Jones
Sports Consultant, vicsport
E: fionak@vicsport.asn.au
P: 03 9926 1373



"The program is supported by Vicsport & the State Government of Victoria"

Macedon Ranges Physiotherapy

Ben Gidley

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e: macedonrangesphysio@hotmail.com

FEMALE ADMINISTRATORS NETWORK "Creating a "Female-Friendly" Club" ROMSEY

Vicsport, Victoria's peak sports body and Sports Focus invite all current and future female administrators to take part in a workshop and networking session to be held in Romsey on Wednesday 26 February, 2014. Presented by Vicsport Sports Consultant, Fiona Jones, the two and a half hour workshop will be conducted in an interactive environment providing attendees the opportunity to share stories and develop strategies focused on developing their club by creating an inclusive environment and encouraging more women to be involved in sport in all capacities.

The Female Administrator Network (FAN) is part of the Women in Sport Program providing networking and learning opportunities while assisting women to establish links in the sport sector. The program continues to assist regional Victoria with this session being the 4th hosted by Sports Focus, but the first to be held in Romsey. Vicsport CEO, Mark McAllion says he is excited to see Sports Focus host a FAN session again.

"Vicsport and Sports Focus have developed a very strong relationship which will see FAN workshops run for a fourth time since 2011. They are fantastic supporters of the initiative. It is a fundamental program to assist women in their roles as administrators and volunteers as well as providing unique networking opportunities," he said. "The workshops aim to support and educate participants through the provision of quality advice, consultation and education."

"We have received overwhelming support and positive feedback from past sessions and hope to see many of the participants in attendance again, along with many new attendees."

Shelley Mulqueen (Sports Focus Program Manager) is "proud to be involved in an initiative that assists us to support and grow our local clubs through professional development opportunities such as this forum".

Who: Female sporting club volunteers (administrators, coaches, officials)

Date: Wednesday 26 February 2014

Time: 6.30pm - 9pm

Venue: Romsey Recreation Reserve Sporting Pavilion, Park Lane, Romsey

Cost: Sports Focus members - \$15 per person or \$25 for two people from the same club/organisation. Non-Members - \$25 per person or \$40 for two people

Provided: All session materials and light refreshments

RSVP: Wednesday 19 February, 2014

Scottish Country Dancing

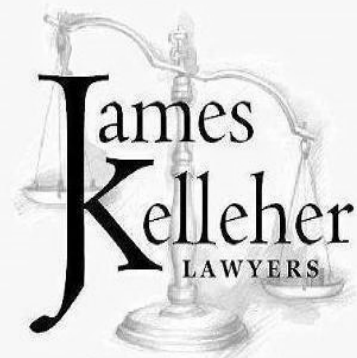
Macedon Ranges Scottish Country Dancers begin another year of dancing on February 6th.

We meet every Thursday afternoon at Newham Mechanics Institute from 1pm to 3pm to learn Reels, Jigs and Strathspeys, Dances are usually performed in "sets" of 6 or 8 people. And guess what? - A lot of us aren't Scottish and many of us have two left feet, but once the music starts playing we just forget all that and have a lot of fun. Men, Women, young or just young at heart, beginners and experienced dancers are all welcome, NO partner needed.

Come along and join as we dance away stress and tension, exercise our bodies and brains, just wear flat shoes and comfortable clothing.

Cost is \$5 per session and that includes a cuppa afterwards.

Contact Elizabeth 54296470 or Meg 54271100



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

Parish Priest: Fr. Arnold Heredia
 Pastoral Associate: Mrs. Joanne Reuther
 School Principal: Mr. Anthony Falls

Presbytery: 5429 2130
 Presbytery: 5429 2130
 St. Mary's Primary: 5429 1359

MASS TIMES

Saturday:

6.00 p.m. Lancefield

1st & 3rd Sunday of the month:

8.00 a.m. Lancefield and 10.00 a.m. Romsey

2nd, 4th & 5th Sunday of the month:

8.00 a.m. Romsey and 10.00 a.m. Lancefield

RECONCILIATION

Saturdays 9.45am Romsey & 5.45pm Lancefield.

BAPTISMS

February, April, June, August, October, December.

For more information, please phone 5429 2130.

REGULAR EVENTS

SVDP Drop-In: First Thursday of each month,
 10.30 a.m. to 4.00 p.m., St. Mary's Church Hall, Romsey.

All welcome to come for a game of cards/chat and free lunch.

SACRAMENTAL PROGRAM 2014

Parents of children not attending St. Mary's Parish School wishing to receive the Sacrament of Reconciliation (grade 3), Eucharist (grades 4 & 5), Confirmation (grade 6) in 2014, are asked to contact Joanne Reuther, the Pastoral Associate, at St. Mary's presbytery

St Mary's Parish Primary School

Thank you to the staff for doing a great job teaching our students and to the parents for their support and encouragement. We wish you a safe, happy and holy Christmas.

Staffing for 2014

Prep : Kahli Murtagh and Melinda Giles.

1/2 : Sue Gale and Kerrie Dwyer.

1/2 : Ashleigh Mockunas.

3/4 : Madeleine Martin

3/4 : Chris Zarb and Jo Shannon

5/6 : Shelly Thrum and Tony Falls.

5/6 : Rosalie Baldwin and Leeanne Miller.

Mrs Newhnam will be on board as well as our support staff of

Mrs Clayton, Mrs Tame, Mrs Kilpatrick and Mrs Milner.

Mrs Walker will continue in her role as Reading Recovery teacher.

Our specialist classes will continue in 2014.

Parents and Friends/School Board

Thank you to the P & F and the school board for the fantastic job they do to help promote and build our school community.

Thanks especially to Regina Marr, Hayley Binney, Martina Chocate, Fiona Dowling, Melinda Giles, Andrew Memmolo, Shelley Knott, Sophie Bannon, Natalie Cleve, Jenny Smith-Turner and Kylie Sankey.

Thanks to Board members Andrew Memmolo, Joanne Castles, Alison Gamble, Gwen DeCarolis and Trinton Smith.

