Romsey Golf Club—Women's Report

Wednesday 8th March Romsey Golf Club – Women's Report

Thurs. 16th April – Lorraine, Kath and Denise went to play in the RAAF Laverton Bowl. After a proof of identity security check at the gate, we were allowed in. Denise and Lorraine enjoyed the run on the course and scored 32 and 34 points respectively. It was good to support a club that is smaller than ours – they only have 5 women members.

Sat. 18th – The women's competition was held on Sat and on a perfect day for perfect golf Lyn Robison (30) came first with a fantastic score of 40 points.

Wed. 22nd – A very cool overcast day for Monthly Medal. Lyn and Pam handled the conditions well with Pam Drummond (32) winning by 1 shot.

Romsey were guests at Lancefield for their President and Captains' Day. Lorraine enjoyed partnering Kath because she hit the ball such a long way, which is an advantage when playing Canadian. Romsey won the day by one shot from Di Rohde and Jenny Colson.

Thurs. 23rd – Kath, Wendy and Lorraine went to Alexandra. It was cold and foggy when we left but it warmed up quickly in Alex. Why didn't we wear shorts? Despite being too hot we had a combined score of 92 pts (4th place). Wendy received 1 Dalhousie point with a very good score of 36 pts.

Tues. 28th & Wed 29th – Wendy and Lorraine competed in the Golf Vic Autumn

Tournament at Trentham. The tournament was extremely well run with over 200 women competing each day. The greens were very tricky.

Wed 29th – A stableford event only using 3 clubs – own choice. Little time was wasted in choosing which club to use, it was just a case of how hard and high to swing the club. Leila won the day.

Wed 6th May – A good turnout for Romsey's RWH 4BBB competition. Wet

Wed 6th May – A good turnout for Romsey's RWH 4BBB competition. Wet weather gear was needed to keep the players warm and dry. The results were very close. 1st Lorraine (27) and Pam (32) with 37pts on a count back from Elaine and Wendy.

Thurs 7th – Denise, Kath and Lorraine

Thurs 7th – Denise, Kath and Lorraine went to Yea to compete in their Bowl. As per usual we all had some good shots and some bad shots. We all enjoyed the lunch.

Tues 12th – Denise represented Romsey at Goonawarra.

Wed 13th – What a day for the 1st round of the Championships. It was bitterly cold. Everyone rugged up which made it very hard to swing the club. Luckily the icy shower of rain didn't last for too long. One positive for the day was that the fairways were firm and in great condition so the ball still ran a long way. The winner for the day's comp was Pam Drummond 111/32/79. Kath Jekabsons is leading the Championships 107/25/82.

Thurs 14th- Kath and Wendy travelled to Broadford, on a showery morning, to play in their Annual Tournament. Luckily the showers cleared and it ended up being a pleasant day for playing golf. Both Kath

and Wendy came in with great scores of 36 points each. After a tense wait for all the scores to go up on the board, Wendy won on a count back from Kath.

Pennant – Romsey has combined with Lancefield again to form a team this year. The competition has been tough with the team only winning 1 out of 4 pennant matches so far.

The Play Golf Clinics run by Mark Bamford from Golf Vic are going very well. Mark explains things clearly and makes everyone feel relaxed. Social golf will continue on a Fri morning commencing at 9.30am. For any further information ring Lorraine Robb 0407349144

Recipe for the Month
CURRIED CHICKEN SOUP

30g butter

3 rashers bacon, chopped 2 cooked chicken breasts, shredded half teaspoon curry powder (or more) 5 cups chicken stock 420g can creamed sweet corn

3/4 cup uncooked rice 1 onion chopped

2 teaspoons plain flour 1 large carrot grated Pinch dried herbs

Salt, pepper to taste

Melt the butter, add bacon, chicken, onion and curry powder and cook five minutes or until onion is soft. Add flour and remaining ingredients. Bring to boil and simmer for 40 mins.



THE ROMSEY RAG

Issue No. 336

2070 copies produced each month at Romsey Primary School as a service to our community and proudly supported by the Macedon Ranges Shire Council

JUNE 2015

THE JUNE EDITION OF THE ROMSEY RAG IS PROUDLY BROUGHT TO YOU BY
- Romsey Lifeline Medical Centre -

Romsey



Bulk Billing

Multi Doctor Facility

NEW OPENING HOURS

MON - FRI

0800 - 2000

SAT - SUN

0900 - 1700



Pathology services available

PH: (03) 5429 3543 M: +61 476 609 942

The closing date for copy for the July 2015 edition of the Rag is June 15th, 2015.

We cannot guarantee inclusion of copy received after this date.

Please email your copy to the Romsey Rag email address: romseyrag@romseyps.vic.edu.au We require submissions to be in Word document format, and for graphics to be in Jpeg format. Please ensure that you have permission to use photographs of people depicted in your article.

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

Editorially Speaking

Romsey Rag Editorial Committee: Loren Peavey, Robyn Moore

Layout and Design:

Robyn Moore, Gillian Gorrie

Robyn Moore, Colin Miller

Accounts

Bernie Carter / Kylie Pyne

Advertising /Sponsorship: Romsey Primary School 5429 5099

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 by 12 noon on the 15th of the month.

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

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

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

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

Advertising:

Rates are GST inclusive. Front page sponsorship: \$150 Business card: \$30 per issue \$240 per year in Business Directory Quarter page: \$60 per issue Half page: \$110 per issue Full page: \$200 per issue Line ads: e.g.- For sale, births, deaths, marriages, engagements - \$15 For invoicing please include name & address details.

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

Distribution:

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



Macedon **Ranges Shire** Council -Generous supporters of the Romsey

Romsey Rag Publication Deadlines 2015

Edition	Closing Date for Copy	Collating Date
July 2014	Monday June 15th	Thursday June 25th
August 2015	Wednesday July 15th	Thursday July 30th
September 2015	Saturday August 15th	Thursday August 27th
October 2015	Tuesday September 15th	Thursday September 24th
November 2015	Thursday October 15th	Thursday October 29th
December 2015	Sunday November 15th	Thursday November 26th

As heaters crank up, so does the fire risk

A cold snap across the state has Victorians retrieving their heaters from hibernation, increasing the risk of house fires.

CFA State Duty Officer Rohan Luke said winter is the highest risk period for residential fires and heating equipment including electric heaters, gas heaters and wood fires contribute to this risk.

"Having your heaters checked and in good working condition, together with careful and correct use will greatly reduce the danger these appli-

ances present." Mr Luke said. "Last year CFA attended 1,650 house fires, tragically resulting in 16 deaths. But that's just part of the story. There are also countless injuries and traumatised families."

Mr Luke said poorly maintained gas fires can cause deadly carbon monoxide poisoning. "We have seen the tragic consequences of this in the past, There can be no greater reason to have your gas heater inspected and serviced than to ensure the safety of loved ones. Every household should consider their fire safety practices and examine the potential risks around their home. Another common mistake is people drying clothes indoors near heaters and fireplaces, which could be dangerous. Clothes should be kept at least one metre from the heat source."

There are a number of ways people can prepare for winter:

- Wood fires: check that chimneys are clean and clear of obstructions, place a guard around open fires, and ensure flammable materials are stored away from the fire-
- Gas heaters: ensure they are serviced annually by a qualified serviceman to prevent the chance of gas leaks and other faults.
- Electric heaters: check for damage to electrical cords, always place the heater in a safe location where it can't be tipped over, never leave the heater unattended, and ensure the heater is fitted with a safety guards to protect children or pets from getting too close.

