28

#### Romsey Golf Club Women's Report

The women started back after the Christmas break on a very hot Wednesday and the brave (silly) few went out but only played a few holes.

Wednesday 22<sup>nd</sup> January was better weather and foursomes was played. Everybody was keen to play on the cooler morning, but it did warm up as the day progressed. The course is dry giving lots of summer run which is an advantage if you hit straight. It was an enjoyable round with Denise O'Meara and me combining to win with a 72 nett.

**Wednesday 29**<sup>th</sup> was Monthly Medal. Kath Jekabsons had a magnificent 65 nett to win from Lorraine Robb on a 65 nett. Needless to say this gave the handicapper some work. Well played.

**February 5<sup>th</sup>:** As we are combining to have a pennant side with Lancefield, we decided some match play practice was in order. With some games squaring on the 18<sup>th</sup> Lorraine Robb was the winner, winning 5up after the 14<sup>th</sup>. Again it was a hot day for golf.

Wednesday 12th: Due to fires and weather not many women turned up to play. After offers to help with catering for fire fighters being kindly declined as they were overcome with offers, the few that came played foursomes with Leila Beasley and myself being winners with 43pts. Lorraine Robb, Wendy Gosden and I volunteered to help at the Australian Women's Open golf. While holding our "QUIET" signs we were amazed at the player's flexibility. We also noticed they can occasionally do a bad shot alt-

hough a lot better than our bad shots. It was played at Victoria Golf Club, an interesting course with no water hazards, wide fairways and trees that didn't seem to jump in front of balls. BUT they did have plenty of sand bunkers, not that they were a challenge to many of the players. After the great result of our Karrie Webb winning we travelled home reviewing our four days and the things we had learnt.

Twilight Golf is continuing and it has been good to welcome some new players to our course.

#### **Raspberry Cheesecake**

250g Nice Biscuits Crumbed 125g Butter Melted 85g Raspberry Jelly 1 cup Boiling water 250g Cream cheese 1 1/2 cups thickened cream

1/4 cup frozen raspberries defrosted Extra berries for topping and cream

Combine biscuit crumbs and butter.

Press into greased 20cm. spring-form tin base and sides, chill.

Dissolve jelly in water and cool.

Beat cheese and cream until smooth.

Add jelly mix and 1/4 cup raspberries.

Beat until combined. Pour over biscuit base. Chill 1 hour. Serve, topped with extra berries and whipped cream.

Beryl Cole 54295411

# prime exercise physiology

Clinical Exercise and Health Services

#### **Sarah Holmes**

Accredited Exercise Physiologist

Chronic Disease Management
& Prevention - Injury Rehabilitation Weight Management
Health, Fitness & Performance

### \*CLINICAL EXERCISE SESSIONS AVAILABLE SOON\*

TAC, Medicare, WorkCover, DVA

Romsey Medical Centre 99 Main St Romsey Phone: 5429 5254

E: info@primeep.com.au F: (03) 86921079

# O'CALLAGHAN BROS

# FIREWOOD SUPPLIES

28 Sauer Road, New Gisborne

# SPLIT REDGUM FIREWOOD

YARD PICKUP BY WEIGHT

FREE DELIVERY BY WEIGHT OR METRE

SMALL TO LARGE LOADS AVAILABLE

AVAILABLE 7 DAYS PER WEEK

(03)54281955 0488957090

# THE ROMSEY RAG

Issue No. 323 2070 copies produced each month at Romsey Primary School as a service to our community and proudly supported by the Macedon Ranges Shire Council

March 2014

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

CAMBRIDGE WEIGHT PLAN -

# Support IS THE KEY

When it comes to weight loss, lack of support and motivation are usually your biggest obstacles. Together with my support and Cambridge Weight Plan, you'll get all the help you need to reach your goal. Why has Cambridge Weight Plan helped millions of people worldwide to lose weight?

# 6 Steps to success:

You have a choice of six tailored programs - from **Sole Source** for intensive weight loss to **My Life**, for long-term maintenance - and with a range of delicious shakes, porridges, soups, bars and ready-to-drink shakes and yoghurt drinks, there's a Cambridge Weight Plan to meet your exact needs. I will support you and guide you through your weight loss and then get you back to eating healthily with the correct portion sizes so that you stay slim for life.

# Why it works

- lose weight the healthy way and keep it off long-term
- utilise the support of a person you can really trust to help keep you motivated
- enjoy the flexibility of six programs to help you choose the right plan
- a range of nutritionally complete products in a variety of flavours to help you stay interested

I am your local Cambridge Consultant. So why not call me, Christine, for a free, no-obligation consultation, on 0413 399 786. You have nothing to lose but 5 minutes of your time.







www.cambridgeweightplan.com.au



None of this would have been possible without the amazing support of my Consultant." Georgina Holbeche who lost 65 kg, the equivalent of a whole person with Cambridge Weight Plan.

# **Voted the 'Best Diet in History'**\*

\*On the UK's Channel 4 program 'Superslim me' when 10 diets were tested on volunteers under medical supervision. The Cambridge Weight Plan gave the fastest and healthiest results.

The closing date for copy for the April 2014 edition of the Rag is March 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 <u>Word document format</u>, and <u>for graphics to be in Jpeg format</u>, 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**

Romsey Rag Editorial Committee: Joan Gibbs, Robyn Moore

Layout and Design: Robyn Moore, Gillian Gorrie

Printing: Robyn Moore, Colin Miller

Bernie Seddon / Kylie Pyne

Advertising /Sponsorship:

Romsey Primary School 5429 5099 or Romsey Post Office

Collation Team Co-ordinator: 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 or handwritten items may be accepted. All material submitted for publicadetails

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 \$200 per issue Full page: 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.



Macedon Ranges Shire Council -Generous supporters of the Romsey

#### Romsey Rag Publication Deadlines 2014

Edition	Closing Date for Copy	Collating Date
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

### **Purple winners are grinners**

Organisers of the inaugural Paint the Town Purple competition are thrilled by efforts made by Romsey and Lancefield businesselectronically or on disc. Legible typed es to help promote the Lancefield/Macedon Ranges Relay For Life.

Prizes for the Best Dressed displays went tion must be named and have contact to Cottage Gifts on High and Lancefield Country Practice, which embraced the colour of the Relay in their businesses last month. Romsey Chemist was recognised for delivering the most powerful cancer awareness message.

The winners were announced at a Relay For Life stall operating during the most recent Lancefield Farmers Market.

"It was wonderful to see so many locals having fun while raising awareness of both the Relay and the fight against cancer. I have had many comments about how it created a sense of unity around town, so it is likely we'll do it again next year and hope the sea of purple will grow," says Relay committee member Colleen Downie.

Now in its12th 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 jakalake57@gmail.com. Team and individual registrations can be entered online at www.relayforlife.org.au or call 1300 65 65 85.

#### "ATTENTION CITY COMMUTERS"

The Lancefield Romsey Commuter Bus offers a Mon-Fri return service direct to the CBD at the cheapest rate available in the shire. Only \$45.00 per week for permanent travelers. We also cater for casual & adhoc travelers.

Departs Lancefield General Store 6.35am, & Romsey Hotel 6.40am, arrives CBD 7.40am .....

Departs Cnr William & Latrobe Sts 5.20pm, arrives back in Romsey 6.20pm & Lancefield 6.25pm

Seats currently available.

Please contact Maree Lawson 54292027



Cancer

Council

### Bolinda & Monegeetta News 26

#### **WE'RE CELEBRATING OUR** HALL'S 100<sup>th</sup> YEAR **JUNE 1913-JUNE 201**

AND THE WEATHER...We finished the year with 22.09inches, just a little below the average of 23inches for our area. The prolonged dry spell early in the year gave way to a wet winter and spring, which left plenty of dry grass to fuel bushfires. The savage, fast-moving grassfires which devastated much of our region bypassed Bolinda and Monegeetta, though not without giving us many anxious moments; we were fortunate in that the wind changes favoured us - though it inflicted great suffering on others. HALL COMMITTEE: Our kitchen upgrade is looking great and we'll soon have the - hmmm - interesting task of re-stocking and discarding... We'll plan something special for the showing-off and invite you all.

#### HISTORY: From the Minute Book.

The two old Minute Books and the Treasurer's Book make for some interesting reading (and plenty of boring stuff too). I just know that one day we'll find a local volunteer who will go through the books and index them for us. If that would be of interest to you, please don't hesitate to let us know. This month, I thought I'd look to see if there were any bushfire references in the old Minute book. A browse through them reveals Bolinda-Monegeetta seems to have been very fortunate in escaping major fires. As we consider Chintin-Springfield-Darraweit part of our area (great neighbors all) we have not really escaped unscathed. The 1939 AGM did have a little note of thanks to Chintin folk. The committee recommended that the dances following the euchre parties should be discontinued "as they were a total loss. I have to bring under your notice that only a few locals attended (the same ones every time) and if it had not been for the support of the Chintin people the entertainments would have been a loss" lamented the Secretary. Some things don't change...

Don't forget our community hall is available for hire at very cheap rates. We want to see it used. That's why it was built! Great for adult or children's parties with lots of safe outdoor space available. Excellent for corporate functions, with DVD/ TV/data projection available.

#### **BOL-DARRA** (Bolinda-**Darraweit) GARDEN CLUB:**

We enjoyed a great trip to Malmsbury for our last meeting of 2013. A wonderful garden, combining exotics and natives and incorporating fantastic use of stone large stones indeed. There were some stunning sculptures on display (with blacksmiths in my family, I still can't work out how some of the metal was shaped) and many thought-provoking pieces. Of course we found a great place for afternoon tea; Small Holdings in the old Presbyterian church. More wonderful treasures on display - the antiques are just stunning - and we enjoyed a really interesting afternoon tea.

Rhubarb with a dash of thyme, minted broad beans; certainly a place to visit and eniov.

And our first meeting for 2014 was a visit to Riddells Creek to see Bro. John's wonderful collection of plants (though some of us had to be dragged away from the books and glassware, etc). The Cannas were a stunning highlight as was the orchid collection; too much to see, so we are heading back again in a couple of weeks to see the Belladonnas and Brunsvigias. He is a wonderful and enthusiastic host. Haven't set a date for that one yet, so if you are interested let us know. (It will be early to mid March). We enjoyed a fantastic welcome at The Bay Tree in Romsey for our afternoon tea and chat, chat, chat

The next official meeting is 29th March (we usually meet on the last Saturday); one of our neighbours - whose garden and hospitality we have enjoyed in the past - is moving to Pipers Creek, so we want to see her new garden before she takes it in

Remember, you are always welcome to join us. We meet at Bolinda Hall at 1:30 for a chat and brief discussion session...and then we move off on our garden visit about 2:00. (Phone us first, if you haven't been before; we occasionally have earlier starts).

#### PEOPLE OF THE MONTH This month we cannot focus on any locals

other than our wonderful CFA volunteers. We have had many volunteers from other service groups who give their time and expertise consistently throughout the years to enrich our community - SES, Red Cross, Lions, Rotary, St John, etc come to mind (though no doubt I have missed other groups who do not have a bit of vested interest) - but the CFA volunteers risk so much, and give so much in time from other work, to ensure our safety and the safety of our property. To be on call, virtually the year round, is an amazing sacrifice of time, money and social activities. A wonderful poem by Macedon Ranges local Nancy Begg seems to me to personify the CFA as 'Courage'. We can all be bold when our own interests are at stake - but the CFA members, past, present and future, show courage for the stranger in the land.

### SHATTERED DREAMS

(Nancy Begg)

Fear reigned in the mountains, And Rage tore across the plain. While even the once-safe city Gasped in a choking pain.

The flaming, obscene invader, Raced on with a mighty roar, Engulfing all in its progress. And greedily gasping for more.

But Courage rode out to meet it. Undeterred by the heat and smoke That turned the day into night-time With a black and crimson cloak.

Courage at last was the victor, Forcing the enemy back. Though it failed to fully surrender, And is poised again to attack.