Country Woman's Association

Emily Phillips, was awarded the 2013 Lancefield Country Woman's Association scholarship. Emily was selected because she has been a confident student leader at St Mary's who shows initiative and is thoughtful, well mannered young person. Congratulations on a well deserved award Emily. The lunch provided by the CWA was fantastic and thank you to the Bendigo Bank for

BINGO

Every Thursday evening

St. Mary's Church Hall at Romsey

Doors Open 7.00 p.m.

EYES DOWN 7.30 p.m.
 \$3.00 per 15 game book
 No entry fee
 Canteen facilities
 Free tea and coffee

sponsoring. Emily is pictured with Fabian and Rosemary who can be very proud of their daughter.



PREP to YEAR 8 TUTOR

Primary Teacher for 32 years who has experience working with disabled and gifted students as well as class teaching at all levels.

He holds current registration with Victorian Institute of Teachers.

Rates: \$40 = 1 hour

\$55 = 90 mins (e.g. for siblings).

Sessions conducted at your home in Gisborne, Romsey, and Riddells Creek.

Holiday tuition is available.

Contact Andrew on: 0354 286 995

Music to make the Relay swing

Australian Country Music songstress Donna Fisk will headline the live entertainment at next month's Lancefield/Macedon Ranges Relay For Life. The popular singer, whose accolades include five Southern Hemisphere country music awards and top hits on country music charts, will perform with her father Gene at Lancefield Park on Saturday, March 1.

The effervescent Marcie Jones will also strut her sassy style on stage. Marcie is an energetic performer who often lends her talent to charity events in her home town of Kyneton. She made her name with 'Marcie and the Cookies', the top female singing group in Australia during the sixties. Lancefield's Harry Nanos, an established musician and familiar participant at the annual event, has been busy booking an impressive mix of acts to help motivate teams at the overnight fundraiser. Harry's band is also sure to help walkers step up their laps. Rising blues & roots musician Jarrod Shaw will be welcomed back by those who were won over by his unique voice and guitar technique last year. Actor Annie Phelan will again show her versatility with songs both lively and soul stirring. Event chairman Ken Wiltshire says the "special showcase of entertainment" will start at 6pm and run until the Candlelight ceremony at 8pm.

"They are all immensely talented artists and they are certain to put on a good show. In addition there will be host of other performers at other times during the course of the Relay including the Gisborne Singers."

Now in its 12th year, the Lancefield/Macedon Ranges Relay For Life has raised more than \$1 million for the Cancer Council Victoria.

Committee members encourage anyone wishing to volunteer to help over the Relay weekend to contact Kathy at jakala-ke57@gmail.com. Team and individual registrations can be made online at www.relayforlife.org.au or call 1300 65 65 85.

A Team Captains meeting will be held on Wednesday, February 19 at 7.30pm in the Laurie Green Room at Lancefield Park. This meeting is a great way to get all the important information before the big weekend. Team sites will be allocated and any questions answered.



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MACEDON RANGES FARMERS' MARKETS IN FEBRUARY

Woodend Community Farmers' Market - 1st February - 0407860320 - Cnr High & Forest Streets WOODEND

Kyneton Farmers' Market - 8th February - 54 221 025 - St Pauls Park, Piper St, KYNETON

Riddells Creek Farmers' Market - 15th February - 0419523 324 - Riddells Creek Primary School, RIDDELLS CREEK

Lancefield & District Farmers' Market - 22nd February - 0407860320 - High St, LANCEFIELD

This month the Woodend Community Farmers' Market welcomes back Romsey resident & chef, Christine Caley to the stage in the Macedon Ranges Farmers' Market's mobile demonstration kitchen! Christine will be showing marketgoers some of her favourite ways to prepare local & seasonal ingredients available at the market. Starts 10:30am sharp, grab a seat under the cool trees, learn & taste some interesting new flavours. Christine likes to cook vegetarian foods.

Riddells Creek will also feature a cooking demonstration with a local resident at the market on Saturday 15th February.

The Home Produce Exchange at the Woodend Community Farmers' Market is a great place to take your excess garden bounty & trade with others. Items traded include; vegetables, seeds, preserves, compost, animal manures, plants & more! This initiative is put on by the Macedon Ranges Sustainability Group. Check out the website <http://www.mrsgonline.org.au/> for this & other great local initiatives.

Sign up to be a local 'trader' in the Macedon Ranges with the Macedon Ranges Community Exchange. Administrators are present at the markets to answer all your questions & may even sign you up on the spot. www.mrce.net.au

Look out for the Relay for Life stand

All four markets have great locally prepared foods available to eat whilst shopping. Friendly dogs are welcome on a leash. Free face paint for the kids & usually there is great live music happening too. It really is the place to be on a Saturday morning!



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

For Active Retirees

President: John Seamons 5429 3804
Secretary: Jeni Clampit 5429 5480

**Meetings are held on the fourth Thursday
of each month at 10am in
St.Mary's Church Hall, Main Street, Romsey.**

Persons interested in this club and wish to have more information please contact the President or Secretary at the above phone numbers.

We were to have a Get-Together Lunch at Hanging Rock on Wednesday 15th January 2014, but unfortunately this had to be cancelled as they were not serving lunches during January. Perhaps it was for the best because the weather during that week was so very hot!! 40°+

**Our first meeting for 2014 will be on
Thursday 27th February at 10am.**

Guest Speakers: Robert & Anne Barry talking about their recent trip overseas.

Our monthly meeting always finishes with morning tea, which is

usually followed by a guest speaker with an interesting topic.

Are you interested in Membership??

We meet once a month and we deal with the normal matters of a club, like correspondence, treasury, and discuss the last outing we had enjoyed, and most important, where we are going to next month, a short tour, a long tour, a lunch somewhere.

The outing on 19th February, 2014 is a bus trip to "The Blue Lotus Water Gardens" in the Yarra Valley.

Some members enjoy 'Ten Pin Bowling' each fortnight at Watergardens (definitely non-serious) followed by lunch at a nearby hotel or club.



We also enjoy a monthly musical/film afternoon at a members home and Friday coffee mornings at a local café.



If you are retired, or close to retiring, come along and join us and learn more about what Probus can offer you to assist you in staying active.