For more home fire safety information visit www.cfa.vic.gov.au

St Mary's Primary School, Lancefield presents:

"FOR EVERYTHING, THERE IS A SEASON"



Art Show and Auction of Class Masterpieces

7pm onwards SATURDAY NIGHT 20th JUNE 2015

AT ST MARY'S SCHOOL HALL Tickets \$20

(Finger food & glass of champagne on arrival)

Drinks at bar prices

TICKET BOOKINGS/FURTHER INFORMATION: Simone 0416 291 597 or Meaghan 0439 381 977

Each class has collaborated with a wonderful local artist to produce a masterpiece or two, which will be put under the hammer at the event. We invite school parents, grandparents and art lovers to come along and enjoy this child free event.

Men's Golf Report cont'd.

Romsey Vs Lancefield at Broadford

A wet and windy day on a damp course for the "battle for the wooden spoon" in this division. Our pennant year fails to improve. Next week we have a chance to atone when we play Trentham at Woodend. Results were:

Rob Rea and Scott Williams Square, Dave Muller L 5/3, Pat Chisholm L 4/2, Tony Freeman L 7/6, Michael McCarten L 7/5, Jim Patton L 5/3.

Saturday April 25 - April Monthly Medal - Stroke & Putts.

The day began at midday with Rob Smithies playing "The Last Post" and "Taps" followed by a minute's silence in honour of the service men and women who have done so much for our country. Out on the course the sky was darkening and a cold wind was blowing in from the south west; it looked as if the rain could fall at any time. Whilst the wind effected a number of shots many golfers were also caught out by the cold air and the lack of run on the damp fairways which caused well struck shots to finish well short of the expected landing area. Players often found themselves pulling out low and middle irons for their approach shots. The greens again held very well but recent works made putting quite challenging, it is hoped that new growth will soon fill in the scarifying lines that have caused so much angst over recent weeks. As the round concluded everyone was hurrying to finish before the skies opened and in the end only one group was caught out. On a very challenging day the results were;

Winner & April Medalist; Pat Chisholm - 83/13/70 C/B from Scott Williams - 96/26/70, Les Gaunt - 78/7/71 and Rob Rea -

Women's Winner; Lorraine Robb - 109/27/82 NTPs; 1st - Jim Patton, 15 & 16 - Dave Muller. Sunday April 19th, Round 3 - 2015 Pennant Season Romsey Vs Woodend at Kilmore

A wet and windy day and us playing the top team. The boys put up a good fight but were edged out 4.5 - 2.5. Results were;

Tony Freeman W 5/3. John Freestone W 5/4. Ron Walker Square, Dave Muller L 4/3, Jim Patton L 4/2, Michael McCarten L 6/4 & Rob Rea L 1 down.

Saturday April 18th - Stableford

A strong field took to the course for the club's Stableford competition. It was a warm, sunny afternoon with virtually no wind however the recent rains, consistent dews and the re-cycled water saw the fairways softening and greening guite consistently; there was much decreased run and balls did pick up mud. The autumn scarifying, fertilising and seeding of the greens is almost finished but all players had to deal with greens of inconsistent speed and they had to accept that some putts would make a sudden deviation on their way to the hole. The softer greens allowed the low markers to aim directly at the flag knowing their balls would hold and greatly decreasing the distance of their putts. There was a wonderful atmosphere in the rooms after the round as everyone caught up with people they may not have seen for many months.

Men's Winner; Dave Muller (11) - 40 pts from Les Gaunt (7) - 39 pts, Scott Williams (24) 38 pts, Michael McCarten (20) - 37 pts & Bruce Robb (28) 36 pts

Women's Winner; Lyn Robison (31) - 40 pts NTPs; 15th - Bob McLennan & 16th - Rob Rea.

The 33rd Romsey Open is scheduled for Sat/Sun June 6th/7th. The Saturday events will be 4BBB pairs (\$20.00 per pair) -Men's, Women's and relative (A RGC Shield event) Sunday will see A, B, & C grade men's stroke over 24 holes (The Old Course). All golfers who hold a recognized handicap are welcome to compete. Entry forms are available at; http:// romseygolfclub.net/index.php?news&nid=15

Macedon Ranges Physiotherapy

Ben will now be at Romsey full time & Lauren will be at Lancefield Wednesday's & Fridays.

Patients can see whichever Physiotherapist they prefer.

Once your care plan is arranged, simply call the medical centre of your choice for an appointment.

Ben Gidlev 99 Main Street Phone: 5429 5254

Lauren Matthews Romsey Medical Centre Lancefield Country Practice 17 High Street Phone: 5429 1362

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

macedonrangesphysio@hotmail.com www.macedonrangesphysio.com



Romsey Mechanics Hall

122 Main Street Romsey

COST: \$5pp - Bookings Online: trybooking.com

Donations for the work of Watoto will also be collected on the night

Proudly sponsored by For Details Ph 5429 6327

Romsey Golf Club – Men's Report

http://romseygolfclub.net

Sunday May 17th - Sponsors' Day - Three player Ambrose

The weather was perfect for Romsey Golf Club's inaugural Sponsors' Day. The three-player Ambrose competition was played of the 12 hole "Old Course" layout and everyone enjoyed the golf, the rapidly improving condition of the course and Romsey Park in general. After the round everyone retired to the clubrooms for a most enjoyable lunch and presentations. It was wonderful to welcome life member Laurie Thomson and immediate past president Bob Preece to the event.

Winners; (Representing Romsey Veterinary Clinic) Kev Dunn, Lyn Robison & Bruce Robb - 45/7/38 from (Representing CIIC Insurance) Les Gaunt, Elaine Scanlon & Peter Scanlon -

Saturday May 16th - Stableford.

After the cold winds and rain during the week the course was very soft and almost all shots would pick up mud so, relief, to a hand span on the fairway played, was given. The cold air and an inconsistent northerly wind greatly reduced distance through the air and the soft fairways took care of any roll. Conditions were difficult as "Royal Romsey" bared her teeth wreaking disaster on all golfers who did not concentrate fully when playing a shot. The greens again held well but putters really had to work to get up and down in regulation. No player was able to better par with most at least five shots over, during the past three weeks only five players have been able to better their handicaps. Again it was one of the veterans who showed the field how to play conservative golf whilst also taking advantage of any positive bounces or other fortunate interventions. On a tough day the results

Winner; Les Gaunt (6) - 36 pts

NTPs; 1- Mick Nicholls jnr & 15th - Les Gaunt

Saturday May 9th - Stroke

It was a hardy group that teed off in the club's stroke competition. A cold, gusting westerly/north-westerly wind was blowing drizzle across the course so beanies and waterproof jackets were

required "clobber". The gusting wind saw many shots to fall well short or travel far further than intended causing much grief amongst the players. The growth on the fairways generally gave good lies but relief (hand span fairway played) was given as there were still a few bare patches and balls would pick up mud. A number of players seemed to be returning good scores but just about everyone had one or two horrible holes that saw their scores blow out. Only one golfer was able to tame both the unruly conditions and the course to record a sub par round. On a very challenging day the results were:

Winner; Bob McLennan - 81/11/70 from Lyn Robison - 103/30/73 NTP's went to 15th - Chris vanDerVliet & 16th - Bob McLennan. Sunday May 3rd, Round 5 - 2015 Pennant Season

Romsey Vs Trentham at Woodend

A stunning autumn day, the course in top nick and the final round of 2015 pennant. Surprise defeats last week to the two top teams had thrown the final open so a good performance by up to four clubs could see them sneak in. Romsey started well but fell away over the back nine to be soundly defeated 6.5/.5. Results were; Pat Chisholm, L 6/5, Tony Freeman L 4/3, Scott Williams L 3/1, Jim Patton Square, Rob Rea L 2 Down, Ron Walker L 1 down & John Freestone L 4/3. Not a good year for the team.