At the end of the day is Heartache, A pain that won't go away, And the rubble of broken memories Can never be cleared away.

Cheerio from Bolinda & Monegeetta John and Ruth Green 54 285 347 0415 256 911 iandrgreen@hotmail.com

BOLINDA HALL(Melways 610 J9; cnr Mullaly's and Melb-Lancefield Road)



As part of a 200 store network nationwide. Lee's Carpet Court can help you choose the perfect flooring and window solutions for your home & business.

# AUSTRALIA'S LARGEST FLOORING RETAILER

carpet • timber • vinyl • bamboo • laminate • blinds • overlocking

www.carpetcourt.com.au

#### Romsey Golf Club – Men's Report http://romseygolfclub.net

#### Saturday February 15th - Ambrose

The round began in hot and humid conditions and it looked like rain was on the way. Unfortunately when the rain finally arrived, very late in the afternoon, it was just a short sharp shower that evapourated almost as soon as it landed. During the afternoon there was a great deal of friendly banter and casual observations on various golfing skills, or lack there-of, as the groups passed each other on the fairways. With very little wind, rock hard fairways and excellent greens good scoring was expected and a number of the groups turned in very fine results.

**Winners;** Steve Poulton, Bob McLennan, John Moody & Neil Jarman - 64/8/56 from Adrian Poulton, Anthony Lakey, Bob Preece & Jim Menzies - 69/12/57.

NTPs went to; 15th - Bob Dwyer and 16 - John Moody

#### Saturday February 8th - Stableford

For the second week running the club's extreme heat policy was activated and players teed off at 8.30 am. The on-going heat and almost complete lack of rain had seen the ground dry out even more however there was still a reasonable cover of grass so a good lie was available anywhere on the fairways. Again players had to be careful with drives and approach shots as they travelled further in the rapidly heating air and after landing bounced and rolled a surprising distance. Neil Jarman continues to do a sterling job on the greens; they remain in top nick giving all players something to aim at safe in the knowledge that well played approach shots will hold and putting is very true. Despite the tough conditions a number of players turned in more than respectable scores. So, after another very warm round the day's results were;

**Winner;** John Freestone - (21) 42 pts from Bob McLennan - (10) 41 pts, Anthony Freeman - (20) 39 pts, John Moody - (12) 38 pts and Mick Nicholls - (23) 36 pts

NTPs; 1st - John Moody, 15th - Bob McLennan & 16th - John Moody

#### Saturday February 1st - Stroke

With the day's temperature predicted to be in excess of 35C the club's extreme heat policy was activated and play began at 8.30 am. The field hit off with clear skies, rapidly rising temperature and an inconsistent wind swinging from N to NW and back. The warming air and the rock-hard fairways surprised a quite a few players with some drives running up to 50m more than expected, often well through the fairway; providing more than a few difficult second shots to the green. Despite the contining very hot and dry weather the greens were still in very good condition and again accurate lofted shots at the flag were well rewarded. After the closeness of last week's monthly medal no-one was surprised when this round also went down to the last hole with two of the club's elder statesmen fighting out a very close back nine. The day's results were;

**Winner**; Bob Dwyer - 92/25/67 from John Laing - 93/25/68 **NTPs**; 1st - Bob McLennan and 15th - John Moody.

#### Saturday January 25th - Monthly Medal - Stroke & Putts

After a refreshing 10mm of rain, falling steadily throughout most of Friday, a slight tinge of green had returned to the fairways and rough making the course both more friendly to the eye and more enjoyable to play. The birds continue their "renovation works" to the greens but now seem satisfied with their progress on all bar the 15th, 16th and 8th. Hopefully they will soon be called to other, more distant courses, where their talents will cause less aggravation. Their work, whilst most original, did challenge the patience of a number of players. The round began under mild, overcast conditions with a gusting 25-35Kph wind which moved from the S to the SE an unusual wind for the course catching out more than a few golfers. Nevertheless the day produced some fine scoring and there was a real challenge, right up to the last

hole, for the January Medal. The day's results were;

**Winner** and January Medalist; Mal Mottram - 84/17/67 from John Laing - 95/26/69, Neil Jarman -83/13/70, Anthony Freeman - 91/21/70, Keith Hocking - 99/27/72 and Bob McLennan - 82/10/72 (Obviously six weeks in France playing on snowy courses with a white ball had seen the return of Bob's legendary accuracy)

NTPs; 1st - Dave Richardson, 15th - Steve Poulton and 16th - Neil Jarman

Least Putts; Anthony Freeman - 23

Friday January 24th - Twilight 8; 9-holes Stableford Last week +40C this week some steady soaking rain; know which one the golfers preferred.

#### Saturday January 18th - Stableford

Following days of searing, +40C heat the last signs of life were finally sucked out of the fairways however there remained a good cover of now brown, dry grass so players were still able to get good lies. The field teed off with temperatures in the mid 20s and a light breeze but 45 minutes later this blew up and gusting 25 - 35Kph winds had to be contended with. Suddenly lofted shots became much more unpredictable. On a better note, despite the vicious heat and the bird attacks the greens remained in top condition, a credit to the club's volunteers. Whilst the round saw many players return good scores the extra run on the fairways and local knowledge really helped out a few old stagers. On a much more pleasant afternoon the day's results were;

**Winner**; Mick Nicholls (23) - 39 pts from Bob Dwyer (26) - 38 pts and Anthony Freeman (21) 36 pts

NTPs; 1st & 15th - Rob Rea, 16th - Steve Poulton.

It was wonderful to welcome ex-member John Moody back to the club and we all wish life-member Peter Scanlon the best as he recovers from a few minor inconveniences.

Friday January 17th - Twilight 7; 9-holes Stableford Extreme temperature caused the cancellation of Twilight Golf.

Further to last month's comments on the recent break-ins the golf club suffered another very daring break-in at the end of January. At least two people used our pump to empty a 205l drum of diesel, they then drained the tractor and the fairway mower. To top it off they also stole the pump and our recently purchased fuel containers.

Many of you may remember that the golf club had applied for funds to remove dead, dying and/or dangerous trees/limbs, remove noxious weeds, replant indigenous natives and work with the primary school to locate a variety of nesting boxes across the park. Unfortunately our application "Romsey Park Tree Safety and Revegetation Project" was not successful. We will continue to look for suitable grants to assist us in this area.



Macedon Ranges Masonic Lodge 73 Main St, Romsey VIC 3434 Contact us at: Ph: 5428 5418 or 5429 6354 email: muddy27@bigpond.com

Macedon Ranges Masonic Lodge

Meets 1st Thursday except January Installation - June

ALL BRETHREN WELCOME

#### **ROMSEY PRIMARY SCHOOL NEWS**



#### You Can Do It

This year our awards are based on the five keys of the You Can Do It Program – Persistence, Organisation, Getting Along, Resilience and Confidence. The focus this term is on Confidence. The You Can Do It Program is now in its second year at the school, and we are very pleased to be working in partnership with the Romsey Community Bank branch, Bendigo Bank, our generous sponsors of this program.

#### **Student Leadership**

Senior students at the school have many opportunities to take on a leadership role, as school captains, student council members, house captains, peer mediators, in sport, visual art and performing arts, and this year we are introducing leadership opportunities in our ResourceSmart team. School captains are selected by a process of application and interview, while most of the other positions are based on election by peers. Our school captains, house captains and student councillors have already been appointed, and we congratulate everyone who made themselves available for these roles, whether or not they were successful. All applicants and nominees did a great job of presenting themselves for consideration. Other leadership positions will be finalised very soon.



#### Start of the School Year

Despite a disrupted week during the recent fire crisis in our community, all students have settled very well into their new classes and their learning for the year. Our Preps will be attending full time from the beginning of March, and we are hearing that many of them are already showing excellent skills in reading. (Classroom photo)

#### Fresh Fruit Friday

We would like to thank the Doria family from Romsey Fresh Wholesale for their continued support of the Fresh fruit Friday program at the school. Each Friday students in years Prep to 2 are treated to platters of beautiful fresh fruit and vegies, thanks to the generosity of our sponsors.

# Wompy the Koala

As a community we are deeply grateful for the wonderful CFA volunteers who work tirelessly in the local and broader community, particularly during the recent huge bush fires in our neighbouring area. To appreciate our thanks all students made flags which were strung together to





make banners. These banners were presented to the CFA and hung around the walls of the CFA co-ordinating rooms at the sports oval. This expression of thanks was received with gratitude by fire fighters. Some enjoyed them so much they photographed the students' flags, and crews took banners back to their fire stations, some as far away as NSW. The Wampralea and Bourke Brigades from New South Wales presented a koala called Wompy to the students of Romsey Primary School.. Wompy will be visiting classrooms whose families have been impacted by the fires. (*Photo of students, maybe banners*)

#### **Professional Learning**

The first professional learning day for staff is in the first week of March, when all teachers will be extending their skills in the teaching of Mathematics with maths expert Rob Vingerhoets. ES staff will also attend to enhance their understanding of how they can support teaching programs in this area. This is part of the school's ongoing commitment to excellence in teaching and learning.

Riddells Creek WHOLE TOWN GARAGE SALE. Sat 15th March, 8am-1pm. Collect a map on the day listing location of all sales in town from the Neighbourhood House at 59 Main Rd, Riddells Creek. Stalls still available in the grounds of Neighbourhood House for \$10. Ph: 5428 7836

#### **Clarkefield Music Festival**

This year will be the third annual Clarkefield Music Festival. To be held on the 16<sup>th</sup> of March from 12 noon until 8 pm at the Coach and Horses Inn Clarkefield.

In the past it has been a supporter for the Cambodian Kids Foundation and still strongly supports this foundation with ongoing fund raising during the year. This year however we have taken a new charity onboard. The Very Special Kids Foundation. It is a Melbourne based foundation offering all types of support to families with children diagnosed with a terminal illness.

One type of support is Glen Osmand Farm located in Woodend that offers family respite at no cost to the family.

As well as supporting this fantastic charity it has been largely decided that, in light of recent events in the Clarkefield area we will be undertaking additional fund raising on the day to assist the Clarkefield CFA.

We have a great line up of both local musicians and Melbourne based muso's alike all offering to play at this great event.

Tickets are on sale now, with a pre sale cost of \$20 which also puts you in the draw for a \$100 food and drink voucher provided by Coach and Horses Hotel.

Tickets at the gate will be \$25 and of course children under 12 are free..

You can purchase your pre sale tickets from the Romsey Hub or the Hotel Any queries please phone the Hotel on 5428 5391.

#### Lancefield Men's Shed.

The Shed commenced this year with lots of new members and plenty of projects!

Wednesdays are popular with members and visitors enjoying a friendly BBQ and lots of talk and laughter.

Thankyou to all supporters who bought a ticket for our picnic table and benches raffle – winners have been notified. The funds raised will go to purchasing more tools etc for our shed. The Santa sleigh and reindeer made by the Shed and placed on the roof of the Red Door Bookshop received many favourable comments, including 'wouldn't it be great to see the whole town like it'. It was very pleasing to hear these comments and to know the Shed has begun to make its mark on the town. Our latest project (as pictured) is to make jumps for the pony club. This joint project was most enjoyable and gave the men an opportunity to share their skills. Another smaller jump is also underway.

The Shed is open to all men to enjoy learning new skills, working with tools, sharing projects, or just to share the company of others over a 'cuppa'. The Shed is open Tuesdays and Wednesdays each week



# TRENTHAM GARDEN OPEN

Pendleview, a 2.5 hectare property, at 170 Mulcahys Road Trentham, will be open to the public on 8, 9 and 10 March as part of Open Gardens Australia. The garden has been lovingly developed by owners Andy and San-



dra Proksa over a period of 27 years.

From a top paddock full of daffodils, one gum tree and lots of grass the garden now features extensive plantings of trees, shrubs and flowers both exotic and native. Sandra admits 'there was a lot of trial and error with the sometimes very unforgiving climate of Trentham'.