Please come along and join us and see if our Club might offer you something extra.

All we want to achieve is a day of enjoyment and friendship.

Please come and have a look at what we do and who we are.

Please check out our website for information about the Romsey & Lancefield Probus Club rprobud.org.au

Romsey Branch—CWA

*I remember the cheese of my childhood, and the bread that we cut with a knife,
When the children helped with the housework, and the men went to work, not
the wife.*

*The cheese never needed an ice chest, and the bread was so crusty and hot,
The children were seldom unhappy, and the wife was content with her lot.*

*I remember the milk from the billy, with the yummy cream on the top,
Our dinner came hot from the oven, and not from the fridge in the shop.
The kids were a lot more contented, they didn't need money for kicks,
Just a game with our mates in the paddock, and sometimes the Saturday flicks.
I remember the shop on the corner, where a pen'orth of lollies was sold,
Do you think I'm a bit too nostalgic, or is it....I'm just getting old?*

*I remember when the loo was the dunny, and the pan man came in the night,
It wasn't the least bit funny going out the back with no light.
The interesting items we found, from the newspapers cut into squares,
That hung on a peg in the outhouse, it took little to give us delight.*

*The clothes were boiled in the copper, with plenty of rich foamy suds,
But the ironing seemed never ending, as Mum pressed everyone's duds.
I remember the slap on my backside, and the taste of soap if I swore
Anorexia and diets weren't heard of and we hadn't much choice what we wore.
Do you think that bruised our ego, or our initiative was destroyed?
We ate what was put on the table and I think life was better enjoyed.
Best wishes to all for a safe, healthy and productive 2014.*

Our Branch has not met since early November, so little to report, other than Central Highlands Group Conference will be held in Sunbury mid-February. No doubt when we get back together on February 6, after what I called "my long service leave", many items for 2014 will be discussed and we will be once again have numerous activities to keep our minds and bodies active.

Romsey CWA meet at the Mechanics Hall on the 1st Thursday of each month, and further information can be obtained from our Secretary, Val Jordan on 5429 2311.



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LIZANNE RICHARDS

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The Macedon Ranges Running

Club (MRRC) is a social, non-competitive, recreational running group located in Gisborne, Macedon, Riddells Creek and Woodend. It is a volunteer run, not for profit club with the emphasis on getting together for exercise in a relaxed atmosphere.

The major platform for the popularity of the club is a Start Running Program (SRG) which takes non running participants to running 5km non-stop in eight weeks and 10km in thirteen weeks. The speed of running is irrelevant, it is simply your comfortable pace. The program is suitable for all ages and fitness levels by using a blend of walking with running to manage the change in fitness and ability. The SRG occurs twice a year with the first for 2014 having recently started.

We are also trialing a predominately walking group at Riddells Creek which does not have the ambition of non-stop running goals but does intersperse short periods of power walking or running (your choice). We are finding this to be an ideal program for injury management or if a running goal is not desired.

For those who have the ability to run 10km we have an Intermediate Running Group (IRG) or, for those a bit quicker, an Advanced Running Group (ARG). The IRG and ARG cater for runners targeting specific Fun Runs or just wanting a regular run. With the support of Cobaw Community Health we are following the Healthy Club profile from Sports Focus and are looking forward to a great year of running.

We invite participation in our groups.
Please enquire at macedonrangesrc@gmail.com
Lindsay Sharpe, President macedonrangesrc@gmail.com



Enrol your child at a Council kindergarten

Kindergarten is a fun, play-based environment the gives children the opportunity to learn and develop positive relationships with other children. By experimenting and participating in group interactions, children make friends, build resilience and develop positive self-esteem.

There are currently vacancies for four year olds at Council-managed kindergartens in Kyneton, Lancefield, Riddells Creek, Romsey, Gisborne (Swinburne Avenue) and Woodend.

There are also vacancies for three year olds in Gisborne (Swinburne and Grant Avenue), Riddells Creek, Macedon and Woodend.

Eligible concession cardholders for the four year old program receive a kindergarten fee subsidy.

For more information about kindergarten programs, vacancies, fees and enrolments, contact Council's Early Years unit on 5422 0333 or visit www.mrsc.vic.gov.au/children



Nash, Archie, Lachlan, Jed, Anthony, Audrey, Kate, Daynah build a cubby together at kinder after discussing their ideas and gathering resources. Each child took on a different role to hang the rug between the A frames. This form of inclusion helps children develop positive concepts about working with others, and acceptance of similarities and differences. These children are positive, active and engaged in their learning, having developed these and many other skills over the kindergarten year.

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4th March 2014

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Time 7.30 to 8.30pm

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Seventh Day Adventist Church News

Macedon Ranges Seventh Day Adventist Church will be presenting 2 courses on food handling and nutrition during February and March. The Food Handling Course starts on Tuesday 25th February 2014. Sibilla Johnson B.Sc. (Nutrition) will present this important accredited course. Interested people are encouraged to contact Dawn on 5429 5439 as places will be limited. The cost of the course will be \$10, because it is subsidised by the church.

The second course will be a Cooking and Nutrition Program run by Gladys Young, Community Health educator, who points out that we are all looking for ways to place affordable and interesting meals on the table. This program, which extends over 5 weeks, is reasonably priced at \$60. It consists of 4 weeks of cookery demonstrations, at which three vegetarian dishes will be presented and tasted each week. The fifth week will be a vegetarian dinner and recipe swap. This course commences on Thursday 27th February at 7.00pm. Bookings are essential. Please call 0431 818 916.

BE HEALTHY, WEALTHY & WISE

A FIVE WEEK COURSE IN VEGETARIAN
COOKING & NUTRITION
AT MACEDON RANGES

SEVENTH DAY ADVENTIST CHURCH
18 BARRINGO ROAD, NEW GISBORNE.
Commencing February 27th at 7.00pm.

The presenter is Gladys Young,
Certificate 4—Community Health Education.
Cost is \$60 for the course.

Bookings essential
Phone 0431 818 916

Food Handlers Course

With Sibilla Johnson, B.Sc. (Nutrition).

**Total
Cost
\$10**

Tuesday 25th February

Seventh Day Adventist Church
18 Barringo Road, New Gisborne.