Saturday May 2nd - Stableford

Players took to the course under overcast skies and with a gusting north-westerly wind. Again the cold air and the softer fairways saw players lose distance, something the club will have to get used to now that the re-cycled water is almost across the whole course. Approach shots from around 140m to 160m became de riqueur and hitting the smaller greens from that distance proved very difficult for almost the whole field. As the round progressed the sun came out and the jumpers were packed away however this only lasted for a few hours before the sky clouded over and the temperature rapidly dropped. In the end it was up to two of the clubs veterans to show the way. On a cool autumn afternoon the results were:

Winner; Bob Dwyer (30) - 39 pts from Peter Scanlon (29) - 36 pts NTPs; 1st - Michael McCarten and 15th - Ron Walker

Sunday April 26th, Round 4 - 2015 Pennant Season



Looking for a mid week break? Come to playgroup on a WEDNESDAY! 9.30am-11.30am Contact us for details.

Party at our place

Kids aged 6 or under? Why not have their birthday party at Romsey Playgroup. You can hire the room for \$96.50 for 2.5 hour party, including insurance. Contact us for more details.

Three days to play

Remember we have open sessions running on Tuesday, Wednesday and Thursday mornings 9.30am - 11.30am, for kids birth to pre kindergarden.

Junior session, under 18 months, 1.30pm - 3.30pm Your first two visits are free, so come and say hi!



Farmers' Markets In June

Woodend Community Farmers' Market -Sat 6th June

Cnr High & Forest Streets, Woodend - 0487 444 090 Sharon

Kyneton Farmers' Market - Sat 13th June

St Pauls Park, Piper Street, Kyneton - 54 221 025 Veronica

Riddells Creek Farmers' Market - Sat 20th June

Riddells Creek Primary School, Riddells Creek - 0408254626

Lancefield & District Farmers' Market - Sat 27th June Centre Plantation, High Street, Lancefield - 0407 860 320 Meggs Hannes

Authentic, community based farmers' markets.

BYO bags baskets & trolleys.

Friendly dogs welcome on a leash.

Proudly accredited with the Victorian Farmers' Markets Association. www.vicfarmersmarkets.org.au

Social Singles is a group being established for people who would like to go out locally and meet new people.

When you are on your own it is very hard to find places you can go to by yourself, particularly with the limited options in small towns. Don't sit at home by yourself on the third Saturday night of the month, come along and join the group, have a meal and maybe meet some wonderful people who share the single expe-

The second Social Singles evening will be held on Saturday 20 June. Email socialsingles@tpg.com.au for venue and information or phone 5429 1214.

ROMSEY PRIMARY SCHOOL NEWS



On Monday the 27th of April we TOGETHER WE LEARN AND GROW Were very fortu-

nate to have local musician Rob Smithies play the bugle for the Last Post and Reveille. Having the bugle played gave a great sense of occasion to our service. We also had local RSL members attend our service and Mr Reinhard Goschiniak made an address to the students and families.



150th Celebrations have begun.

Preparations are now starting for the 150th celebrations for the school. The basic program at this stage is as follows:

- Thursday 22nd October evening, Art Show in the Learning Neighborhood for the whole community and launch of a book written by past Principal Trevor Turnham on the history of the school.
- Friday 23rd October, old fashion dress up day, bush band and old fashioned activities with a free family and community bush dance in the evening
- Saturday 24th October, the school and old school will be open from 10am-2pm for tours, art show viewing and an interactive timeline activity for the community, families and past students.
- Celebrations will end with an official ceremony with the planting of a commemorative tree and the opening and interning of time capsules.

Please put these dates in your calendar because it will be an exciting couple of days for the children, past pupils and the community.

Mother's Day

The Friday before Mother's Day saw our Prep students having a wonderful high tea with their mums.. Thanks to the Prep teachers and the **Education Support Staff** for all of their hard work helping the children set up for the special activity. The children also produced some magnificent writing following the event.



Mini Van Man 0408 190 728 From Ranges

Ring the Mini Van Man

Carriage & Courier Service

Cross Country

On Friday the 22nd of May, Romsey PS competed in the network cross country against schools in the local area, the children ran around Hanging Rock. This was our 3rd attempt at a day for the event after being washed out twice. It was lovely Autumn Day and everybody had a great day. Romsey has 6children going on to represent us in the Regional finals in Bendigo. Good luck to out runners.



Upcoming events

School Tour: Thursday 18th June. Tour commences at 9:30am **Pirate Dress Up Day**: Friday 12th June, gold coin donation for children's brain cancer.

Reporting Day: – Pupil free day Wednesday 24th June. Last Day of term: Friday 26th June, school finishes at 2:30pm

Australian Red Cross -**Romsey Branch**

Meetings are now held at the Romsey CFA Headquarters, 18 Stawell Street, Romsey.

Meetings – 2015

(1pm on second Tuesday of month)

9th June 14th July

11th August AGM

8th September 13thOctober

10th November

8th December (Christmas lunch)

5789 1457

President:

5429 665 Karen Hermann

Vice President:

Ann Krstic 5427 0252

Treasurer:

Leeanne Eames 5429 5658

Secretary:

Robyn Stephens

Zone Rep:

Trish Dunn 5429 6761

New members are always welcome!



It's not just a home loan. It's the start of something bigger.

A home loan isn't just a set of numbers. It's bigger than that. It's a place to raise your family, the community you're going to be part of.

At Lancefield and Romsey Community Bank® branches we know how important a home loan is. That's why we go out of our way to deliver great deals on home loan tailored to suit your needs.

If you're refinancing or buying a new home or investment property you can save up to 0.7%pa off the standard variable home loan rate. And when you do more of your banking with us, you'll receive even better value, reduced fees and added flexibility.

Drop into your nearest branch at 20A High St Lancefield - 5429 1977 or 1/112 Main St Romsey 5429 5526 to find out more.



Rod Browning Senior Branch Manager

Bendigo Bank Bigger than a bank.

bendlgobank.com.au

Lancefield and Romsey Community Bank® branches



LOTS OF LAUGHS FOR FILM SOCIETY

At the May meeting of the Macedon Ranges Film Society, laughter was the order of the evening as events unfolded in the hilarious 1996 film, The Birdcage. Robin Williams and Nathan Lane play the outrageous duo, Armand and Albert. Their son, Val, brings home his bride-to-be, Barbara, who comes from a very conservative family. The antics which follow as one family meets and tries to comes to terms with the other, are cause for much mirth. This film was screened as a tribute to the much-loved comedian and actor, Robin Williams, who died in August last year.

Keeping with the tradition of MRFS in seeking out films of broad interest, June's film strikes a different note altogether. The critically acclaimed documentary, Finding Vivian

Maier, tells the story of a nanny who secretly took over 100,000 photographs that were discovered decades later in 2007 when he work turned up at an auction in Chicago. The film has been described as "an exciting electric current of discovery" which is a "haunting, powerful and fascinating tale".