Andy is the fruit and vegetable expert. His extensive shade house is bordered with espaliered apples and quinces with central beds filled with various other fruit and vegetables. As both Sandra and Andy say 'there is nothing better than going out early in the morning and picking handfuls of blueberries and strawberries'.

Visitors will be able to enjoy a coffee while sitting in the garden or by the large dam, largely planted out with native trees and shrubs. Picnickers are welcome. Homemade produce, craft and plants will also be available for sale. Entry fee – adults \$7, children free.

The Proksas will be donating the proceeds of the weekend to the Trentham CFA.

#### Tai Chi Classes

Saturdays at 11am.

Beginners are most welcome at any time. Passive exercise & meditation for all ages that offer balance of mind & body for health, vitality and wellbeing.

Come and try a complimentary class.

#### Traditional Goju Ryu Karate

Children & Adult beginner classes for self-protection, fitness, discipline and confidence . Tuesdays & Thursdays.

#### Traditional Chinese Medicine

Oriental Barefoot Doctors Clinic Incorporating massage and offering a holistic treatment for improved vitality, many health related issues, chronic & acute injuries.

- by appointment only

GIFT VOUCHERS AVAILABLE



# WU LIN RETREAT 47 Sherwood Court LANCEFIELD VIC 3435

Phone: 54292122

Mob: 0417 350 398 Email: james@jamessumara

**COMING EVENTS** 

### Barefoot Doctor Workshop 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> June 2014

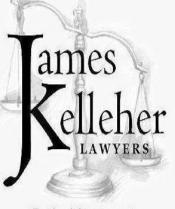


This rare covers foundations of Traditional Oriental Medicine, hands on practice in the restoration and fortification dealing with a wide range of ailments and injuries.

Accommodation and meals available on request

Book early as places fill quickly

Bookings may be made through www.wulinretreat.com go to coming events/programs



'For the right outcomes'

Maureen P. Wiltshire B.A., LL.B. Masters of Applied Law (Family Law)

75 Main Street, Romsey 3434 Ph. (03) 54295292 www.jameskelleher.com.au James Kelleher Lawyers has been providing clients with legal expertise for over 25 years. We offer specialised services in many fields including:-

- \* Family Law
- \* Conveyancing
- \* Wills & Probate
- \* Business & Commercial matters
- \* Litigation and more...

#### Mt. Macedon & District Horticultural Society Inc. Promoting Horticulture

2013/2014 COMMITTEE

PRESIDENT

**MEMBER** 

VICE PRESIDENT SECRETARY TREASURER MEMBER Stephen Ryan Contact on 5426 3075 Lucille Strachan Christine Heazlewood Jan Sherry

Ros Anders
(Administrative Officer to the Committee) Sally-Anne Scrivener
Contact on 5426 2488

#### 2014 Syllabus

### Speaker Evenings—1st Tuesday in the month

(visitors welcome—\$5 entry)

8:00 pm at the Mt Macedon Golf Club/Horticultural Hall **Committee (Business) Meetings**— dates as listed 2:00 pm at 'Jindera', Bolobek Lakes Estate, 115 Manorina Way, Macedon (members welcome to attend)

PO Box 30 Mt Macedon 3441

Registered No. A0001862A ABN 45 882 861 493 www.mtmacedonhort.org.au

#### 2014 Highlights

**15/16 March** Competitive Flower Show Contact Greg Boldiston on 043 829 600 **20/21 September** Plant Lover's Market Contact Jan Sherry on 0409 022 331

**Date to be advised** President's Walk—a thank you for our volunteers

For further information and updates please visit our website at www.mtmacedonhort.org.au

or email us at mounthort@hotmail.com

#### **GARDEN TOURS**

We can organise group and guided garden tours, including lunch and/or morning tea. Contact us via our website.

# Macedon Ranges Film Society A GEM OF A FILM

The Macedon Ranges Film Society kicked off its 2014 offerings with an Australian favourite, The Sapphires. Set in 1968, the story involves the rise to success of four young Aboriginal female singers who struggle to get notoriety for their talent in Australia. Their chance meeting however with a chaotic Irish musician, leads them to become billed as Australia's answer to The Supremes, especially when their career takes a sharp upward curve on being engaged to entertain troops in Vietnam.

Amid the hilarity and heartbreak, the core of this film explores the connection of family.

Alan Bennett's play, The History Boys, became a film in 2007. Billed as a comedy-drama, this will be screened on Wednesday. March 12th.

Starring Richard Griffiths and Frances de la Tour and set in 1983, it focuses on the education of several young men at a grammar school in Sheffield where they have recently obtained the school's highest ever A-level scores and are hoping to enter Oxford or Cambridge University.

Their opinions and attitudes are shaped entertainingly yet seriously by the General Studies teacher, Hector.

The Macedon Ranges Film Society meets on the second Wednesday of every month at 7 p.m. in the Woodend Community Centre. Film notes are provided and for those who wish, there is supper, kindly supplied by members, following the screening. Enquiries about membership must be made initially by visiting the website - <a href="mailto:mrfilmsociety@gmail.com">mrfilmsociety@gmail.com</a> - or by phoning Lorraine on 5427 0921 or Christine on 5429 5452.

#### St. Mary's Parish - Lancefield & Romsey

27-29 Chauncey St, Lancefield &

85 Main Rd, Romsey Parish Priest:

5429 2130 Fr. Arnold Heredia Presbytery:

Pastoral Associate:

5429 2130 Mrs. Joanne Reuther Presbytery: **School Principal:** 

Mr. Anthony Falls St. Mary's 5429 1359

Primary School

#### **MASS TIMES**

Saturday:

6.00 p.m. Lancefield 1<sup>st</sup> & 3<sup>rd</sup> Sunday of the month:

8.00 a.m. Lancefield and 10.00 a.m. Romsey 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sunday of the month: 8.00 a.m. Romsey and 10.00 a.m. Lancefield

**RECONCILIATION** 

Saturdays 9.45am Romsey & 5.45pm Lancefield.

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.

#### **LENTEN PRAYER GROUP**

Parishioners are encouraged to participate in the Lenten Prayer Group starting **Tuesday 4<sup>th</sup> March at 7pm at the Presbytery**. This will be over 5 weeks. Please sign up if you wish to participate A sign up sheet is on the table.

An alternative is for you to hold the prayer session at your home by yourself or with family, neighbours, friends, at a time and a day convenient to you. Books will be available at the back of the church for \$9.00

**HOLY WEEK** 

A meeting to prepare the ceremonies for Holy Week will be held on Tuesday 25th Feb at 10.30am in the Presbytery. Please come with your ideas and suggestions.

#### **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

#### LENT AND HOLY WEEK

Wed 5<sup>th</sup> March Masses 9am \*Ash Wednesday:

Lancefield, 7pm Romsey

\*Stations of the Cross: Fri 7pm alternating Romsey and

Lancefield

Fri 7<sup>th</sup> March Romsey (next week

L/F and so on)

Wed 9th April 7pm Romsev \*Reconciliation:

Sat 12th April 6pm Lancefield \*Palm Sunday:

Sun 13th April 8am Romsey, 10am Lancefield

Thur 17<sup>th</sup> April 7pm Romsey \*Holy Thursday:

\*Good Friday: Fri 18th April 11am Ecumenical

Way of the Cross

St. Mary's Church Lancefield Fri 18<sup>th</sup> April 3pm Passion of the

Lord Lancefield

Sat 19<sup>th</sup> April 7pm Easter Vigil \*Holy Saturday:

Romsey

\*Easter Sunday: Sun 20th April 8am Lancefield,

10am Romsey

### ROMSEY LICENSED POST OFFICE

**OFFERS THE FOLLOWING SERVICES:** 

FAX SERVICE PHOTOCOPYING LAMINATING **BILL PAYING OPTUS PRE-PAID PHONE CARDS** TELSTRA PHONEAWAY TELSTRA PRE-PAID PHONE CARDS PASSPORT APPLICATIONS OFFICE STATIONERY CITILINK DAY PASSES **COMPUTER DISKS** COMMONWEALTH, NATIONAL & GIROPOST BANKING



# Romsey & Lancefield Districts Historical Society Inc.



E-mail: lancefieldcourthouse@gmail.com

Website: www.lancefieldcourthouse.org

Following our Annual General Meeting our Contacts are as follows:

Secretary: Shirley 0402 248 540,

Archivist/Courthouse Robyn 0418 172 659: Seymour Cottage :Ruth 0415 256 911

A successful Cottage opening was held on 3<sup>rd</sup> November to celebrate Sydney Seymour's birthday despite the inclement weather. The Society wishes to thank all those who attended either as workers or

The Society intends to arrange a visit by bus to Gulf Station in the Yarra Valley during autumn. This is an historic site now controlled by the National Trust. Any person interested can contact Shirley. Cost will depend on numbers and the date is yet to be finalized with the National Trust. It is anticipated that those interested will bring a picnic lunch.

An early reminder for your calendar is the Open Day at the Courthouse on 23 November 2014 to celebrate the 30<sup>th</sup> Anniversary of our occupancy of the building. The Society wishes to thank all the volunteers for their efforts during the recent fire. If any member of the community wishes to provide a written document of their experiences during this event the Society will gratefully accept them. In the future those recollections will form part of the history of this event that thankfully, although devastating to some, was not disastrous. There was no loss of life.

### **STAY IN TUNE....**



#### Why people with cancer use massage therapy

As with many types of complementary therapies, one of the main reasons people with cancer use massage is because it helps them feel good. It is a way they feel they can help themselves.

There is evidence to support that the benefits of massage therapy is a natural way to relax, it can lift your mood and help cope with anxiety, headaches and pain.

Most people don't have any side effects from having a massage. You may feel a bit light headed, tired or thirsty afterwards. Your massage therapist may offer you a glass of water when your treatment has finished. They should never hurry you to get up and leave until you feel comfortable.

**Body Tunes Remedial Massage Shop 1/110 Main St, Romsey** Mobile- 0407 367 840 Health Fund/Work Cover accredited



#### **Farmers' Market Dates for March**

1st: Woodend Community Farmers' Market - Cnr High & Forest Sts, Woodend Macedon Ranges Sustainability Group

8th: Kyneton Farmers' Market - St Pauls Park, Piper St, Kyneton Anglican Parish of Kyneton

15th: Riddells Creek Farmers' Market - Riddells Creek Primary School Riddells Creek Neighbourhood House

22nd: Lancefield & District Farmers' Market (11 years birthday celebrations)- High St, Lancefield Lancefield Neighbourhood House

We invite locals to support the farmers' markets in March. 9am to 1pm. All Macedon Ranges Farmers' Markets work to provide a viable trading place for local and Victorian farmers and food producers to trade their products. There is a fantastic selection of fresh produce, often organically produced, pasture grazed - hormone free meats - beef, chicken, lamb, pork, goat and smallgoods to be found at the markets. Free range eggs, cold extracted honey, organic sourdough breads, tasty treats, snacks, seedlings, plants, poultry, stockfeed and more.

Visit the Victorian Farmers' Markets Association page for information on the individual markets and to find out more about becoming a stallholder www.vicfarmersmarkets.org.au



**COMBINED PROBUS CLUB Of ROMSEY and LANCEFIELD Inc.** A0042634P

P.O. Box 280. Romsey. Vic. 3434

#### For Active Retirees

**President: John Seamons Secretary:** Jeni Clampit

5429 3804 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.

> Our Annual General Meeting will be on Thursday 27<sup>th</sup> March at 10am.

There will not be a Guest Speaker at the AGM.

Our monthly meeting always finishes with morning tea, which is usually followed by a guest speaker with an interesting topic.

SAPPHIRE

HAIRDRESSING

Specialising in all the latest

styles and colour trends

for men, women and children

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. Some of our members will be traveling to Bright on Friday 28th March.

A few of our members enjoy

'Ten Pin Bowling' each fortnight at Watergardens (definitely non-serious) followed by lunch at a nearby hotel

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.