BOOKINGS ESSENTIAL

Limited places available. Phone Dawn: 5429 5349

Please arrive at 12 noon for registration. Course starts at 12.30.

Cold drinks and fruit platter will be provided. Bring a pen.

Looking forward to seeing you!

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Volunteer at a Visitor Information Centre in Kyneton or Woodend

If you are passionate about the Macedon Ranges, enjoy meeting people and interacting with visitors, locals and tourism operators then why not consider joining Council's fantastic volunteer team at one of the two accredited Visitor Information Centres, located in Woodend and Kyneton?

The centres are open daily (except Christmas Day and Good Friday). Rostered shifts are available from 9am to 1pm or 1pm to 5pm. The minimum commitment is two four-hour shifts per month.

Full in-house training is provided and a rewarding annual learning program which includes firsthand experience of many tourism facilities.

This is an opportunity to connect with other people and contribute your skills and experience to the community.

You can register your interest and download a position description from our website at mrsc.vic.gov.au/vic-volunteers. Alternatively, contact Jane Duncan at the Kyneton Visitor Information Centre on 5422 6785 or



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Office PH 5429 6744

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Encore year for artistic endeavour

Artists in the Macedon Ranges have an opportunity to join their peers in a project that promotes their creative talent and highlights the area's rich artistic presence.

The Macedon Ranges Art Trail, now entering its second year, also involves galleries and art groups.

In 2013, there were 45 registered participants. All are listed in a brochure available at visitor information centres, and downloadable at www.visitmacedonranges.com.au.

The Art Trail also has a Facebook page for detailing local exhibitions and art activities, and industry news from further afield.

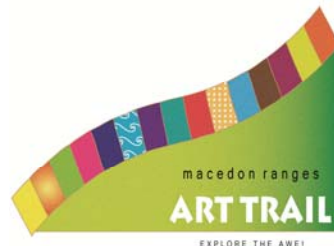
Project coordinator Nadine Hartnett says the response to the Art Trail from within the Macedon Ranges artistic community and among the general public has been overwhelmingly positive.

"Everyone loves the brochure. Businesses have been enthusiastic about displaying it and visitors are taking them away. Artists are noticing a slowly growing recognition of their strong place in our region and have also benefited from connecting with other creative residents."

The Art Trail has sparked international interest, with artists in Turkey, Brazil, France and Switzerland among the overseas based followers on Facebook.

Ms Hartnett is looking forward to strengthening the Art Trail's association with Tourism Macedon Ranges and plans to offer small group tours to studios and galleries as well as other attractions.

For more information about the Art Trail and to obtain 2014 registration details contact the project coordinator Nadine Hartnett on 0439 399 838 or nhartnet@bigpond.net.au.



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O PIG!

Well, pigs really are flying! The Newham Mechanics Institute Sculptural Pig Project is in full swing and four pigs have flown to the studios of renowned local artists Helen Cottle, Stephanie Goss, Tim Jones and Jill Noble, who will apply their skills to transform these life size pig sculptures into works of art. Other pigs have been allocated to local community groups to be decorated and local residents Joycelyn Moreland, Ellie Martin and Fran Spain will be assisting with this activity.

There are also many tiny pigs being decorated by members of the community with a theme of "P", such as punk pig, Picasso pig, postie pig, peppercorn pig, pearly pig etc. These are on show at the Newham General Store.

The culmination of the project will take place on Saturday 22nd March 2014 with a huge Festival, where all the pigs will be on display in Wesley Park, Newham, together with stalls of produce, music and entertainment. A prestigious art exhibition will also take place in the Newham Mechanics Institute on that day and also on Sunday 23rd March and artists who will be contributing works include, David Bryant, Peter Cole, Phil Cooper, Dan Flynn, Kevin Foley, Sarah Gabriel, Anton Hasell, John Wolseley, and many more. Mark those dates in your diary.

Submitted by Sue Massie on behalf of the steering committee.

Diary dates

March 2014

Sat 22nd Newham O Pig Festival and Art Exhibition

Sun 23rd Art Exhibition Newham Mechanics Institute



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*Prices include Delivery

PHONE MANNY

0418-570-249

Email woodbloke@bigpond.com

Visit to the Chocolaterie in the Yarra Valley

At GREAT (Gisborne Region Events Activities and Tourism) we have always held the view that Gisborne needs a dynamic drawcard to bring people to the town and we believe we have found the answer.

A leading group from GREAT and others with a wealth of business experience (15 in all) recently visited the Chocolaterie in the Yarra Valley near Yarra Glen. The overwhelming view was that such an operation would be ideal for Gisborne with its proximity to Melbourne, particularly if this could be linked, in a tourist sense, to say Hanging Rock at Woodend.

The Yarra Valley business has been operating for 15 months and reliable sources indicate that the original budget throughput of visitors at 400,000, is now averaging 600,000 per annum. Such an influx must flow on to the benefit of trade in the Gisborne area.

Regarding employment, they employ 72 people, mostly part-time, on a 7day a week basis. Even more would be employed during the construction phase.

The current brochure of the Yarra Valley Chocolaterie boasts the availability of 150 varieties of chocolate. A big part of the business is ice cream sales with some yummy varieties.

At the present time a steering committee is being formed to move the project forward.

We particularly need someone with large scale retail experience, and a retired architect or someone well-versed in planning commercial structures.

We are also looking for a substantial site, ideally close to the Calder Freeway and near the entrance to Gisborne itself. Any ideas? Those interested in being involved with this development and those replying to the requests above should contact Richard Whiteley richardwhiteley1@gmail.com ,tel.5428 1410 or mobile 0439 800 430.

STAY IN TUNE

Our body bears the brunt of all the pressures we put on ourselves. The nature of work and life in the modern day has become increasingly hectic. We do not realise what we are doing to our bodies until it begins to show signs of wear and tear. It's only when headaches become a regular affair, backaches are unbearable, and muscles all over the body become stiff and ache that we feel that something is not right with our body. We tend to reach for the easy option such as a pain killer!