The Macedon Ranges Film Society meets on the second Wednesday of every month so this film will be shown on Wednesday, 10th June at 7.15 p.m. in the Woodend Community Centre. Film notes are supplied and the film is followed by an informal supper. MRFS is a membership-based club so initial enquiries must be made by emailing mrfilmsociety@gmail.com or by phoning Christine on 5429 5452 or Lorraine on 5427 0921.

he Macedon Ranges Film Society meets on the second Wednesday of every month so this film will be shown on Wednesday, 13th May at 7.15 p.m. in the Woodend Community Centre. Film notes are supplied and the film is followed by an informal supper. MRFS is a membership-based club so initial enquiries must be made by emailing mrfilmsociety@gmail.com or by phoning Christine on 5429 5452 or Lorraine on 5427 0921.



Cleveland Winery, 55 Shannons Rd, Lancefield

If you have an agricultural or equine business, this workshop will help you to manage your land costs effectively.

Event planning workshop

Monday 22 June, 6.30pm-8.30pm

40 Robertson St, Gisborne

Find out how we can support the success of your event.

Bookings

- Online: mrsc.vic.gov.au/business-events
 Phone: (03) 5421 9616

ROMSEY EARLY EDUCATION CENTRE "Bring a Friend Day" Thursday 18 June 2015 10AM - 12PM

Location: Romsey Early Education

Centre

Dear Families and Friends, On Thursday 18th June we are inviting parents and children within the local community to attend 'Bring a Friend Day.'

This event provides families with an opportunity to experience some of the exciting activities children participate in; view our centre and resources; and meet some of the children, families and educators connected with Romsey Early Education Centre.

'Bring a Friend' will be held between 10am and 12pm at 10 Ewing Drive Romsey.

Bookings are essential.

Please feel free to contact Centre Director, Wendy Chaplin, on 5429 6442 for further information and enquiries.

ROMSEY EARLY EDUCATION CENTRE

10 Ewing Drive, Romsey

Tel: (03) 5429 6442

All loans are subject to Bendigo Bank's normal landing offerta. Rees, charges, terms and conditions apply. Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S472858 (213882_v5) (16/05/2014)



Macedon Winter activities at Ranges Romsey Recreation Centre

Keep your kids active and get your heart pumping at the Romsey Recreation Centre this winter, with a

range of indoor programs on offer for various ages and abilities:

Junior basketball and soccer skills—Shooting Hoops and Goal Kick. Give your child the opportunity to learn the skills they need to progress into our extremely popular U12 competitions by joining a development program for boys and girls aged 5 to 10 years. New players wanted, no experience needed. These are school term programs, with Shooting Hoops held on Tuesdays, 4pm-4.45pm and Goal Kick held on Fridays, 4pm-4.45pm.

U12 competition indoor basketball and soccer. Allow your child to continue their love of either basketball or soccer through the cooler winter month. The season has commenced, participant numbers are strong, and the children have shown great sportsmanship, enthusiasm and skill level. This competition is open to new and experienced players. U12 basketball games held from 4pm Monday and U12 soccer games from 4.50pm Friday.

NEW indoor teen basketball and soccer. Aimed at boys and girls aged 13 to 16 years, both new and experienced players, this competition consists of competition games and skills sessions throughout the winter fixture. We are still accepting enrolments so come along and join in the competition. Basketball games held Tuesdays, 6.30pm-8pm and soccer games held Fridays, 6.30pm-8pm. Bring along a friend and

Birthday party venue. Looking for a local birthday party venue? Indoor stadium and birthday party room hire is available at the centre. The party room has access to a covered outdoor play area. Come and utilise the local centre for your child's next birthday party.

Staying strong. These group circuit classes are for the mature adult who wants to build muscle and cardiovascular strength in the company of like-minded individuals. Mondays, Wednesdays and Fridays at 10.30am.

Looking to play Squash? Macedon Ranges Squash Club has Social and Competition Squash in Romsey and Kyneton. All levels are welcome. A junior and a ladies program will be running over the next few months for beginners or those looking to return to squash. Call Bruce on 0402595368 or email sohmorgan@yahoo.com.au In2 Strength & Fitness. These 50 minute group exercise classes are offered four nights a week and Saturday mornings from the upstairs studio at Romsey Recreation Centre. Suitable for all fitness levels. Classes range from Thump Boxing to Interval Circuits and offer the ideal workout for active adults. Contact Debbie Beltrame for further enquiries on 0412 051 002

Romsey and District netball Association. Next season commences July for girls and boys aged 8 to 12 on Thursdays, and girls and boys aged 13 to 17 on Wednesdays. Ladies comp play Mondays. Enquiries contact Christine on 5429 5582.

For more information on any of the above, visit mrsc.vic.gov.au/leisure, email rrc@mrsc.vic.gov.au

Hesket Primary School Open Day

Romsey Rd, Hesket 13th June 2015 10-1pm **Devonshire Tea and Scones Art Show Face Painting** Garage Sale **Gate Prize – go in the draw to win a bike!

Located in a picturesque rural setting between Woodend and Romsey, Hesket PS

- low student to teacher ratios
- individualised learning programs
- specialist subjects; Library, Indonesian and Art, with Keyboard Tuition also an option
- a vegetable garden and grade level cooking opportunities
- whole school swimming, concert, sports days and camp
- participation in Inter-school Sports

Hesket students are respectful, responsible and achieve their best. They are passionate about skipping and have been the Victorian State School Skipping Champions for the past 12 years!

So Hop out to Hesket – school, garage sale, country Devonshire tea ...come and check out the many great opportunities that we as a small school can offer your child in 2016 or simply hop out to Hesket to pick up a bargain and have some fun!

Interested in holding a stall? Enquires to 5427 0330.

'For the right outcomes'

Maureen P. Wiltshire B.A., LL.B.

104 Main Street, Romsey 3434

Ph. (03) 54295292 www.jameskelleher.com.au

WE HAVE MOVED TO NEW PREMISES!

James Kelleher Lawyers has been providing clients with legal expertise for over 30 years. We offer specialised services in many fields including:-

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

Bolinda Primary School







- Large, spacious grounds
- Parents and teachers work together to develop Individual Learning Plans for each student
- Student teacher ratio 1:15
- Keyboard and guitar lessons available to all students
- Whole school 'Better Buddies' program to help students learn important social interaction skills
- Many opportunities to partake in interschool sport programs
- Net book program every student in year 3 6 has their own personal netbook computer
- Specialist classes Physical education, music, art, French
- Stephanie Alexander Kitchen Garden Program accredited Students in year 3 6 undertake fortnightly kitchen and garden sessions

Contact the principal, John Mackintosh for a tour or if you have any que-

Phone 54 285 317 Or visit our website www.bolindaps.vic.edu.au

e-mail bolinda.ps@edumail.vic.gov.au





SPLIT RED GUM FIREWOOD PRICES FOR ROMSEY LANCEFIELD AREA

2 meters \$280* 6 meters \$780*

3 meters 400** 8 meters \$1000*

4 meters \$530* 12 meters \$1500*

14 meters \$1600**

* all prices include delivery

**Winter Specials in red

PHONE MANNY 0418-570-249

Email sales@woodbloke.com

Credit Cards Accepted

6



Romsey Region Business and Tourism Association (RRBATA)

UPDATE

"Project Romsey" Update

Subsequent to the Romsey Community Streetscape Forum, RRBATA has prepared a Discussion Paper distributed to attendees, stakeholders and other interested community members. Ait will also be accessible through Romsey Online

(www.romsey.org.au).



RRBATA representatives will be meeting with Macedon Ranges Shire Council (MRSC) to discuss the way forward. The CEO, Peter Johnston has invited RRBATA to meet with him, Sophie Segafredo and Dale Thornton on 11th June, whilst MRSC's Economic Development and Tourism Unit will meet with RRBATA on 2nd June.