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 rlprobus.org.au

# Macedon Ranges Physiotherapy

Ben Gidley

# NEW PHYSIO NOW AVAILABLE **Bridy White**

Specialising in dance injuries, womens health & pregnancy physiotherapy

> Romsey Medical Centre 99 Main Street Phone: 5429 5254

Lancefield Country Practice 17 High Street Phone: 5429 1362

> TAC . WORKCOVER . DVA No Doctors Referral Required HICAPS AVAILABLE

www.macedonrangesphysio.com e: macedonrangesphysio@hotmail.com

**The Macedon Ranges Running Club** (MRRC) has had a very busy month with well over one hundred participants in our Start Running programme which commenced on January 28. The groups are training at Gisborne, Mace-

don, Riddells Creek and Woodend with the first target of running 5km on March 23 in Gisborne. A fantastic atmosphere exists in these groups and it is a real buzz to see the progression. The major target is a 10km run on April 27 in Riddells Creek. This is an amazing programme for everyday folk to start from zero running to complete 10km after

Our voluntary leaders enthusiasm and dedication form the backbone of our club and we are very pleased to have the following six new leaders in our ranks: Brenda Ruth, Lucia Keaney, Jacqueline Ryan, Kat Turner, Katherine Guarino and Anita Guarino.

Our Walk & Run Group which has been trialled in Riddells Creek by Gary Plummer and Jo Barton has proved to be very popular since it is predominantly walking interspersed with short distance jogging or power walking. This will be a permanent feature of our Club with specific eight week programmes run five times a year. Initially in Riddells Creek but hopefully this will spread across our entire network. Our Intermediate Running Groups (IRG) have also been busy with Macedon's Candice Hanson building up to the Great Ocean Road half marathon. This is a great effort considering Candice was in our Start Running Group in February last year.

Lisa and Steve Cole have been leaders at Riddells Creek for the Pre and Post Xmas campaign with the culmination of a run in humid and hot conditions from Riddells Creek to Clarkefield and return on February 9. The weather made it much tougher than anticipated so well done to all the runners with the determination to finish so evident particularly from Ruth Palamountain, Michelle Jamieson, Ian Hoad and Anne Whittaker. Little did we know of the devastation that would occur later that day with the frightening fires.

The Woodend IRG have been heading off into new locations led by a very innovative and inspired Grant Tappin. The runs are popular with the different scenery emphasising the ability to smell the flowers.

The Gisborne IRG has some big goals with Kerryn Jorgensen, Nicola Donaldson and Chika Fletcher training for a full

We are working with the Gisborne Rotary Club for their annual Great Challenge Run which will be in Macedon on May 4. We anticipate this to be approximately 13km. With the support of Cobaw Community Health we have recently completed first aid training for twenty five of our leaders which means we now have thirty five first aid qualified leaders. This is a big step along the path of being a

As long distance runners it is impossible to avoid running on roads in our region. We have strict rules for running on roads to make safety the first priority for ourselves and other road users. We would like more off road trails to use and thank the great effort of the Woodend Rotary Club for the exercise track at Buffalo stadium. We are investigating the viability of a trail between Riddells Creek and Gisborne and would like to hear from anybody interested in this project. We invite participation in our groups. Please enquire at macedonrangesrc@gmail.com

Lindsay Sharpe, Presidentmacedonrangesrc@gmail.commacedonrangesrc@gmail.com



# Want to meet some great local Women?

Enquiries: -

Email: info@rrwn.com.au

Tracey (President) -0416 497 623 Natasha (Secretary) -0421 289 137 Hannah (Treasurer) -0401 085 125

Our group aspires to connect women in our rural communities in a warm & welcoming environment. It's a great way to meet new people in the area & have some laughs.

> WHERE: Sicilian Vespers, 119 Main Street, Romsey WHEN: Thursday 20th March TIME: 7.00pm

We meet on the 3<sup>rd</sup> Thursday of each month to give women an opportunity to take some time out from their busy lives of an evening and stay connected.

Please come a glass of chat!



join us for wine & a



- Harpist Huw Jone Max Lay Dan McDonald
- Nicholas Lyon

### Rotary Club of Kyneton www.kynetonrotary.org.au Autumn Fair

Sunday March 2 Noon - 4 pm A unique opportunity to visit the grounds of this magnificent heritage homestead

St Agnes Homestead - c1850



A wide selection of gourmet food & wine

Musical entertainment

Face Painting, Clowns, and more

Hole in One - Putting Competition

Enquiries: Graeme Batrouney 0418 395 743 David Bibby 407 681 474

All funds raised will support Rotary International projects in Timor Leste, Cambodia, Nepal, Bougainville and Vietnam.

Entry: Gold Coin Donation

AFFINAGE

**¥**BIOLAGE

Tuesday - 9am - 5:30pm Wednesday- 9am - 5:30pm Thursday - 9am - 9pm Friday - 9am - 5:30pm Saturday - 9am - 3pm Closed Sunday & Monday

**Trading Hours** 

**84 MAIN STREET, ROMSEY** PH: 5429 5300



# Your Home

# Choose a home loan that's right for you

At Bendigo Bank, we understand that your needs are likely to be different to anyone else's - you are unique.

You may be purchasing your first home, refinancing an existing loan, or even purchasing your next home or investment property.

Whatever step you're taking, Bendigo Bank offers you the freedom and flexibility to make your home loan work for you.

And remember, when you choose to borrow with Bendigo Bank you not only make a decision that benefits you, you make one that benefits your community.

Drop Into your nearest branch or give us a call -Lancefield 5249 1977 and Romsey 5429 5526. Or you can meet with Rod Browning our Senior Bank Manager at your home or business. His mobile is 0409 961 128 and let our qualified lenders help you take the next step in life.



www.bendigobank.com.au

Lancefield and Romsey Community Bank® branches

#### FROM SEED HEADS TO SAUCERS

The Mt Macedon & District Horticultural Society Inc. is over 90 years old and still going strong. We hold monthly Speaker Evenings on a variety of topics and a series of events during the year.

On 4 March at 8:00 pm our President, Stephen Ryan, will regale us with tales about 'Chilling out in Chile'. Visitors are

On Sunday 16 March we will be staging our 2014 Autumn Competitive Flower Show. Members of the public are welcome to submit entries in a large range of categories including roses, bulbs, annuals, perennials, pot plants, hanging baskets, floral art, fruit and vegetables.

Entries from children, both individuals and groups – including fruit, vegetables, miniature gardens on a tray, saucers of flowers and novelties made from anything that grows – are encouraged. This not only an opportunity to show off your horticultural prowess but also to come and have a look at what's growing in the neighbourhood!

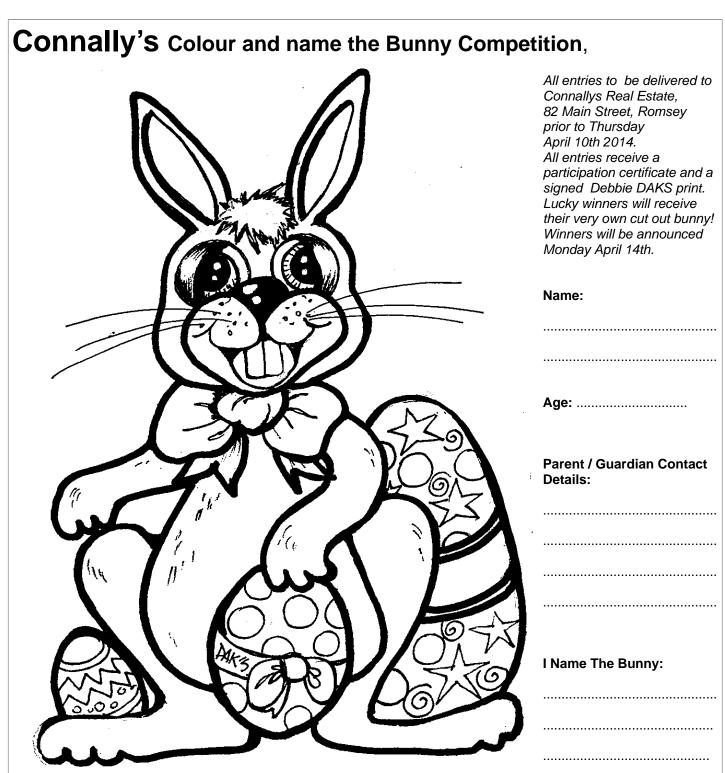
For further information about Speaker Evenings and Flower Show entries see:

http://www.mtmacedonhort.org.au/events/

Where: Mt Macedon Horticultural Hall, Mt Macedon Road, Mt Macedon 3440.

When (viewing time): Sunday 16 March, 2:00 - 4.30 pm

**Cost:** Gold coin donation



#### DEEP CREEK LANDCARE GROUP

Covering Lancefield -Romsey Districts

No change to meeting dates and times. President: Robin 0428 315 846 Contacts:

Ken 0404 886 580 Secretary: ken.allender@bigpond.com email: www.deepcreeklandcare.org.au Website:

This year we open with congratulations to our President Robin and his partner Hayley on the birth of their son Rowan Samuel Goodman Ford in late January, all are well.

Our February meeting was cancelled due to the bushfires and our next meeting will be on Monday 17<sup>th</sup> March at 8.00pm in the annex at The Mechanics Hall.

Thank you to the CFA, Rural Fire Service of NSW, Police, Ambulance service and all volunteers for their efforts during the fires and afterwards.

Remember that Landcare may be able to help with plants for revegetation and working bees. Any enquiries please contact our secretary via email.

ken.allender@bigpond.com

Some helpful information that hopefully you have.

Subject: information on fires and recovery. Information current

Some useful links for those affected by fires in the Macedon Ranges and beyond, and contact details on how to donate fodder and volunteer.

#### https://www.facebook.com/

MacedonRangesEmergencyAlerts For non-Facebook users, a lot of useful information seems to be coming through the Macedon Ranges Emergency Alerts Facebook page. See below

More good news, this time for horse and livestock owners - the

Department of Primary Industries in conjunction with rescue and adoption agency, Heavy Horse Heaven, have set up a livestock fodder bank.

This bank will collect donations of stock feed and coordinate feed drops across the shire. To register to be included on a feed drop, or to donate fodder, contact Bec Tedder on 0428 280 597. Heavy Horse Heaven will also be coordinating a livestock lost and found and evacuation service. To report lost or found livestock, or if you have stock that need to be evacuated for health, fencing or other reasons, contact Bec Tedder on 0428 280 597.

If you've been impacted by the fires and just received your Council rates notice, you can apply for your rates payments to be deferred. If your property has been damaged, your rates may also be reduce due to devaluation of your property - Council will review your property to see if it needs to be revalued. To apply, download the form via the link below or collect one from a Council service centre in Gisborne, Kyneton, Romsey or Woodend, or from a Recovery Centre (Riddells Creek Neighbourhood House or the Gisborne Senior Citizens Centre).

#### **Tourism Macedon Ranges**

TMR plans to promote the Region on a regular basis via local press. These articles, stories and events will inspire locals and visitors to enjoy the area. Tourism is not just for the people who travel to the Macedon Ranges, it is for the residents of the Macedon Ranges to enjoy and share the many aspects of the region .



MIDDING THE GAP IN HEALTHCAVE

Our local business offers personalised private mobile healthcare support to assist our clients in maintaining their independence in their own home and community.

Call our qualified managers today to discuss how we can enhance your lifestyle and independence, including health and domestic coordination.

Please refer to our website for a full description of services offered by our experienced team.