Why not think of a natural alternative? Remedial Massage Therapy relieves physical pain, it reduces stress on the nerves, muscles and anxiety levels, and it promotes rejuvenation of the body and the prevention of future ailments. Hence, it is a complete treatment that relies on the body's natural ability to heal itself.

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Gisborne Singers –February 2014

The Gisborne Singers are back from a well-earned break and following Australia Day celebrations are now embarked on an excellent programme for performances on Sunday 6th and Sunday 13th April 2014. These will comprise Vivaldi's 'Gloria' and favorite excerpts from Bach's St Matthew and St John Passions. Patrons in Gisborne will be delighted to know that we have at last found a venue in Gisborne suitable for our concerts. This is the Church of Christ new auditorium on Saunders Rd. Watch this space for venue data next month.

As a well-established choir since 1980, we encourage those in the community, to join us. We need sopranos, altos, tenors and basses and we are very user friendly. Rehearsals recommence on **Tues 21st January** and continue each Tuesday at Holy Cross Primary School, New Gisborne commencing at 7.30 p.m. Just come along or telephone Grainne Black (President) on 5426 4698 or D'Arcy Wood (VP) on 5428 3040.

Hear what a selection of our singers think about what being a member of the Gisborne Singers means to them:-
 From Alison Kinghorn, Woodend

Being part of the Gisborne Singers is an important part of my life. It achieves many things that make life better: from the uplifting of the soul when singing, to relaxation when listening to the others practice their parts (or listening to the wonderful accompaniment by our pianist), to seeing myself and the choir develop both technique and a love for new music, to meeting new friends, being made feel welcome, to having a good laugh. Being a member of the choir stimulates the brain, gives me inspiration, exposes me and teaches me about new music, makes me try my hardest, and allows me to contribute to the community. The Gisborne Singers make me proud when we perform. Nothing beats surprising the audience with an exceptional performance. The choir is led by an inspirational conductor and very well organized by a dynamic committee, who promote democracy and a high level of involvement by choir members. If I am away, choir is one of the things I truly do miss.
 From Barry Firth, Bullengarook—Founder of the Gisborne Madrigals (later the Gisborne Singers)

The pioneers of the Gisborne Singers in the 1980's believed they were doing something that would enhance their community. I continue to have that feeling today, a feeling that has grown with the years as encouragement has flowed back to us. At our first performance of Handel's Messiah in 1985 we fielded a choir of 28 and an instrumental group of seven players, and the community was astonished! Today both the scale and quality of our performances are way beyond the pioneer's expectations, and as a singer, I take great pride and satisfaction.

From Robert Blair, Riddells Creek

I've tried a number of choirs in the area and I like our choir the best. Why? I like the variety of music performed. I like the challenge of learning a large amount of, at times, difficult work even though I'm not a sight reader. I like the number of performances we do: two formal "big item" concerts with orchestra and ensemble; a major performance with a variety of lighter music and a chance for individual expression through solo or small group items; performing for old folks; performing at community events such as choir festivals, Australia Day and others.

The choir gives a good feeling of involvement in a worthwhile way. It gives a chance to work with like-minded people and make friends. I love Stephen (Stephen Brockman—Musical Director)



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Loddon Campaspe Media Advocacy Project

New Council initiative gives survivors of family violence and sexual abuse a voice

Women in the Loddon Campaspe region who are survivors of family violence, sexual abuse and/or a controlling relationship are being invited to participate in a program to learn how to speak out publicly about their experiences and deliver key messages of violence prevention to the media and community.

The Loddon Campaspe Media Advocacy Project, run through the Centre for Non Violence, is a partnership between Macedon Ranges Shire Council, Mount Alexander Shire Council and City of Greater Bendigo as part of their commitment to the Prevention of Violence against Women in our Community Plan. Centre for Non Violence are now accepting expressions of interest from women. Project participants will undergo a training and education program in March 2014, where they will learn to use their own experience of violence to raise public awareness about the prevalence of violence against women and let other women know what help is available locally. Around one-in-three Australian women have experienced physical violence and almost one-in-five have experienced sexual violence since the age of 15. (National Plan to Reduce Violence Against Women) A woman is killed in Australia almost every week by a partner or ex-partner. (Australian Institute of Criminology, 2007/08)

The project aims to support women survivors to tell their stories as a way of challenging common myths, misconceptions and negative attitudes that the community holds. Women participants will receive support throughout the project to ensure they have the skills and confidence to speak publicly and to ensure that they can remain safe throughout their involvement. Women interested in being part of the project should contact the Centre for Non Violence on 5434 4100.

If you are currently experiencing family violence or sexual abuse, ring the Centre for Non-Violence on 5430 3000 or the Loddon Campaspe Centre Against Sexual Assault on 5441 0430. If you are in immediate danger, ring police on 000.



LIGHT UP THE SKY

Community Event
Saturday 29th March, 2014 from
6pm

Lions Reserve (Skate Park)

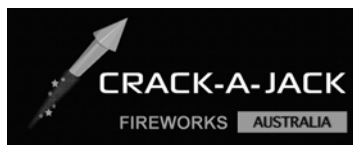
Music Community Stalls
Food Stalls Activities for All Ages

GRAND FINALE FIREWORKS

“Local Business Supporting Local Community –
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Further information:

Jenny Stillman Ph. 0412 349849
jennystillman@optusnet.com.au



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Romsey Uniting Church

Pohlman Street, Romsey. 3434

Supply Minister Rev. Max Woolcock

Church Council Chairperson: Noel Shaw - 5429 5509 Secretary: Jeni Clampit - 5429 5480



You are most welcome to come to the Romsey Uniting Church Services and share in fellowship and worship

News from the Romsey Uniting Church:

During December & January Romsey & Lancefield had combined services at 10am. We are now back to the normal times for Romsey 9am and Lancefield 10.30am.

It is good to be together during the holiday season enjoying good fellowship with all the members of both churches.

Ephesians 2: 8-10

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

It was a bitterly cold day. The stems of long grass were etched pale gold against the dark browns and purples of the bare trees. I'd been sketching down by the river, until my fingers were too cold to hold a pencil. I watched an angler packing up. He'd been there four hours, he said, sitting among the reeds, huddled against the wind.