It is anticipated that Community Forum No. 2 will be scheduled subsequent to these meetings. It is hoped that this forum will result in interested community members joining subcommittees/working parties to address the specific focus areas of streetscape development as identified at the first Forum.

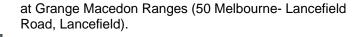
An Evening with John Marsden-Christmas In July

Don't forget to pencil into your diary the "An Evening with John Marsden – Christmas In July" event for the evening of Thursday 16th July 2015

Keeping Your Tax To A Minimum

Business Advice

Cloud Accounting



This special RRBATA event is now open for bookings through the Eventbrite online booking service. Tickets are \$45 per person plus booking fee. Just search "An Evening with John Marsden – Christmas in July" to book your ticket.

Make space in your diary now to indulge in a wonderful Christmas-themed two course a-la- carte dinner whilst listening to one of Australia's most prominent authors and educators, Mr. John Marsden.

Do not leave it to the last minute as spaces are definitely limited!

RRBATA Business Breakfast 2015

The 6th Annual RRBATA Business Breakfast will be in August this year. More details to follow in the July edition of the Romsey Rag!

Romsey Online

Don't forget, ANYONE CAN BE A REPORTER! Whether it is sporting results, photos, reports on events etc, the website is waiting for your "news". Please ensure a note of consent from people featured in any photographs accompanies your submissions. Remember, the website is only as good as the information fed to it at info@romsey.org.au.

Membership Enquiries:

Wendie McLaughlin (Acting Secretary) Phone: 0408 360857

Email: wendie@mclaughlincb.com





THE ANGLICAN PARISH OF CHRIST CHURCH, LANCEFIELD AND ST. PAUL'S ROMSEY



Minister.. Rev. Bill Carroll.
Office No. 5429-1380 Mob. 0427-918-607
TIME TO SAY GOODBYE

Goodbye is a lovely old English word meaning "God be with you", as is Farewell, meaning "Fare Thee Well", and we use these words when we are parting from those we love. Parting means separation, and even under pleasant circumstances, we feel a sense of loss. Jesus fully understood how deeply His disciples would suffer a sense of loss when He finally would be separated physically from them when He returned to the Glory of Heaven, so in His last hours with them before His crucifixion He prepared them for this time. They rejoiced when He came to them after His Resurrection but He warned them He would be leaving them soon to return to the Father in Heaven. Then He promised that He would not be leaving them without the comfort of His Presence, because His Holy Spirit would be coming to indwell all those who had faith in Him - forever. On Thursday, May 14th the Church celebrated the ASCENSION when Jesus returned to the glory of Heaven, there to reign until His coming again. Ten days after the Ascension came the miraculous coming of the HOLY SPIRIT, as He had promised, upon the disciples and His followers, to strengthen them and His Church down the ages with His living Presence until His Second Coming in power and great glory.

We are sorrowful as were His disciples, when death separates us from those we love but as St. Paul reminds us, "we mourn not as those without hope". (1 Thessalonians 4:13). Christianity is the only Faith that teaches of life beyond the grave in all its fullness. Jesus promised the repentant thief on the Cross, "Today, you will be with Me in Paradise", a beautiful place of rest and peace. (Luke 23:43). That promise is true for everyone, who conscious of their sinful state put their faith and trust in Him as their Saviour and Lord.

As Jesus prepared His disciples for His departure so should we prepare ourselves and our loved ones for our parting from this life and prepare for that richer, fuller Life that is to come.

"May angels lead you into paradise, May martyrs welcome you along the way,

Rest now in peace and then in glory rise, and know the splen dour of the eternal day

May choirs of saints and angels sing with you the song of all creation made anew."

(Based on the funeral rite of ORLANDO GIBBONS Song 1)

MAY 2015 IN RETROSPECT

The Anglican Men's group with their wives had a most enjoyable evening together at Mrs. F. Carter's home, the men battling it out on the snooker table while the women chatted. The AMS Breakfast was deemed most interesting as Rev. Tom Morgan shared his family's contribution to two World Wars. The Guild Street Stall held this month was very successful and we sincerely thank all who contributed to its success. We were concerned to learn that Mrs Jessie Else of Lancefield Church was in Kyneton Hospital Palliative Care and our prayers are with her. At the Guild meeting we celebrated Mrs. Marj. Davis' 90th Birthday with cake and candles and many good wishes for her years ahead. WHITSUNDAY or PENTECOST was celebrated when we marked the coming of the HOLY SPIRIT to empower Christ's Church here on earth, followed by TRINITY SUNDAY noting the TRIUNE nature of God: Father, Son and Holy Spirit.

JUNE 2015 DIARY

Thu 11th, 8.00pm.. AMS Meeting at Christ Church Lancefield. Enquiries: Max. 5429-1597 or Tom 5429-6060. Thu 18th, NB: NO GUILD MEETING

at Lancefield this month.

Sun 21st, 7pm. HEALING SERVICE..

Christ Church Lancefield. Rev. D. Farlie Coming soon! A **Tony's Pies** drive in August

Service times: Holy Communion: 9am, St Paul's Romsey;

10.30am, Christ Church Lancefield

Minister: Rev. Bill Carroll - Office No. 5429-1380; Mob. 0427-

918-607

Correspondent: Mrs Doreen Morgan - 5429-6060

"The Accountants who CARE about YOUR Business"

• Business Owners We Can Come To You



- Fixed Fee Accounting
- Virtual CFO

- Tax Accounting
- Bookkeeping
- Tax Return Drop Off Service

5 STATION ST RIDDELLS CREEK M: 0418 566 635

Servicing the Macedon Ranges, Western & Northern Suburbs of Melbourne www.kennedysaccountants.com.au

Essence of Chinese Medicine



75 Main Street, Romsey

Ph: (03) 5429 3610

www.essenceofchinesemedicine.com.au

Discover Better Health With Chinese Medicine

Do you struggle with chronic illness, pain, emotional stress, fertility or fatigue?

Would you simply like to feel better with a more energetic, joyful and active daily life?

Chinese Medicine provides holistic medical solutions for those who are looking to get to the root cause of their health problems & empowers them to take an active role in their health.

We invite you to find out how Chinese Medicine can be a positive and life changing experience.

Opening Hours

Tuesday 9.30am to 1.30pm / 5.00pm to 8.30pm

Wednesday 9.30am to 1.30pm
Thursday 9.30am to 3.00pm / 6.00pm to 9.00pm

Saturday By Appointment

Romsey Uniting Church 150th Anniversary

On Sunday the 16th of August the Romsey Uniting Church will be celebrating its 150th Anniversary with a Communion Service at 10.30 am in the church followed by a spit roast luncheon in the Mechanics Hall at 12.30.

The church has had an interesting history dating from the mid 1800's, when the Presbyterian and Methodist pioneering people began settling in the Lancefield-Romsey area.

To satisfy their spiritual needs, two clergymen, Rev. James Forbes, Rev. William Waterfield and later Rev. Peter Gunn, rode their horses around the bush. Services were held in homes and later, as numbers increased, in farm barns.

The earliest recorded meetings of the general committee was on 3rd March, 1862. In October 1863, a Kirk session was formed with Peter Mitchell, James Ochiltree, Joseph Andrew and James Stewart

In 1864, a grant of land to build the church was received. The foundation stone was laid on 3rd March, 1865 by William Campbell, and the church opened in July of the same year.