- assistance to or from medical or allied health appointments, on time and in comfort.
- Social Support

   assistance to attend shopping, social outings, lunch, movies etc.
- Patient Advocacy

   attendance at medical appointments to translate jargon, take notes for family, assist with scripts, pathology and radiology.
- Personal Nursing and Home Care
   in your own comfortable surroundings.

procaresupport.com.au 1300 783 765

### Getting Back On Track

Hello all, yes I am back, I have not had any articles in the rag lately as life had just gotten in the way. And the scary thing is I allowed it to happen. Mmm. interesting! As it was the second week of January 2014 I thought I needed to find somewhere to have a coffee and get my life back on track. The first of two amazing things happened. While wandering around while I was waiting for my coffee this book jumped out at me: 'A Simple Act of Gratitude and How it Changed My Life.' I think sometimes we can get so bogged down surviving the challenges that life throws up at us, the negative really starts to creep back into our lives. We really do forget to say thank you by looking for the positives in our lives and make it a habit. The book was just about this. The author was at a really low point in his life and after a discussion with a friend he made a promise to himself to send a thank you note to someone every day for 12 months and as he did this, miracles started to occur and his life started to change. (Or where they already there and he had not noticed them before?)

The second amazing thing was that I saw a film on YouTube: "When I Grow Up I Want To be Happy" - a young teenage boy presenting a talk about what was important in his life. What a different way to look at our journey through life when our priority is to be happy, it definitely changes our focus on how we approach everything we do.

The tools can be so simple, but it's not always easy to achieve, the key is never to give up because we all deserve to be happy and live the life we deserve.

So I leave you with these thoughts, What is your priority for today? At this moment where are you standing in positivity or negativity? Where is your energy? How is it effecting you today?

Signing off for now. Gillian from Life Circle Solutions.

#### **Hesket Primary School celebrates** the start of the new school year.

Hesket students, families and staff were welcomed back to the 2014 school year with a delicious breakfast. Bacon and eggs sizzled on the BBQ as everyone took the opportunity to have a friendly get together. Students have settled into their school classes and are working well. The school community is looking forward to their annual star gazing night on the 6<sup>th</sup> March. The night will be run by the Bendigo Astronomical Society and has proved to be very popular in the past. It again gives families a social and educational opportunity to come together at the school. If you are looking for a small school giving individualized opportunities for your child, don't hesitate to phone the school on 54 270 330 for enrolment details.

#### Romsey Medical



#### **Romsey Medical Centre**

99 Main Street Romsey Vic 3434 ) (03) 5429 5254 3(03) 5429 6147 8doctors@romseymedical.com.au www.romseymedical.com.au

#### **Lancefield Medical Centre**

20 Chauncey Street Lancefield Vic 3435 ) (03) 5429 5254 3(03) 5429 6147 8doctors@romseymedical.com.au www.romseymedical.com.au

21

#### Flu Vaccinations Now available at Romsey Medical and Lancefield Medical

The 2014 Influenza vaccine is now available. The vaccine does not contain any live viruses and therefore cannot cause the illness. It is important to have an influenza vaccine each year because the virus changes from year to year and immunity last only one year.

FREE vaccination is available for:

- > Everyone 65 years of age and over
- Any adult with a chronic medical condition

If you are not eligible for a free vaccine, there is a fee of \$21.00 payable on the day of vaccination. The administration of the vaccine is bulk billed.

Throughout March and April we provide clinics at the Romsey Medical Centre and Lancefield Medical Centre for the administration of flu vaccination and we invite you to call us on  $\Phi$  5429 5254 to book your appointment.

#### Telehealth Consultations Available

Telehealth consultations from the medical centres with your Melbourne based specialist is now an option, this saves patients having to travel long distances for review appointments. Speak to your doctor to check if this service is available to you.

#### **Quick Clinic Appointments**

Bulk billed quick clinic appointments are available every weekday at both centres, for urgent/lost repeat prescriptions, re-referrals and some vaccinations.

#### On the spot Medicare Claiming

On the spot Medicare claiming is available at both practices for your convenience.



#### **ROMSEY / LANCEFIELD SENIOR CITIZENS** Meet each Monday.

Come and enjoy lunch, a game of cards, indoor bowls or just a chat with a very friendly group of people. Bus trips arranged each month.

For details, please ring Rae Hooke on 54291602.

# SPLIT RED GUM FIREWOOD

# PRICES FOR ROMSEY LANCEFIELD AREA

1/2 tonne \$160\* 1 tonne \$300\* 2 tonne 590\*

Local Wood 1/2 tonne \$120\*, 1 tonne \$210\* \*Prices include Delivery

> PHONE MANNY 0418-570-249

Email woodbloke@bigpond.com

#### Sports Focus "Administrator of the Year" Award 2014 Finalists Announced

The Sports Focus 'Administrator of the Year' award recognises the achievements and contribution made by volunteer administrators to the sport and active recreation sector. The award represents the Local Government Authorities that are serviced by Sports Focus. The award was established in 1989 and in that time has celebrated the essential role that sport and active recreation plays in the fabric of our local communities - all of which is supported by many hours of active volunteerism. From amongst a very strong field of nominations, this year's award sees six finalists, one from each of the represented Shires vying for the title of 'Administrator of the Year'. The recipient of the 'Administrator of the Year' award will be announced at the Sports Star of the Year Awards night on Friday 28 February 2014 at the All Seasons in Bendigo.

The finalist representing the Macedon Ranges Shire is **Leonie** Lang for her valuable contributions to the Gisborne Pony Club & Central Zone of Pony Clubs.

Leonie has been an active member of the Gisborne Pony Club for over 30 years and started her involvement with the club as an adult supporter when her daughter joined as a rider. In 1986 she was elected on the committee and took on the role of President soon after that. Upon completing her committee involvement, Leonie then became the club's District Commissioner, which involves engaging with the instructors, placing the riders in ability groups, supervising the curriculum and planning the timetable.

Leonie was appointed to take on the role as Central Zone Representative to the Pony Clubs of Victoria in 2007, which sees Leonie look after 23 member pony clubs throughout the Macedon Ranges Shire region. This role has an extensive list of duties to ensure each club is assisted with the events they hold and the day to day running of their clubs. This takes up a great deal of her time, but she has still been able to maintain her connections and commitment to the Gisborne Pony Club.

Leonie's children have now grown up, however Leonie continued to support and give to the club and last year was excited when her first grandchild joined the club. Leonie has been described as an inspiration to the pony club community in the Macedon Ranges region for her tireless work, commitment and dedication to the sport of equestrian.

The other Finalists are:

Colleen Rogers -Loddon Valley Football Netball League

(Loddon Shire)

Mark Schumann - Kyabram Lawn Tennis Club (Campaspe

Brent Yates - Strathfieldsaye Cricket Club (City of Greater Ben-

Chris Jolme - Castlemaine Rifle Club (Mount Alexander Shire) Stacey Hartwell - Royal Park Football Netball Club (Central Goldfields Shire)

Other nominees representing the Macedon Ranges Shire were: Sandra Witmitz - for her contributions to Riddells Creek Junior Mixed basketball Association.

Corrina Dean - for her contributions to Macedon Ranges Run-

Peter Ormesher - for his contributions to Romsey Football Net-

# Landfill levy relief for bushfire affected com-

Areas in regional Victoria recently affected by bushfires will be temporarily exempt from paying landfill levies. Minister for Environment and Climate Change Ryan Smith said the move would help Victorian families, businesses and authorities in bushfire affected communities amid clean-up efforts.

"The Victorian Coalition Government recognises this is a time of enormous challenge and hardship for the affected regions," Mr Smith said. "This move is designed to support communities as they work to overcome difficulty and repair damage caused by the bushfires."

The landfill levy exemption will apply to Latrobe City Council, East Gippsland Shire, Wellington Shire, City of Greater Sheppar ton, Moira Shire Council, City of Whittlesea, Hume City Council, Macedon Ranges Shire, Murrindindi Shire and Mitchell Shire. "Local governments that border the worst hit areas and with landfills in close proximity have also been given an exemption to minimise the workload on locals," Mr Smith said. "The duration of the exemption and precise areas to which it will be applied will be reviewed to ensure communities in genuine need are not ignored."

The exemption is limited to fire waste and applies to the 'levy' component of the gate price.

For regional Victoria, this levy is currently \$26.60 per tonne for municipal waste and \$46.60 per tonne for industrial waste. For further information call the EPA on 1300 372 842.

### SAVE Your MEMORIES To DVD



free pick up Prints and Slides VHS, BETA, and delivery All Camcorder tapes 8mm, 16mm movie

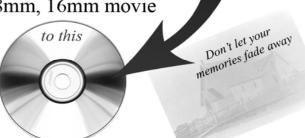


PHOTO RESTORATION also available

Call Rob Gateley on 0401 831 715 Email r.gateley@bigpond.com

 $p_{cs}$  Have you heard about 2 Dogs Walking?

#### DOG WALKING

All dogs benefit from regular walks

The stimulating sights, smells and sounds of the outdoors After a walk/play and a drink, your dog will be relaxed and content until you get home.

#### PET SITTING

In the comfort and security of their own home. Two Dogs Walking will come to your home and attend to your pet's needs - walking, feeding, cleaning up, administering medication or just providing company.

#### BOUTIQUE HOME ENVIRONMENT

Going away? Not sure about kennels? Let the fur kids come holiday with us. All their needs can be catered for.

Call Meg or Rob Gateley on 5429 5561 or 0401831715

Celebrating 40 years in the Photo Industry E: twodogswalking@bigpond.com



### IS OPEN!!!!

TERM 1 2014 (School Term)

TUESDAY 9.30am-11.30am WEDNESDAY 9.30am-11.30am 9.30am-11.30am THURSDAY SATURDAY 9.30am-11.30am

#### Pop into Playgroup and join in the Fun.

Liz on Tuesdays, Leighann on Wednesdays and Kaye on Thursdays are available during these sessions and they will answer any of your questions.

**New Families interested in Playgroup** the first 2 sessions are FREE!!!

Contact Leighann on 0405 507 805 or email romseyplaygroup@gmail.com for enquiries...

#### STRESS LESS!!!!

One of the biggest issues in our society is stress related illnesses .Sometimes we are so stressed that our behaviour has become a habit. We don't even know how stressed we are! It is all related to how we travel on our journey through life and what strategies we use to cope with what life throws at us.

At this point I would like to offer some sessions on STRESS LESS related strategies to cope better with what life throws at you. "Change your thoughts change your life." Breathing techniques. Learn how to meditate, experience guided meditation and much more.

Classes will be offered to expressions of interest.

Please don't hesitate to contact me if you are interested. Phone Gillian on 5429 548 M: 0409 80 1082





### Romsey Uniting Church

25 Pohlman Street, Romsey. 3434

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:**

Romsey and Lancefield Uniting Churches are back to their normal worship times – 9am Romsey and 10.30am Lancefield. Unfortunately Rev. Max Woolcock is unable to continue as our Supply Minister so at this time we are relying on Lay Preachers and the Romsey/Lancefield Worship Team to conduct our Sunday Services.

#### **WORLD DAY OF PRAYER:**

On Friday, 7<sup>th</sup> March, 2014, the RomseyUniting Church will be hosting the "*World Day of Prayer*". This year's service is prepared by the World Day of Prayer Committee in Egypt.

Theme: Streams in the Desert".

World Day of Prayer is a worldwide movement Christian women of all traditions who come together to observe a common day of prayer on the first Friday of March each year to which all people are welcome.

More than three million people in over 170 countries join in a service, prepared by the World Day of Prayer Committee of a different country yearly, to celebrate both our unity in Christ and our diversity in culture.

The Symbol for the World Day of Prayer was developed by the women of Ireland and adopted as the international logo in1982. Its design is made up of arrows converging from the four points of the compass, persons kneeling in prayer, the Celtic cross, and the circle representing the world and our unity through all our diversity.

#### Jeremiah 18: 3-4 (New International Bible)

So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him.

Sitting on the table in front of me is a present – a beautifully engraved silver bowl. A lovely gift. Some time ago I was in India, visiting a hospital where I'd been invited to share in the opening of a new ward.

The ceremony's similar all over the world – a white ribbon stretched across the main entrance, the medical staff and all the patients who can walk standing on either side with local dignitaries.

A few speeches later I was handed the scissors to cut the ribbon. I tried, but unfortunately the scissors wouldn't cut. I tried again. The ribbon just got caught between the blades. I say blades. That was the trouble. The scissors were real silver, made especially by the local silversmith in the bazaar but they were too blunt to cut.