Stowing his rods and other gear away, the last thing he did was take his net out of the river. As he lifted it clear of the water, it almost exploded with energy. There must have been a dozen fish in it, several a respectable size.

He looked at them with quiet satisfaction for a few seconds, then gently released them into the water, giving them their freedom. As a parable, the story isn't accurate in all its details – parables are often like that – but it made me think of Paul's words to the Christians at Ephesus. “By grace you are saved,” he said. When they were caught up in never-ending tangles of selfishness, thrashing around without purpose or hope, God gave them a way out.

He opened the net, restored them to the freedom he'd created them for, but which they'd lost. He gave them freely, graciously, what they had no power to achieve for themselves. When Jesus called Peter and Andrew to follow him, he told them, “I'll make you fishers of men”. In a way, that's almost an image of captivity but, down by the river, I saw it in a new light. We're caught in his net, not to be confined, but to be released to a freedom we could never earn. It's God's gift of grace, free and undeserved.

*Lord, I know the feeling. Netted, like a fish.
Caught up in the pressures that surround me every day.
I thrash around, gasping for air, fighting for space, the urgency allowing no concern for others.
Each struggle weakens me a little more.
Each movement encroaches on another's freedom.
The net of my own egotism – and others' expectations – holds me prisoner.
The mesh restricts me. And the harder I push the more it hurts.
I see no way out.*

*Then comes release. Your hand reaches down.
Lifts me. Breathes new life. Offers new freedom.*

*And as the mesh falls away I see the struggle was of my own making. And poorly made at that.
A do-it-yourself job, if ever there was one.
But this new freedom is yours.
Purpose-made by a craftsman.*

*And it's a gift.
I get weary of all the promises that drop through my letterbox, glossy, but empty.
New life by mail order, allow 28 days for delivery.
Yet, somehow, the prize they say I've won already never comes.*

*Yours, Lord, unlike the others, is a gift of grace.
No catch, the small print honest and to the point.
And in the freedom of your love I swim with confidence.
(Written by Eddie Askew. (Deceased)
Used by permission - Leprosy Mission International.)*

Services during February 2014

2 nd 9am	Worship Service conducted by the Worship Team
9 th 9am.	Worship & Holy Communion Service conducted by Rev. Max Woolcock
16 th 9am	Worship Service conducted by Visiting preacher
23 rd 9am	Worship Service conducted by Rev. Max Woolcock

Other activities during February.

5 th 7.30pm	Pastoral Care
12 th 1.30am	UCAF
7.30pm	Worship Team
20 th 7.30 pm	Church Council

NEW BABY RHYME TIME AT ROMSEY LIBRARY

'Rhyme Time' is a free early literacy program at Macedon Ranges Libraries. Rhyme Time provides a happy and relaxed learning experience for parent and child in a fun environment.

The program is designed for parents with babies under 12 months. The 25 minute sessions include rhymes, songs, finger plays, actions, simple percussion instruments, and 'reading time'. Rhyme, rhythm and repetition are all fundamental to a baby's speech and language development. By sharing rhymes and singing songs we are helping babies to develop listening and concentration skills.

Rhyme Time sessions are interactive. Come along to Romsey Library and join in! Partners and other family members are welcome. Bookings are not required.

Sessions will be held at Romsey Library on Monday mornings at 11.30

Story time for 3-5 year olds will now be held on a Monday morning at 10.00

Normal sessions of Toddler time for 1-3 year olds will continue on a Thursday morning at 10.30

All sessions commence the week beginning 10th February 2014. For further information please contact Romsey library on 54293086.



Macedon Ranges Masonic Lodge
73 Main St,
Romsey VIC 3434
Contact us at:
Ph: 5428 5418 or 5429 6354
email: muddyst7@bigpond.com



Macedon Ranges Masonic Lodge
Meets 1st Thursday except January
Installation - June

ALL BRETHREN WELCOME



Romsey Recreation Centre



The Romsey Rockets under 16 boys, with coaches Luke Mitchell and Bryson Scales.

Aussie Hoops

Aussie hoops is a basketball development program aimed at children aged 5 to 10 years. It is perfect for beginners to learn the basic skills required for basketball in a fun, non competitive environment.

Term 1 sessions:

When: Tuesday 4pm

Commences: 4 February 2014

Fees: \$76.50 (9 weeks)

All new participants will receive a basketball.

Goal Kick

Goal Kick is a developmental program designed to teach children the fundamental skills of soccer. The program is aimed at children aged 5 to 10 years, and is perfect for beginners.

Term 1 sessions:

When: Friday 4pm

Commences: 7 February 2014

Fees: \$76.50 (9 weeks)

All new participants will receive a soccer ball.

Junior Sports

Please contact us for information regarding junior indoor soccer, junior basketball and junior netball competitions. Limited spaces available.

Romsey Rockets Basketball Squad

On 7 and 8 December the Romsey Rockets under 16 squad team travelled to Castlemaine to compete in the annual junior basketball tournament.

The Rockets came up against teams from Maryborough, Kyneton, Castlemaine and Kerang. The Rockets played with great intensity throughout the tournament and demonstrated great teamwork and excellent defence skills. Three of the games came down to the final minutes, with margins of less than 10 points, including a great win against Castlemaine.

From 25 to 27 January the Romsey Rockets under 16 and under 18 boys teams will be travelling to Bendigo for the annual Bendigo Junior Classic. With over 250 teams competing it will be the biggest tournament to date. Both teams will compete against regional Victorian teams from across the state including Sunbury Jets, Melton, Echuca and Shepparton.

The Romsey Rockets basketball squad was formed earlier this year, and the young local players have enjoyed the chance to compete at tournaments around country Victoria.

To develop the squad further the Romsey Rockets are in need of more experienced basketball coaches, and parent volunteers. In 2014 we would like to introduce squad teams in younger age groups and develop a girls team.

Anyone interested in being involved with the Romsey Rockets Basketball Squad should contact the Romsey Recreation Centre on 54295637 or email rrc@mrsc.vic.gov.au

Contact us

The Romsey Recreation Centre offers a range of sports, fitness classes and preschool programs for children and adults of all abilities.