Peter Mitchell was secretary of the building committee and the stone was quarried locally from his property. Mr. Mitchell was secretary, treasurer of the church for fifty years.

On Pentecost Sunday 29th May, 1977, a celebratory service was held in the already merged Presbyterian – Methodist Romsey church, to celebrate the beginning of the Romsey Uniting Church. All who wish to join with us to celebrate in this momentous time of Christian presence in the Romsey area, are most welcome to con-

Romsey Uniting Church: PO Box 26, Romsey. 3434 or Sandra Strack: strackhesket@hotmail.com Phone: 5427 0472; Margaret Mitchell 5429 5447



FAMILY DENTAL CARE

03 5429 3322

MO/M (O) PEN

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

Veterans Affairs Teen Dental Vouchers

WITH NO OUT OF POCKET EXPENSES

www.romsevdental.com.au

41 Murphy Street, Romsey

DEEP CREEK

LANDCARE GROUP

Covering Lancefield - Romsey Districts It's a busy time for Land carers. There was a

good attendance at a recent working bee at Sheehan's Crossing, a beautiful location on the Deep Creek east of Tickawarra Road Romsey. Main activities were a general site tidy up plus restoration of tree guards (damaged by wildlife) and new plantings of local species.

On 11/06/15 the annual working bee with Western Water and Salesian College Sunbury at the Western Water Romsey Water Treatment Plant is planned - 0930 start - let's hope the weather is more favourable this year as we got a very chilly winter blast last time!

15/06/15 Monthly Meeting at Lancefield Mechanics Hall annexe – new members welcome. 8 pm

21/06/15 Our first Keep Australia Beautiful – Adopt a Road clean up on Lancefield - Kilmore Road between Lancefield and Doggetts Bridge. 0900 start - members and other volunteers welcome but please contact the Secretary in advance -

Landcare has committed as part of The Keep Australia Beautiful campaign to clean rubbish from both sides of the road between The Antiques Centre corner Lancefield /Melbourne Rd and Kilmore Rd to Dogget's Bridge, this will possibly be done

We also have cages available for the trapping of Indian Myna birds - contact Pat Danko p.danko@bigpond.com for further details. Indian mynas drive native birds, particularly the smaller wrens, honeyeaters etc, away from town gardens and their numbers can be reduced through trapping.

World Tree or National Tree Day is on Friday 24th July 2015 for schools and Sunday 26th July 2015 for the general public. If your interested in supporting these activities please contact the Secretary.

Secretary - Ken 0404 88 65 80 Email ken.allender@bigpond.com Website www.deepcreeklandcare.org.au







Register now for annual **Battle of the Bands competition**

Registrations are now open for bands, solo acts and duo's interested in competing in the Macedon Ranges annual Battle of the Bands competition on 1 August in Kyneton.

The winner receive a cash prize and will go through to the Regional Finals to be held later this year.

Battle of the Bands events provide bands with a platform to have their music heard by a large audience. Winners of the regional finals get the opportunity to perform at the grand final event to be held at Melbourne's Moomba Festival in March

To register, email mits@mrsc.vic.gov.au, call 5422 0242 or find us on Facebook, facebook.com/MacedonRangesYouth



Romsey Uniting Church



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

Chairperson: Mr. Noel Shaw 5429 5509 Secretary: Mrs. Jenifer Clampit 5429 5480 Church Services are held at 9am each Sunday.







The Romsey Uniting Church Adult Fellowship

Invites you to join us for our annual Winter Luncheon

What Time: 11.15am for 11.45am lunch Wednesday 10th June, 2015 When: Where: Romsey Uniting Church

Pohlman Street, Romsey 3434

Cost: \$12.50

"Come and enjoy food and fellowship"

Our speaker this year will be Glenys Sigley Christian Blind Mission

Trading Table and Door Prizes.

RSVP. Hazel Allen 5429 5395 Jeni Clampit 5429 5480 Or mail to P.O. Box 264, Romsey. 3434 by 30th May, 2015



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

dney St, Kilmore



St. Mary's Parish - Lancefield & Romsey

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

Fr. Arnold Heredia Parish Priest: Presbytery: 5429 2130 Mrs. Tammie Dalgleish Presbytery: 5429 2130 Parish Secretary School Principal: Mr. Anthony Falls St. Mary's Primary: 5429 1359

MASS TIMES

Saturday:

6.00 p.m. Lancefield

1st & 3rd Sunday of the month:

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

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

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

RECONCILIATION

Saturdays 9.45am Romsey & 5.45pm Lancefield.

BAPTISMS

June, August, October, December 2015. For more information, please phone 5429 213

REGULAR EVENTS

SVDP Drop-In: First Thursday of each month, 10.30 a.m. to 4.00 p.m., St. Mary's Church Hall, Romsey. All welcome to come for a game of cards/chat and free lunch.

SACRAMENTAL PROGRAM 2015

Parents of children not attending St. Mary's Parish School wishing to receive the Sacrament of Eucharist (grades 4 & 5) or Confirmation (grade 6) in 2015, are asked to contact Tammie Dalgleish, the Parish Secretary, at St. Mary's presbytery on 54292130 as a matter of urgency to register your child.

May News from St Mary's Lancefield

ANZAC Day

This year's ANZAC celebrations were particularly special within our community as it was 100 years since the Anzacs landed at Gallipoli. St Mary's students participated in the Lancefield service on the 25th April. The combined school choirs, St Mary's, Lancefield and Romsey Primary Schools, did a magnificent job of singing during the service.

This term our Year 3/4 students are investigating the questions Australians - Why do we celebrate? As part of this inquiry they posed and



answered the question 'Why do we celebrate ANZAC Day?' They surveyed family members, staff members and researched using the internet. They created a display at the front of the school answering the question.

Art Project



St Mary's is involved in a local Art Project. Students have had an opportunity to work with a local artist to produce a class piece of art which will be auctioned at the end of the Term. Following is an example of the art, artist Tanya Solta who worked with Year



5/6 Gold to create paintings and Mike Jones who created a sculpture with students from Year 3/4

Grandparents Day

On Friday 8th May we celebrated Family Week with Mass and Grandparents Day. Students were put into family groups and spent the morning completing a variety of activities with their Grandparents. A great time was had by all.



History Expo

On Wednesday 22nd April the Year 5/6 Level held and Australian History Expo. Students had to design an interactive display that taught students about different aspects of War in Australian History. The students are to be congratulated on how engaging their display was and how much knowledge they had to share with other stu-



Romsey ADFAS members are relishing this vear's cultural collage

Australian Decorative & Fine Arts (ADFAS) Central Victoria members from Romsey and Riddells Creek to Malmsbury and Macedon have already enjoyed three lectures at Kyneton Town Hall this year and are looking forward to the fourth on 18 June. The series started in February when New Zealand musicologist Professor Heath Lees addressed over 100 members and visitors on 'More to Music than Meets the Ear'.

March brought a fascinating address by the President of the Ceramics and Glass Circle of Australia, Patricia Begg OAM, on the development of porcelain table decoration in the 1730s at Meissen in Germany.

In April, members and guests were intrigued to hear Australian 'living treasure', academic and former politician Dr Barry Jones, AC, talk about the paintings that he could not live without – his 'Desert Island Picks' - at Cope-Williams Winery Romsey. His

> captivated audience included MLA for Macedon, Ms Mary-Anne Thomas and Castlemaine Art Gallery Director, Ms Jennifer Kalionis.