Then smiles of embarrassment gave way to relief as a resourceful nurse passed over a pair of surgical scissors, stainless steel and sharp. They worked. We all laughed and forgot about it.

Weeks later, when I was back home, a parcel arrived. Inside was the silver bowl with a letter. They'd taken the original scissors back to the silversmith and he'd reused the silver to make the bowl.

The scissors, blunt and not very useful, were given a second chance, and something beautiful had come out of it. It's always good to give people a second chance when things don't work out quite right. After all, we all need one.

Lord, help me to see the best in everyone I meet today. And thank you that you do the same for me.

By Eddie Askew (deceased) (Used by permission - Leprosy Mission International.)

	Services during March 2014		
2 <sup>nd</sup>	9am	Worship Service conducted by the Worship Team	
9 <sup>th</sup>	9am.	Worship & Holy Communion Service conducted by Visiting Preacher	
16 <sup>th</sup>	9am	Worship Service conducted by Visiting preacher	
23 <sup>rd</sup>	9am	Worship Service conduced by Visiting Preacher	
30 <sup>th</sup>	10.30am	5 <sup>th</sup> Sunday Combined Service at Lancefield Uniting Church.	

#### Other activities during March

5 <sup>th</sup>	7.30pm Pastoral Care Committee	
7 <sup>th</sup>	11am. World Day of Prayer followed by lunch	
11 <sup>th</sup>	7.30pm. Worship Team at Romsey	
12 <sup>th</sup>	1.30pm UCAF	



### Thank You

The Lancefield/Macedon Ranges
Relay For Life Committee wishes to
thank the wonderful people who
supported this year's Relay For Life.
This major annual fundraiser for
Cancer Council Victoria takes a lot

of work from a wide range of people: those who walk; those who donate; those who volunteer; those who sponsor; those who provide a venue; those who cook and provide the food; those who set up and pack up. Without these people the Relay could not be held.

More than 300 participants walked, and in some cases ran, around the Lancefield Park oval. The courage of more than 20 survivors and 40 carers was also celebrated

It is not too late to donate to this year's Relay. You can donate on line until the end of March at www.relayforlife.org.au to either a team or the event itself, by following the Lancefield/Macedon Ranges link.



### Romsey Mechanics Institute

PO Box 230 Romsey 3434, Victoria Mob; 0458 702 106 ABN; 99 340 024 758

#### rmibookings@gmail.com secretaryrmi@gmail.com

There was plenty going on at the RMI over the Christmas/New Year break. The works on the roof and spouting were completed and leaks that had plagued the hall, the kitchen and the supper room are now sealed.

We were also able to lay a new floor in the supper room and alter the large bi-fold door so that they are far easier to open and close and to lock in place. Our thanks to Doug Sargant for his excellent work on the big, old doors.

Over the next month or so we will use the money from our Bendigo Bank grant to begin removing many of the hall's external doors and replacing them with attractive, solid and weather-proofed wooden doors.

The CoM is also very pleased with the steady increase in bookings. We have a number of weddings and birthday parties coming up over the next few months and all of our regular users have indicated that they wish to continue using the Institute and its facilities. The community of Romsey and surrounding districts is fortunate to have a wonderful hall and if we are able to steadily carry out maintenance and improvements it will still be holding functions in 100 years time.

The CoM strongly believes that we are here to serve the needs of the communities of Romsey and surrounding districts, so if you have a function coming up please consider the RMI.

Bookings and inquiries can be made at; 0458 726 106.



# The Lancefield & District Pony Club

is pleased to advise that vacancies are currently available for membership.

Membership is offered for:

Cub Members – 5-7 years Junior Club Members 7-17 years Associate Club Members 18-25

Rallies are held on the 1<sup>st</sup> Sunday of each month except for January. The Rallies consist of five lessons commencing at 9.00am.

If you are new to Pony Club you might like to participate in a trial day.

Our Club offers a "Come a Try Day" at a fee of \$30.00 for the day which covers PCAV insurance and instructors for the day.

For further details please contact the Membership Officer Sally Alford on 0437 916 432 Or email sally-annealford@bigpond.com

#### How to Pass a Cyclist Safely

The Pass with Care campaign organized by Bike Safe Macedon Ranges is now up on billboards at 20 locations throughout the Macedon Ranges. Some motorists expect that cyclists should ride on the extreme left of the road close to the gutter or right on the white line or shoulder. There can be many good reasons why this is not always practical or safe. There may be poor edges, overgrown vegetation, glass and potholes in this zone which cause hazards to cyclists and you may find the cyclist in the main lane. In some circumstances it is safer for a cyclist to take up the whole lane.

Before overtaking a cyclist please wait a few seconds, until oncoming traffic has passed. If there are no double lines and when safe, move into the next lane and pass as if passing another vehicle. Cyclists ride at around 20 to 30kph so allow plenty of room when pulling in. If you drive too close, your vehicle causes a draft and can cause cyclists to crash. The delay involved in a traffic crash is far longer than the few seconds it takes to wait until it is safe to overtake.

We all want to get home to our families safely.



# **OPEN 7 DAYS**

Mon - Fri 7.30am - 5pm

Sat 7.30am - 4pm

Sun 9.00am - 3pm

# For All Your Garden, Hardware & Building Supplies

- ✓ Soils, Mulches & Compost ✓ Pebbles & Toppings
- ✓ Screenings & Sands ✓ Cements & Concrete Mixers
  - ✓ Reinforcing Mesh
    ✓ Oxides & Sealers
  - ✓ Sleepers, Treated Pine & Redgum (new & used)
- ✓ Treated Pine Timber ✓ Timber ✓ Decking
- ✓ Concrete Products ✓ Trellis ✓ Swap & Go Gas Bottles ✓ Stormwater, Aggie Pipes & Fittings....and much more!
  - ✓ Discounted Quarry Products (Bulk Loads)
- ✓ Wide Range Of Bolts & Screws ✓ Redgum Firewood

PH: 5428 6402

24 Sutherlands Road, Riddells Creek



business.

# Macedon Ranges COMMUNITY NEWSLETTERS Febuary

#### Telecommunication black spot register

Council has developed a register for internet and mobile service black spots in the Macedon Ranges to support its advocacy campaign for improved telecommunications across the Shire. The register enables local businesses and residents to record exact locations where internet or mobile services are weak or unavailable as well as provide details on the effect it has on their day to day

Data collected from the register will be presented to telecommunication providers and State and Federal Government representatives to highlight the need for better mobile and high-speed internet services in the Macedon Ranges.

To register a black spot, visit mrsc.vic.gov.au/blackspotregister or pick up a form from Council Service Centres, and enter the location details requested by 1 June 2014.

For more information, contact Gaynor on 5421 9615 or email gat-kin@mrsc.vic.gov.au

#### **Celebrating Healthy Active Lifestyles**

The Healthy and Active People Initiative is drawing to a close in April and everyone is invited to join us for a healthy lunch, cooking activities and giveaways on Tuesday 8 April to celebrate the achievements and success of the Initiative.

Over the past two years the program has coordinated 73 programs and activities which have helped residents to tackle weight-related health issues and disease by increasing participation in physical activity and promoting healthy eating.

The celebrations will kick off at 12 noon at the Kyneton Mechanics Institute, Mollison Street. Everyone is welcome. RSVP by Friday 4 April via 5422 0206 or healthycommunities@mrsc.vic.gov.au

#### **Community survey prize winners**

Thank you to everyone who completed our community survey and provided feedback about the programs and activities of the Healthy Active People initiative.

We received over 500 responses and seven lucky winners were randomly selected to receive some great prizes, such as gym and swim passes and Coles Myer gift cards. The winners were:

Barry Napthine ,Ruth Mary Love ,Daniele Magid,Helen Radnedge , Mary Woodman ,Jane Dwyer Rachelle Ewers

#### Be active get walking

As part of the Initiative, maps showing easy walking routes in Kyneton, Gisborne and Woodend have been created and are now available at mrsc.vic.gov.au/healthyactive or at Council service centres in Gisborne, Kyneton, Romsey and Woodend.

The Healthy and Active People Initiative is funded by the Australia

The Healthy and Active People Initiative is funded by the Australian Government.

#### Community Funding Scheme applications open

The 2014/15 Community Funding Scheme will be opening on 1 March 2014 and will close 5pm on 2 May 2014.Last year, \$164,000 was shared across many inspiring projects and activities around the community; from a sculptural pig project in Newham to the shire -wide Macedon Ranges Community Exchange.

The annual funding scheme provides grants in the areas of recreation, arts, facilities, youth, festivals and events. Copies of the guidelines and application form will be available to download from mrsc.vic.gov.au/community-funding-scheme from 1 March 2014. To be eligible for a Community Funding Scheme grant you must discuss your project with a Council officer before submitting your application.

#### **Grant writing information sessions**

As part of the Community Funding Scheme, free grant writing information sessions will be held during March and April. Check Council's website to confirm dates and venues.

The sessions will be informal and friendly, and designed to help community organisations feel equipped to seek and write grants. For further information, contact Kate Strahan or Trudy Campbell on 5422 0333.

#### **Cultural Diversity Week**

Macedon Ranges Shire Council and the Macedon Ranges Friends of East Timor have partnered to present a series of exhibitions and

activities during Cultural Diversity Week (17–23 March) that celebrate the heritage and memories of the diverse Timor-Leste culture. **Exhibitions—free entry** 

Two exhibitions will be held between Monday 17 March and Friday 21 March from 10am–3pm and Thursday evening from 6pm–9pm: Kitchen Talks at the Kyneton Town Hall

A photo exhibition showcasing the Timor-Leste culture through food and stories collected in the kitchen. Meet the photographer Jorge de Araujo at the opening on Monday 17 March at 5.30pm, where delicious Timorese finger food will be served.

#### Creating Timor-Leste at the Woodend Library

A photo exhibition about life in East Timor by Jorge de Araujo, open during library hours.

Cultural Film NightThursday 20 March 6pm–9pm, Kyneton Town Hall.Come to a screening of the acclaimed documentary "Alias Ruby Blade", a film which chronicles the tumultuous birth of a new nation in East Timor through a never-before-seen perspective. \$5 donation at the door. Also includes viewing of the Kitchen Talks exhibition.Festive dinner

A celebration of Timor-Leste dance, food and culture will be held on Saturday 22 March, 6.30pm at the Kyneton Town Hall.This is a family event and the opportunity to immerse yourself in the culture. Enjoy a traditional buffet style feast and entertainment by Mystic Trio and Tebe Dancers.

Book now. Adults \$25, children \$20. Tickets are limited so bookings are essential.

Phone: 1300 88 88 02 or buy online via mrsc.vic.gov.au/arts/buytickets

#### Kyneton and Gisborne gear up for 2014 aquathon events

Tie up those laces and slip on your Speedos, the 2014 Kyneton Aquathon is almost upon us.

The two-stage swimming and running race will be held at the Kyneton Toyota Sports and Aquatic Centre on Sunday 16 March. Sport and fitness enthusiasts of all ages and abilities are encouraged to participate in either a mini, short or long course option. 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.

Kyneton Aquathon committee is excited to announce Campaspe Family Practice as a major sponsor. Other major sponsors include Kleenheat Gas, Kyneton RSL, Kyneton Bowling Club, Central-Victorian Drug Free Powerlifting Association and Watt's Fresh. Spot prizes will be awarded on the day.

To enter, download an application form from Council's website <a href="mrsc.vic.gov.au">mrsc.vic.gov.au</a>. For more information about training and participation, contact Karyn Aumont at the Kyneton Toyota Sports & Aquatic Centre on 5421 1477.

# Supporting young people who have experienced sexual abuse

Macedon Ranges Shire Council and Cobaw Community Health have partnered to offer free training for health professionals, teachers and carers who support children and young people who have experienced sexual abuse.

Topics to be covered over three sessions include:

Understanding complex trauma and trauma informed practice Trauma informed approach to understanding grief and loss Understanding and working with trauma based behaviour.