We are currently taking enrolments for Term 1 programs. Contact the Romsey Recreation Centre on 5429 5637. Alternatively, for a full list of activities or to register online visit mrsc.vic.gov.au/leisure

Tai Chi Classes

Now offering classes in tai chi incorporating qi gong using traditional Chinese techniques. Improves flexibility, strength and balance. Lowers stress, anxiety and blood pressure.

Enrol now for term 1 classes.

When: Thursday 9.30am

Commences: 20 February to 3 April

Fees: \$12.00 per class

Contact: Coral Crozier 5427 0266 for bookings



Romsey Region Business and Tourism Association (RRBATA) UPDATE

An Exciting Year Ahead

As the New Year rolls along, RRBATA's committee is looking forward to a busy year ahead. After assisting 1st Romsey Scouts at its Australia Day breakfast event, members are preparing for the 2014 Light Up The Sky community event to be held on Saturday 29th March 2014. This will again be underpinned by the "Shop Local" and "Support Local Business so it may Support Community" mantras. Crack A Jack Fireworks Australia will be conducting the spectacular fireworks display at the conclusion of the family friendly community evening featuring music, food and activities for all ages.

Annual General Meeting

RRBATA's 2013 Annual General Meeting was held on Monday 2nd December 2013. The 2014 committee was elected as follows: Jenny Stillman (President), Ged McLaughlin (Vice President), Joanne Hagan (Secretary), Wendie McLaughlin (Treasurer), Benny Dyer (General Committee), Sharyn Ede (General Committee) and Greg Powell (General Committee). The Committee is pictured below, with the Christmas tree erected by RRBATA in the Romsey Community Hub for December. Please see below an extract from the President's Report presented at the 2013 AGM.



President's Report 2013

My report this year, as it did at last year's AGM, reflects heavily on the comments and predictions made one year ago. Our tight committee soldiers on, with the consistent objective being to promote the Romsey region in a business and tourism context.

The Year in Review: RRBATA's year commenced with the concept development of a Federal election themed business breakfast to be held in August. Organization of **The Great McEwen Breakfast Debate** was a major focus for us this year. The decision to pay a fee to engage a professional facilitator (Tracey Curro) was not taken lightly. However, it was decided that the sensitive nature of politics necessitated a professional, non partisan moderator who had not ties (directly or otherwise) to the candidates who were involved. The event was a success with positive feedback received from participants and attendees.

Grant applications this year were successful through the Macedon Ranges Shire Council, for Light Up The Sky 2014, and Community Bank for Romsey Online website upgrade. A sponsorship application through the Community Bank was also successful for the Light Up The Sky event. I wish to acknowledge the valuable assistance of Leanne Davey (Economic Development and Tourism, MRSC) in our MRSC Community Funding Scheme grant application. Discussions relating to the **Romsey Online** upgrade, whilst protracted, have been continuing. Further exploration of a

partnership with Lancefield (through its Neighbourhood House) is ongoing with a meeting between Lancefield representatives and our committee to be soon scheduled. I wish to acknowledge, on behalf of the RRBATA Committee, the wonderful assistance of Mr. Greg Powell with both the upgrade discussion and the maintenance of the website.

RRBATA's contribution to Romsey Community House's Stakeholder Forum was another demonstration of our commitment to better community engagement. RRBATA looks forward to ongoing collaboration with Romsey Community House to ensure that communication and collaboration between community groups in the Romsey region is developed.

The broadened function of RRBATA, to be more of a business and community coordinator/facilitator, has continued. However, the focus of advocacy for Romsey region business and tourism remains. Wendie McLaughlin and Jo Hagan represented RRBATA at a Tourism Workshop organised by MRSC. A follow up to that was Jo's engagement of the tourism officers when they visited Romsey in October. Next year's Light Up The Sky event will again focus on the "Shop Local" mantra. I am aware of some concern from some community members relating to RRBATA not having "general gatherings" on a regular basis. I have tried to explain that this is because of the difficulty we have had historically in getting a significant number of attendees. Maybe this is something for RRBATA to revisit in 2014. Perhaps one or two extra "general meetings", in addition to the Business Breakfast, with worthy subject material or as purely social events may be worthwhile. RRBATA's profile publicly continues through the **monthly RRBATA articles** in the Romsey Rag and Romsey Online.

Thank you to COM Members and FOBs: I want to take this opportunity to thank the *Committee of Management* members for their support and hard work: **Benny Dyer, Wendie McLaughlin, Joanne Hagan and Ged McLaughlin.**

I also want to extend special thanks to the *FOBs* ("Friends of BATA") who have taken on projects in the interests of Romsey business and tourism. As previously mentioned, **Greg Powell** has continued to lead the way with maintaining Romsey Online (www.romsey.org.au), acting as a roving reporter at all things Romsey, as well as conducting our election tonight. MRSC's Economic Development and Tourism Unit has again been a great support to RRBATA and Romsey generally. We look forward to ongoing collaboration with all FOBs in 2014. Lastly, I would like to thank **Tim McCarthy** who conducted an audit of the financial statements 2012-2013 for us pro bono – this is much appreciated by a not for profit group such as ours.

The Way Forward: Of course, this is dependent on support from local business, tourism and community interests for the RRBATA to continue its work.

RRBATA will continue to discuss with RSL how it can assist with commemoration activities on ANZAC Day 2015. This will be an important day for our region, as will it be across Australia. The importance of RRBATA in the advocacy and promotion of Romsey business and tourism opportunities in both the region and more broadly cannot be overemphasised. However, without "team support", the RRBATA membership and community generally will be the losers.

Jenny Stillman
President 2012-2013
RRBATA Inc.

ROMSEY NEIGHBOURHOODHOUSE Inc.