A portrait (left) of Barry Jones by Sue Jarvis, a former student of Barry's at Dandenong High School, hangs in the Castlemaine Art Gallery. It is a study for the triptych held by the State Library of Victoria.

On 14 May Elizabeth Merry from UK transported members and guests at the

Rudyard Kipling aged 25

Kyneton Town Hall to India through the eyes of

Rudyard Kipling. As a young reporter working for the Lahore Gazette, Kipling travelled through Rajasthan, producing magicaland evocative descriptions of the places he visited. As the son of a senior lecturer at the Bombay Art School and a talented artist himself, Kipling's 'seeing eye' and his love of India gave members a wonderful glimpse into the lives of the Moguls and Maharaiahs.

June's presentation will be on Thursday 18 by Oxford arts scholar, Australian academic, Dr Garry Kinnane, whose topic is 'The Meldrum Circle and Modernity.

The Tantalising World of Meldrumites and Tonal Realism The Meldrum Circle was a group of painters who studied under Max Meldrum, a brilliant painter who developed and taught a strict theory of tonal realism in Melbourne from 1913 to his death in 1955. The Circle included Justus Jorgensen, the founder of Monsalvat, Eltham. Colin Colahan, who was born in Woodend in 1897, was also a 'Meldrumite'. An outstanding painter, his painting of 'Elizabeth Street, Melbourne' 1929, hangs in the Ballarat Art Gallery. Colahan died in Italy in 1987 aged 90, having lived abroad since 1935.

Dr Garry Kinnane met Colahan in Europe and subsequently wrote the first biography of the 'outstanding and charming' Australian painter, with his rich personal and working life: three marriages; five children; numerous lovers, including one who was brutally murdered; houses in England and Italy; a portrait painter to the rich and famous and in later life a sculptor of note. Tonal Realism spread to Sydney and abroad. In Victoria the movement reached another generation of followers. The Woodend connection with tonal realism continues today, through Woodend Art Group tonal realists including Helen Atherton and John Vander Reest. You are invited to enter the tantalising world of Max Meldrum and the Meldrum Circle on Thursday June 18, when Dr Garry Kinnane will present 'The Meldrum Circle and Modernity' to Association of Australian Decorative and Fine Arts Society (ADFAS) Central Victoria members and guests at Kyneton Town Hall. All art lovers are invited to attend.

Details: Thurs. June 18, Kyneton Town Hall, 7 for 7.30pm. A delicious supper is served afterwards with local wine. Cost: \$30 single lecture or \$150 membership for the series of 8 monthly lectures and other arts events. There is a one-off \$25 joining fee for new members. You may join on the night or email adfascenvic@gmail.com for a membership form. More information: 5348 7629 or 0408 517 485.



Barry Jones talked to ADFAS members in Romsey at Cope-Williams Winery. Left is Maureen Hoerner, Chair of ADFAS Central Vic. Right is Dee Briscomb. Past Chair.



17

ADFAS members Judy and Gordon Cope-Williams enjoy afternoon tea with Anita von Bibra after Barry Jones' talk

AN EVENING WITH JOHN MARSDEN THURSDAY 16TH JULY 2015

BOOKINGS: CLICK HERE: http://www.eventbrite.com.au/e/an-evening-with-john-marsden











OKINGS ESSENTIAL

This is a very speci

7.00pm (for 7.30pm start) Venue: The Grange O Melbourne Lancefield Road, Lancefield Tel: (03) 5429 1777

Thursday 16th July 2015

Australian author John Marsden has written more than 40 Mr. John Marsden books, mostly for teenagers and children, including Tomorrow COST: \$45 + booking When the War Began, So Much fee pp (\$48.69) to Tell You and Letters from the Inside. In Australia he has sold nearly five million books, and Two course ala Car has won every major writing award for young people's

John's passionate interest in education led him to start his own P-10 school, Candlebark, on the vast Tye Estate near Romsey. The school's motto is "take risks", and every day

students are to be found riding bikes and skateboards, climbing trees, rolling down hills and playing stick wars. The school is in its tenth year, and has 160 students, with long waiting lists

In late 2014 John published his first adult novel South of Darkness and in January 2015 he purchased the defunct Macedon Grammar School, with the intention of adding a 7-12 performing arts school to complement Candlebark.

> *Bookings via Eventbrite.com.au*

ENOUIRIES: IENNY STILLMAN email: jennystillman@optusnet.com.au or Phone: 0412 349 849

Our local business offers personalised private mobile healthcare support to essist our clients in maintaining their independence in their own home and community. We are there when family and friends can't be.

Cell our highly skilled Nursing Team 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.



- Trenspert
- Qualified Nursing assistance to or from hospital, medical or other health appointments, on time, and in comfort. Wheelcheir and walker enabled.
- Sedal Support
- essistance to ettend shopping, social outlines, kinch, movies etc.
- Putlant Advocacy
- ettendance at medical appointments to translate jargon, take notes for family, essist with scripts, pertyology and radiology.
- Personal Nursing and Home Care
 - In your own comfortable surroundings.



EXIDENCITY GAP IN HEALTHCARE

1300 783 765

The Woodend Winter Arts Festival has cemented its reputation as the touchstone event to celebrate another distinct season in the Macedon Ranges. Locals know how much the opening night fireworks at Buffalo Stadium bring a sparkle to our region. They are on again

Macedon Ranges Naturally Cool www.visitmacedonranges.com

from 5:30 on 5th June. The festival also has an array of sparkling events to tempt you out into the cold.

The Macedon Ranges producers do not stay at home just because it is cold outside. Becoming renowned for their quality, local Farmers Markets continue throughout June in Woodend, Gisborne, Kyneton, Riddells Creek and Lancefield - a must visit for delicious fresh local produce.

While you warm up inside, take the time to have a look around

the online resources for information about what to do and then head out and experience Macedon Ranges in Winter. You can download the Daylesford and Macedon Ranges Visitor Guide App for free – it is a beautiful app that is fun to use and it uncovers the best of the Macedon Ranges. Use it to find some of the mysteries of the region – do you know the Hesket's mysterious spot?

Like us on Facebook https://www.facebook.com/ MacedonRangesNaturallyCool - it is a great way to stay informed about what is happening in the Macedon Ranges and to share your favourite things to do.

Did you know the Visitor Information Centre produces a range of fact sheets for visitors? Covering topics such as events and markets, open gardens, antiques, eateries and many more, these fact sheets are available for download at visitmacedonrang-

A healthy heart



Celebrate Healthy Heart Week at Kyneton Toyota Sports & Aquatic Centre from Monday 22 June to Friday 26 June 2015.

Healthy Heart Week is an educational program that promotes community awareness and preventative measures for one of Australia's leading health conditions, cardiovascular disease.

A range of free health promotions will be run throughout the week including health and wellbeing assessments, a healthy heart education session and free information packs.

The education session will take place on at 12 noon on Tuesday 23 June at the Kyneton Toyota Sports & Aquatic Centre. There will be guest speakers from Ambulance Victoria, StrokeSafe, Diabetes Victoria and Macedon Ranges Health. It will cover prevention, risk factors and symptoms of heart attack and stroke.

All participants during Healthy Heart Week will receive a discounted three month membership offer (conditions apply) and free swim passes and information packs.