The training program is being delivered by the Lighthouse Foundation in response to the Royal Commission into child sexual abuse. The Lighthouse Foundation is a leading centre of knowledge that specialises in the therapeutic care of young people who have suffered trauma that has consequently negatively influenced their

The training sessions will be held on Wednesday evenings on 12, 19 and 26 March at the Cobaw Community Health Centre, 47 Forest Street, Woodend. There is a limit of 20 people per session. To register your interest, contact Sharlene Farrugia on 5422 0264 or email sfarrugia@mrsc.vic.gov.au



Encourage Church - Romsey & Woodend Office: 7 Mitchell Court Romsey Ph (03) 5429 6327

Email: <a href="mailto:encouragechurch@iprimus.com.au">encouragechurch@iprimus.com.au</a>
Web: www.encouragechurch.com.au

#### The Boy Who Lost His Boat

Tom carried his new boat to the edge of the river. He carefully placed it in the water and slowly let out the string. How smoothly the boat sailed! Tom sat in the warm sunshine, admiring the little boat that he had built. Suddenly a strong current caught the boat. Tom tried to pull it back to shore, but the string broke. The little boat raced downstream

Tom ran along the sandy shore as fast as he could. But his little boat soon slipped out of sight. All afternoon he searched for the boat. Finally, when it was too dark to look any longer, Tom sadly went home. A few days later, on the way home from school, Tom spotted a boat just like his in a store window. When he got closer, he could see --sure enough -- it was his!

Tom hurried to the store manager: "Sir, that's my boat in your window! I made it!"

"Sorry, son, but someone else brought it in this morning. If you want it, you'll have to buy it for one dollar."

Tom ran home and counted all his money. Exactly one dollar! When he reached the store, he rushed to the counter. "Here's the money for my boat." As he left the store, Tom hugged his boat and said, "Now you're twice mine. First, I made you and now I bought you."

If you ever think that you are not valued, just remember how much God Values you. He loves you and thinks you're His. Twice His. First you're His because He made you. And second you're His because He paid for you again on the cross when Jesus Christ took your place and paid for all of your past, present and future sins.

If you would like to know more about faith in Jesus please contact Pastor Marilyn or our Church office Ph 54296327.

We would be happy to help you find true peace and joy in life.

### **Encourage Church**

"Encouraging one another to be ALL that we can be in life and in God".

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

- 10am at 7 Mitchell Court Romsey
- 6pm at Woodend Community Centre or one of our fortnightly Life Groups.
   We also offer Before & After School care;

Fortnightly Youth events and weekly Children's programs.

Pastor Marilyn Hunter - "ENCOURAGE CHURCH"

### Welding & Fabrication

- Trailers
- Excavators & Attachments
- Horse Floats
- Farm gates, Wrought iron gates and fencing
- Commercial / domestic
- Welding Inspection & Testing to AS3678

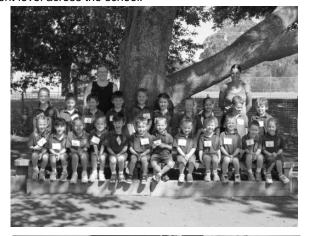
Ring Omar for a quote on 0428 156 487

#### St Mary's Primary School Romsey/Lancefield

Do all you can with the means at your disposal and calmly leave the rest to God." (Mary MacKillop, 1891)



Welcome to a new and exciting year of learning, growth and the building of relationships. The Grade Preps have settled in very well along with other new students in different level across the school.





New Staff

Welcome to Mrs Jo Shannon who will work in 3/4 Gold and Mrs Takako Marito-Falk who will teach Japanese. Opening School Mass/BBQ

On Wednesday Feb 19<sup>th</sup> we had our Beginning of School Year Mass at 6:30 pm followed by a BBQ. At this Mass the Yr 6 leaders and SRC student received their badges. The new families received a prayer candle to use at home. School Board Members.

The functions of the school board are to promote catholic education by:

- Supporting the Principal and staff in the formation of school policies.
- Make recommendations for the future planning.
- Developing school community relationships.
- Assisting with the welcoming and integration of new families.

Please email a board member if you have feedback or an issue. **Fr Arnold** lancefield@cam.org.au

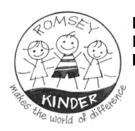
Tony Falls Rosalie Baldwin Joanne Castles Alison Gamble Sophie Banon

Natalie Cleve

Tony Falls fallst@smlancefield.catholic.edu.au Rosalie Baldwin <a href="mailto:rbaldwin@smlancefield.catholic.edu.au">rbaldwin@smlancefield.catholic.edu.au</a>

Joanne Castles joannecastles@hotmail.com Alison Gamble alison@cusack.com.au

humvee.excavations@bigpond.com natcleve@megalink.com.au



Romsey Kindergarten News

# Book club – orders back March 14<sup>th</sup> Upcoming – Hot Cross Buns—closing on March 27th; Open day

Welcome to all families to Romsey Kindergarten for 2014. We have some great fundraising activities and events planned this year. All the wonderful support from our families has helped us to further enhance the resources and equipment at the Kinder and we look forward to your support again this year. Committee We on committee are always looking for new members to assist with various roles and fundraisers and join in with everything that goes on at kinder. Committee meetings are on the last Tuesday of every month. Contact Beth 0413726768(President) if you are interested.

Be Sun smart During the Summer Terms (1 and 4) the Kinder's sun smart policy is in effect. Children need to have hats (compulsory for uniforms), closed toe shoes (for safety) and all must have sunscreen applied before coming to kinder. Please ensure your child is sun smart.

<u>Pavers and Maintenance</u> As many of you have seen the gardens have had a spruce up and there is a line of pavers

along the walkway from kinder classes a couple of years ago. We are looking at getting some more pavers for the other side this year. Thanks to George for all the good work!

Fire Policy The Kinder is open on total Fire Ban days; however the kinder is CLOSED on Code Red Catastrophic days. There's a sign near the kinder denoting the fire danger severity and any warnings can be seen on the CFA fire app and website. Check policies in your kinder handbook. Or chat to your teachers if there are any other concerns.

Kinder Facebook Group Romsey Kindergarten has a group on Facebook. It is a closed group designed for parents of the kinder to keep you updated on events, fundraising and also share information. If you are not already a member already please join our group. Open Day We will be holding our annual Kinder Open Day on Sunday May 18<sup>th</sup> this year. If any parents have a small craft type business and would be interested in holding at stall at the open day please contact Beth or Jo from the Committee for further information. Contacts Jacaranda Room – Kym, Kim and Catherine(03) 54295294 Acacia Room - Liz and Kay (Tanya assisting) (03)54296076 Welcome back to all our students for 2014. The kinder hopes all of our 4 year old students from 2013 are transitioning well at their new schools and we welcome all our new parents enrolling at Romsey Kindergarten for the first time in 2014

Enrolments for next year for 3 and 4 year old classes are now open. please get in early as there are waiting lists for some of this years classes. Enrolment forms are in the kinder foyer or check the Macedon Ranges Shire website. I would like to thank all of our sponsors for 2013, without whom we would not have such a well resourced kindergarten. Some were for our excellent open day and some were for our wonderful trivia night. Our Open Day sponsors were thanked last year but our trivia night sponsors were unfortunately missed, Our apologies that time got away from us last year.

We will be looking for sponsorship in 2014 and we will be contacting businesses in the coming weeks. Thank you in advance to all that support us. Our kinder would be nothing without the generous sponsorship that you give

Trivia Night sponsors
Ruby Blu, Sapphire Hair, Connally's
Real Estate, Romsey Post Office, Soltan Pepper, Sicilian Vespers, Romsey
Fruit Shed, Main Street fish and chips,
Romsey Chemist, Big \$ caravan parks,
Bunnings, IGA, The Mower Place,
Romsey Beauty Spot, Anthea Goodwin, Cal and Chris Candles, Relax into
wellness, Thermos, Scholastic, Hannah
Sutton Remedial Massage, Elencia
computing and design, Tupperware,
Lolly Potz, Body Workz,
May 2014 be a brilliant year for our

kinder

Beth Heim

#### **Don't Treat Us Like Mushrooms**

For some, the word fungi inspires a feast of tasty fresh-picked field mushrooms. To others, they have sinister associations with witches, gruesome poisoning deaths and hallucinogenic happenings.

Indeed fungi have suffered bad press in Australia relative to Europe where they are deeply embedded in cultural traditions.

But beyond the kitchen and the mythology, fungi are also the connective fibre of our world. While we often only think about fungi when we see their reproductive structures or mushrooms push through the soil, it is the underground network of fungal fibres known as mycelia that underpin soil and plant health.



Every eucalypt in our landscape relies on underground fungal partners that help maximise water and nutrient uptake. These clandestine fungal partners also protect tree roots from soil pathogens. Eucalypts often form these beneficial relationships with multiple fungal species. It is these relationships that enable the maximum growth and health of the great majority of trees and other plants. Looking after trees therefore means looking after their fungal partners as well. Leaf litter, woody debris and understorey plants are often regarded only as 'fuel'. While recognising that such organic matter can be highly flammable, it is also leaf litter that helps retain moisture in soils, increasing their resistance to the impacts of fire. It is also leaf litter that supports a multitude of fungi that in turn support trees making them more resilient to drought and land use impacts.

Many fungi secrete enzymes that break down leaf litter thereby providing essential nutrients for all biodiversity. Retaining litter around old trees could provide a very simple way to maximise soil moisture and maintain nutrient supply. Minimising impacts that potentially damage tree-fungal relationships would allow fungi to do their job in supporting tree health. Hundreds, possibly thousands of species of fungi exist in central Victoria's woodlands and farmlands. Most of these are yet to be formally named.

The Woodend and Trentham Neighbourhood Houses will be holding workshops this autumn to help participants correctly identify fungi and also learn about their important roles in ecosystems.

For further information and bookings visit www.woodendnh.org.au or www.trenthamnc.org.au

# ROMSEY CWA

In McDonalds the old man placed an order for one hamburger, small French fries and a drink.

He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles and he neatly placed one pile in front of his wife.

He took a sip of the drink then his wife took a sip and set the cup down between them. As the man began to eat, the people around them were looking over and whispering. Obviously they were thinking that the poor old couple could only afford one meal for the two of them

As the man began to eat his fries a young man came to the table and offered to buy another meal for the couple. The old man said "We are just fine – we are used to sharing everything". People also noticed the little old lady hadn't eaten a bit. She just sat there and watched her husband eat and she occasionally took a sip of the drink.

Again the young man came over and begged them to let him buy them another meal. This time the little old lady said, "No, thank you, we are used to sharing everything".

Finally, as the old man finished his meal and was wiping his face with the napkin, the young man again came to the little old lady who still had not eaten a single bit of food, he asked, "Sharing is lovely, but what are you are waiting for?"

She answered "The teeth".

Romsey CWA members met for the first time in 2014 in early February followed by lunch at Soltan Pepper.

Up coming events include a Group Conference in Sunbury, an Association Day with Kyneton Branch, Group Craft exhibition in Gisborne in early May and State Conference late May, this year held in Geelong.

This Branch meets at the Mechanics Institute on the 1<sup>st</sup> Thursday of each month at 10 am, with craft days held on the 3<sup>rd</sup> Thursday.

Val Jordan, Secretary, telephone 5429 2311.



FAMILY DENTAL CARE

03 5429 3322

# NOW OPEN

Affordable Family Dentistry
Cosmetic Dentistry
Root Canal Treatment
Mouthguards
Dentures
Tooth Whitening

# Veterans Affairs Teen Dental Vouchers

WITH NO OUT OF POCKET EXPENSES

www.romseydental.com.au
99 Main Street, Romsey
at the Romsey Medical Centre

#### Clothing Alterations (General)



Alterations
Repairs
Zips
Buttons
Hems

BY APPOINTMENT ONLY
Phone Catherine on 0439 977 909
Email catherine\_harder@hotmail.com

#### O PIG!

YIPPEE! The pigs are here. Little Chin Chin is beside himself with delight. From his position on the stone wall outside the Newham General Store he has been watching the pigs arrive and from Friday 28<sup>th</sup> February to Friday 21<sup>st</sup> March, the 10 life sized pigs of the Newham Mechanics Institute Sculptural Pig Project, decorated by renowned local artists, community groups and talented residents are grazing in various sites around Newham waiting to be admired. Maps detailing the location of each of the pigs and providing information on the artists are available from the Newham General Store, Information Centres and local cafes.