WELCOMES YOU TO
TERM ONE
2014



Office: Mon, Wed and Fri 10am-1pm
96-100 Main Road Romsey, VIC 3444
Email: romseyhouse@bigpond.com
Phone/Fax: 54 296 724

The Romsey Neighbourhood House is hoping in Term one to commence the **YOUTH MENTAL HEALTH FIRST AID PROGRAM**. The health of our young people is our future and to that end the Macedon Ranges Shire council together with the Live 4 Life program is committed to positive mental health outcomes for its young people. The aim of this course is to enhance the mental health knowledge, practical skills and attitude of our community. This is a 14 hour fully accredited course. For further information and to register your interest contact Laura Garner of the Youth Development Unit at MRSC on 54 220 333 or go online to www.mrsc.vic.gov.au/people_Family/Youth/Mental_Health_-_Live4Life

On the 19th of February from 11:30am-1:30pm at the **LUNCH AND LEARN** social gathering we are excited to be presenting naturopath **JOHN COLEMAN**, a gifted communicator who shares the knowledge he lives by. John is a local practitioner who has a remarkable personal story and is passionate about living well, being well and reclaiming your health. Don't miss this fantastic opportunity. So come along and bring along a plate to share for lunch, if you can. This is a gold coin donation activity run by RNH. Contact the house during it's opening hours if you are interested or just turn up!

.....AT A GLANCE.....

Activity/Group	Day	Time	\$\$\$	Contact
Yoga	Monday	7-8:30pm	\$20 casual \$15 in full	Leisa Kirk 0408934656
Yoga	Thursday	7-8:30pm	\$18 casual \$15 in full	Lisa Moor 0448345338
Gentle Exercise	Monday	10-11am	\$5	Jan 0412219900
Tai Chi	Tuesday	1-2pm	\$8	Jan 0412219900
Children's Art	Tuesday	3:45-4:45pm	\$80 ten weeks	Tanya 0400053829
Classes	and Wednesday			(Bookings essential)
Craft Group	Tuesday	12-3:30pm	\$Gold coin	RNH 54296 274
Art Group	Friday	7:30-9:30pm	\$Gold coin	Dot 0429547064
German Conversation	3rd Monday	11:30am-1:30pm	\$Gold coin	RNH 54 296 724
Garden Club	3rd Tuesday	(can vary)	\$2	Christine 54 295 891
Bus Trip (Epping Plaza)	14th March	TBC	\$10	RNH 54 296 274
				(Bookings essential)

2004-2014.....WELCOME TO THE NEIGHBOURHOOD.....It's 10 years since we opened our doors why not get involved?

Free workshops teach sustainable \ gardening practices



Water-saving techniques will be the focus of two free sustainable gardening workshops, offered by Macedon Ranges Shire Council in collaboration with Western Water at this year's Sustainable Living Festival in Woodend. The workshops will take place at 11am and 1pm on Saturday 8 February at the Neighbourhood House and Community Garden, 37 Forest Street Woodend. They are open to anyone interested in learning and free to attend, however participants will need to pay the \$5 entry fee to the festival.

Conducted by local resident and sustainable gardening educator Mariette Tuohey, the workshops will cover five low cost techniques for saving water, practical ways to use water effectively, water saving products and a tour of the Woodend permaculture garden. Mariette has extensive experience in sustainable gardening, with water conservation being one of her specialist areas.

Places are limited, so please register your attendance in advance. Bookings can be made online via www.westernwater.com.au or by calling (03) 9218 5455.

Council representatives and Western Water will also have stalls at the Sustainable Living Festival, which runs from 10am-4pm. Council will provide information about conservation programs active in the region including the weed program, platypus sighting campaign, Landcare activities and use of nest boxes. Western Water will provide information on sustainable gardening in the Macedon Ranges, with indigenous plants for the first 50 visitors, and a model demonstrating a rain garden.

The Macedon Ranges is under Permanent Water Saving Rules, which means watering systems can be used between 6pm and 10am, and a watering can, bucket or hand-held hose with a trigger nozzle at any time. For more details, check the Western Water website.



What is happening in 2014??

Happy New Year Ladies!
I hope everyone had a fabulous festive season and managed to keep cool during the January heat wave. Due to so many people being scattered far & wide during the Christmas holidays we did not arrange a gathering in January and will kick off the year in February instead.

If you are new to the area or have not read this space previously, the RRWN started with three women talking over a glass of wine about how difficult it can be to meet new and like-minded people in our rural community. After putting some feelers out it was found that many women in our region feel in some part socially isolated, and surprisingly it is not just the new comers to the Macedon Ranges.

And so our group was born! Since forming officially in August 2011 our member base continues to grow and we see new faces coming along to our gatherings every month.

So in 2014 we are going back to where it all began - Sicilian Vespers. We have decided to do things differently this year in such that this will be our **set venue every month**. This is to save any confusion and keep things simple. For anyone wishing to eat, Tino & his amazing team do wood fired pizzas (fire ban pending) and antipasto platters aplenty to choose from. They also have a great wine selection but the venue is BYO if you prefer. If you are curious but unsure about what we are about please come along to one of our monthly gatherings, you are under no obligation to pay the membership fee the first night. Our intent is to provide a safe environment for women to gather

together, share about their lives and have some laughs.

We meet on the 3rd Thursday of every month therefore our next gathering will be on **Thursday 20th February at Sicilian Vespers @ 7pm** (119 Main Street, Romsey). So take some time out for yourself and please come join us for a glass of wine and a chat!

If you have any queries please do not hesitate to contact us.

Enquiries: -

Romsey Region Women's Network Inc.
111 Main Street, Romsey VIC 3434
Email: info@rrwn.com.au

Facebook.com/Romsey Region Women's Network Inc. (RRWN)

Annual Membership: - \$20
Tracey (President) - 0416 497 623 /
Natasha (Secretary) - 0421 289 137 /
Hannah (Treasurer) - 0401 085 125

Romsey Golf Club Inc.

Charity Golf Day

Four Player Ambrose

Proceeds to the 2014 Lancefield & Macedon Ranges Relay For Life

Sunday Feb. 23rd 2014

9.30 am for 10.00 am hit off

Many novelty & fun events during the round.

Entry Fee; \$80 per team (\$20 pp)

(Includes traditional Romsey Golf Club Lunch)

Field limit of 21 teams

Entries to: Tony Freeman: Ph: 0414 296 918

Jan Harver: Ph: 0402 905 982

Entries close 19th February

(Entries also accepted on the day if field permits)

Refreshments available throughout the day



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