In the lead up to the big festival day, have you seen the seven pig postcards on show in various local cafes/businesses? They are little brain teasers for you to guess the name of each artist and if you bring all seven cards with the correct artist's name on each to the festival, there will be a reward for your cleverness. Festival Day is Saturday 22<sup>nd</sup> March at the Newham Mechanics Institute, Newham Primary School and Wesley Park. The fabu-

lous Art Exhibition will be officially opened at 10.00am and the Parade of the Pigs will take place at 11.00am. There will be stalls, food to eat, wine and a great Swing Big Band to entertain. Lots of fun for children at the Primary School with Peppa Pig and other farm animals. Come along for a great time fund raising for Very Special Kids.

Submitted by Sue Massie on behalf of the steering committee.

Up coming Events

March 22<sup>nd</sup> Newham O Pig Festival and Art Exhibition March 23<sup>rd</sup> Art Exhibition Newham Mechanics Institute



# Romsey Neighbourhood House Inc.

Check Out Marvellous March And get involved!



96-100 Main St, Romsey, Vic, 3434. Phone/fax: 54296724 Email:romseyhouse@bigpond.com

Office hours: Monday, Wednesday and Friday 10am to 1pm

It has been a hot start to the year and I hope you and you families have remained fire ready and safe. Please remember that the Romsey Library in an official" Hot Day Out "centre if you need somewhere to keep cool on declared Extreme Heat days.

We are pleased to announce the commencement of our new "Morning Tea Group". So if you've ever been curious about the Neighbourhood House or would like to meet others and find out more about your community COME

Newcomers to the area are especially welcome

# Morning Tea Group

Fridays at 10am, 21st March, 11th April, 16th May



Here is a chance to meet new friends. Morning Tea Provided.

<b>Yoga</b> \$20 Casual/\$15 in
full.
Yoga\$18 Casual/\$15 in
full.
Gentle ExerciseMonday10-11am\$5 per class.
Sun Style Tai ChiTuesday1-2pm\$10perclass.
Children's art ClassesTue/Wed3:45-4:45 \$80 for 8
weeks.
Craft groupTuesday 12-30:30pm\$ Gold coin.
Art GroupFriday7:30-9:30pm\$Gold Coin.
German Conversation Group3rd Monday11:30-1:30pm \$Gold coin
Garden Club3rd Tuesday (Can Vary)\$2
Bus Trip (To Epping Plaza) 14th March\$10bookings essen-
tial.

2004.....2014

Welcome to the neighbourhood. It's 10 years since we opened our doors so why not get involved?

# ?Lunch And Learn?

\*\*\*\*\*IDEAS PLEASE\*\*\*\*

On the 3rd Wednesday of the month during school terms community members are invited to bring a plate if you can and share lunch together while listening to an inspiring talk. If you have any ideas for speakers or topics you would like to learn about let us know.

## Jars for Jam mmmm....

Thanks to the generous donation of Jars, as we head for the preserving time of year we have Jars waiting to be filled with pickles, conserves, jams and jellies, so drop in during office hours if you need Jars!

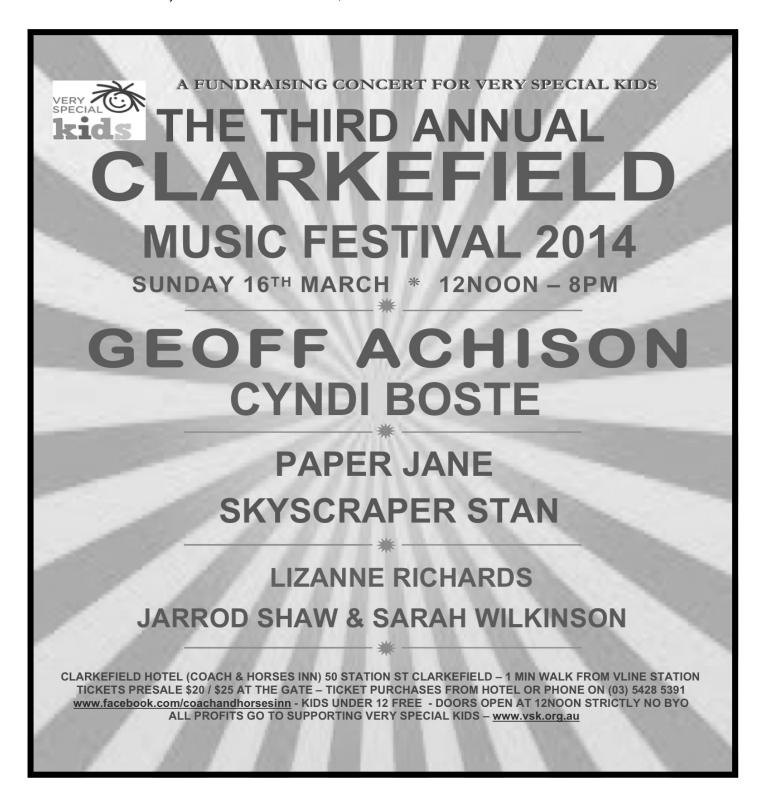
#### **FOOD BOWL GOES JAPANESE!**

Ken Shimizu, who has a passion for all things Japanese, delighted customers at the recent Food Bowl event with an array of delicate and delicious tastes. The meal served in the tamaki style was a hit for both children and adults alike, as people made their own sushi, pressing the aromatic red and white su shi rice into strips of nori and topping them with a selection of enoki mushrooms, avocado, asparagus, beans, charred eggplant soused in kombu stock, shitake mushrooms with carrot, marinated Japanese turnip and wakame. Customers were also treated to a most satisfying miso soup studded with cubes of

Food Bowl events, held at ethic. at 63 Urguhart Street in Woodend on the second Saturday of every month from 5 - 8 p.m., aim to showcase the talents of their volunteer chefs and staff. In recent months, customers have enjoyed food from many cultures including the cuisine of Thailand, China and Italy. Rumour has it that next month's menu may well be drawn from the exciting tastes of Mexico. This event will be held on Saturday, March 8th so make a note in your diary now. Food Bowl is run entirely by volunteers and aims to provide organic and locally-sourced produce from Luckwood Organics in Kyneton. Everyone is welcome at Food Bowl evenings and payment for meals is by donation.



For more information or if you wish to become a volunteer, contact Sharon on 0487444 090 or Christine on 0407 012 140.



#### Friday 14 February 2014

The recent fire has impacted the Romsey Lancefield regional community in an enormous proportion. The following release gives you an account of just some of the outstanding support the Romsey Lancefield region provided.

The architecturally designed sporting precinct in Romsey became the Staging Ground for more than 100 fire trucks, 15 helicopters, 450 fire fighters and vehicles from CFA, NSW Rural Fire Service, DEPI, SES, and St John Ambulance. The Romsey Lancefield regional business community rallied to provide goods and services in support of this effort for the locally led team of volunteers, who supplied over 1000 meals per day to the firefighters, pilots and support crews. The wonderful community town spirit displayed under these very trying conditions, was wonderful to see and humbling to be part of.

The biggest thanks goes to our HE-ROES, the men and women of the CFA, NSW RFS, DEPI and their support crews who fought the fires.

"To the CFA Volunteers – 'firies' and supporting volunteers assisting..... Your efforts are so very much appreciated, keeping us safe

while placing yourselves in harms way, you are all amazing people! Stay safe – God Bless"

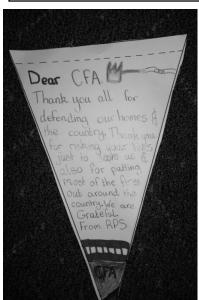
(This was a handwritten note from "Sarah and Liz" handed in at the Staging Ground which encapsulates community sentiment.)





### After the Fires: The community responds

Images of the activity at the Romsey Sports Oval when it became a staging and refuelling centre during the recent fires. A massive community effort supported the wonderful work done by local emergency services and firefighters and those from further afield. Support continues for families affected by fires.



#### From the Editors

people.

February proved to be a very difficult and challenging month for our community, with fires affecting many people in the area, and hot and dry conditions compounding the problem. Our thoughts are with those who have lost property and stock in the fires, and we express our gratitude that no lives were lost. We would like to join with everyone else who has expressed their thanks to the emergency services personnel, and especially the volunteer firefighters who did a truly remarkable job of preserving lives and property to the absolute best of their ability, and ensured the safety of everyone. We would also like to thank the many service clubs, sporting clubs and other organisations, local businesses and individuals who volunteered their assistance to the firies and families in our area. It is sad but heart warming that it

Maybe our community could show its gratitude to the CFA by donating generously the next time they have a fundraising appeal to purchase equipment and uniforms, to ensure that they are as best equipped as they can be to continue the wonderful job they do.

takes such an event to pull our community together and bring out the best in

#### **BILL SUPPORT FOR FIRE AFFECTED CUSTOMERS**

Western Water will offer billing support to customers affected by the recent bushfires, General Manager for Customer and Community Relations Peter Donlon said today.

Mr Donlon said he did not want a Western Water bill to be a cause of additional stress for people in the community who had already been through so much. Customers affected by the fire would be eligible for a one-off additional water usage allowance. This means customers who used large volumes of water to defend their properties could be eligible for a part waiver on their bill.

Mr Donlon said customers should wait until they receive their next water bill before contacting Western Water to discuss their eligibility for the allowance. The next billing round will be between March and May, he said.

"Where customers have lost their home, are not in position to pay their bill or require additional time to pay their bill, due to the fires we will consider support on an individual basis," Mr Donlon said.

Mr Donlon said Western Water's Customer Support Team would manage all individual requests to allow local residents to have highly personalised attention and an arrangement that best suited their personal needs.

Customers can call Western Water on 1300 650 422

#### **Lancefield Emergency Stockfeed Depot**

Supplies of stockfeed have been donated by generous companies and concerned people. These have been coordinated through the Victorian Farmers Federation and distributed locally by the Lancefield/Romsey Lions Club and generous local residents. It would be difficult for the Lions Club to operate this service without the help of many local people.

The depot at 20 Oakleys lane, Lancefield, is open each day from 10.00am to 3.00pm for the supply of stockfeed for property owners affected by the devastating fires. Round and small square bales are available.

For further information ring Carl 0412144936 Ken 0400587434

# From Amanda Millar, MP for Northern Victoria Region

Heartfelt thanks to everyone who has protected us and worked tirelessly during the bushfires, particularly our local and visiting CFA brigades, the emergency services and the community members who supported the Romsey staging area response and recovery efforts.

Thank you to the Romsey & Lancefield Lions Clubs, the Romsey Primary School, the Riddells Creek Farmers Market community group and all of the Macedon Ranges community members who have rallied together to help each other in recovery.

Our thoughts are with those who were directly affected as the steps to recovery begin.

Many thanks & take care, Amanda





#### THANK YOU

We know that our firefighters, SES members and police are dedicated, hard working and brave, but recently we experienced this first hand when the Macedon Ranges faced severe weather conditions and fires again.

We were reminded of just how fragile our landscape is and how the extreme weather conditions threaten us each summer. The fires that raged over the Macedon Ranges served as a timely reminder to be constantly vigilant, to have a fire plan written down, and to ensure all members of the family understand their role in that plan, be it to stay or go.

My heartfelt thanks go to all the emergency workers and volunteers for their amazing effort, dedication, and their display of professionalism in fighting the fires that threatened our communities.

I would also like to thank all those that are now helping our community to recover, including the Red Cross and the numerous community volunteers.

Warm regards

JOANNE DUNCAN MP STATE MEMBER FOR MACEDON