For more information, to book an assessment or to attend the education session, visit mrsc.vic.gov.au/ healthyheartweek, or contact Patrick Rowe on 5421 1477 or via prowe@mrsc.vic.gov.au



ROMSEY & LNCEFIELD HISTORICAL SOCIETY COTTAGE REPORT

Cottage opening days (generally the last Sunday in the month) continue to attract a range of visitors. Some are local folk who 'have always meant to view the Cottage but hadn't got round to it' and a surprising number are from further afield, attracted to the area for a variety of reasons and happy to add a tour of the Cottage to the other attractions this part of the Macedon Ranges

We have a growing list of 'Friends of the Cottage'; a diverse group of folk happy to work as a team to get this wonderful asset better known – and in better shape! At present, because all records from the Cottage have gone, we are starting again to build a comprehensive, documented record of the history of the Cottage. That means building records, accessible at the cottage via computer, from the earliest verifiable documents of this heritage listed home, originally handed to the people of Romsey as

The Cottage and grounds lend themselves to a wonderful range of interests (apart from being a unique record in themselves) and the calendar we have developed celebrates some of this diversity. We'd love to have you join us!

CALENDAR:

MAY 31ST: Autumn in the Garden – seeds and berries

JUNE 28TH: Crafts – our range of needle and woolcrafts, etc, with some 'working examples'!

JULY 26TH: Ever wondered how to prepare chestnuts? Join us for a demonstration.

AUGUST 30TH: Spring in the Garden! The introduction of our exciting new Garden Project – building on the advice of Australian expert Stephen Ryan!

SEPTEMBER 27TH

OCTOBER 25TH: We'll celebrate World Children's Day with some old-fashioned children's pastimes.

NOVEMBER 29TH: Photography – and this is your chance to see some wonderful photos of the district and purchase copies for a unique Christmas gift.

Warm regards, Ruth Green

Lancefield & Romsey **Community Bank®** branches



APPLICATIONS OPENING FOR COMMUNITY **INVESTMENT PROGRAM**

The Lancefield and Romsey Community Bank's annual call for grants and sponsorships for 2015/16 will commence from 15th June 2015.

> All Lancefield and Romsey community groups are eligible. Application forms will be emailed on the 15th of June, 2015. If you do not receive the form please email Emily Blades – see email below Applications close on Tuesday 28th July 2015

An information evening will be held on Tuesday 16th of June 7pm - 8pm At the Lancefield Mechanics Institute

For more information please contact Emily Blades - marketing@lancefieldromseybank.com.au Or phone 0405 125 156.

FIND AND LIKE US ON FACEBOOK

Lancefield and Romsey Community Bank Branches

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



Oil painting "Wu Lin Retreat" by Shou Mei Sumarac

> **WU LIN RETREAT 47 Sherwood Court** LANCEFIELD VIC 3435 Phone: 54292122

Mob: 0417 350 398 Email: james@jamessumarac.com

COMING EVENTS FASCINATING FORMOSA

24th March - 7th April 2016

\$3950.00 Cost: (includes return airfare,

all transfers, accommodations (twin share), transport & all meals within Taiwan. See places and people rarely seen by tourists.

guided by SHOU MEI a native Taiwanese mountain villager. A unique 14 day tour to the Pearl of Asia, TAI-

WAN including a 3 day stopover in the shopping paradise Hong Kong. Experience Spiritual Temple life in

- the ancient capital Tainan.
- Visit the indigenous mountain people and feel their rich culture
- Rejuvenate at a rural hot spring resort
- Sightseeing in Taipei

For more details at www.wulinretreat.com go to coming events/programs



Register now for 3 and 4 year old programs in 2016 at locations across the shire.

Applications are due by 30 June 2015.

Registration forms are available online and at Council service centres.

Contact 5422 0333 or visit mrsc.vic.gov.au/kindergarten

Romsey Medical Centre

99 Main Street, Romsey, 3434 Monday to Friday: 8.15am to 8.00pm Saturday: 8.30am to 1.00pm Tel: 5429 5254

Email: doctors@romseymedical.com.au www.romseymedical.com.au

Lancefield Medical Centre

20 Chauncey Street, Lancefield, 3435 Monday to Friday: 8.30am – 5.30pm Saturday: services through Romsey Medical Tel: 5429 5254

Romsey Medical

After Hours Services

On-call doctor available for urgent matters;

call HealthDirect on: 1800 022 222

On-the-day appointments

Phone early for flexible options.

Telehealth Consultations

Talk to your Melbourne based specialist from the Medical Centre.

Bulk-billed Quick Clinic

Appointments available every weekday for urgent/lost repeat prescriptions, repeat referrals and some vaccinations



Free workshops for community groups

Do you work or volunteer for a Neighbourhood House, sporting group, 'Friends of' group, hall committee, arts or craft group, historical society, youth support group, or other community organisation?

Macedon Ranges Shire Council is excited to offer two free workshops for local community groups in June and July covering grants and funding, and marketing and media.

The 'Grants & Funding' workshop will teach members of your organisation how to win grants, develop a grants plan, source grants and 'get your share' of the funding available. You will be provided with tools to answer key grant questions, and learn how to measure your results and report to funders.

The 'Marketing & Media—The Basics' workshop will cover all the basics to help you with your marketing aspirations. It will address questions such as: what are you marketing? and who are you targeting? It will equip you with new marketing tools, cover how to get your message in the media and help you develop a communications calendar.

Both workshops will be delivered by not-for-profit organisation, Our Community. The chosen topics were informed by a recent shire-wide survey on the training priorities of community groups/organisations. They follow on from the very successful 'How to recruit and retain volunteers' workshop held in May.

For workshop dates and to register your interest, please visit **mrsc.vic.gov.au/community-workshops** or contact Emilie Byrne, Community Projects Officer on ebyrne@mrsc.vic.gov.au or (03) 5422 0206.

Free workshop for festival and event organisers

Macedon Ranges Shire Council is holding a free workshop on Monday 22 June to support event organisers with planning and running events and festivals in the shire.

The workshop will take place from 6.30pm–8.30pm in Council's Gisborne office on 40 Robertson Street. Topics include marketing and grant support, permits, traffic management plans, road closures and rubbish bins.

The focus of the workshop is to show you how working with Council in the early planning stages can benefit your event. It will also highlight the services and assistance that Council and other agencies and authorities can provide to ensure your event is successful and sustainable.

Several different departments will provide information on how they can support your event, including Local Laws, Parks and Gardens, Grants, Planning, Tourism and Hanging Rock.

All event or festival organisers are invited to attend, from community events such as fetes and fun runs, to larger events such as food and wine festivals, music festivals and cycling competitions.

Bookings are essential. Please visit mrsc.vic.gov.au/business-events, email ecodevadmin@mrsc.vic.gov.au or call 5421 9616.

Making Connections at the Romsey Toy Library



This month we would like to share with you one of our members experience and what their family has gained from using our service. Enjoy!

When my daughter had her first birthday some friends gave her a gift membership to our local toy library. This was back where we used to live near Melbourne. To tell you the truth I hadn't realised the toy library existed. But what a fine idea, for the cost of one toy a child can borrow three toys every two weeks for a year. A family doesn't need to buy so many toys, and the child has a constant cycle of different toys as they develop.

For the next two years we enjoyed using our toy library, and doing toy duty every few months (helping families with borrowing and returning toys). We found a different part of the community to interact with, met some lovely people, and we all had an important connection – children.

My family moved to Lancefield about a year ago and were delighted to discover the Romsey Toy Library so accessible at the Romsey Library/Community Hub. We immediately became members and started to borrow toys, met new people, and became part of our new community. We can always find something fun and interesting to borrow from costumes, puzzles, to the go-cart or a bike. There's a great range of toys for younger children too, including ride-ons and early development touch/see/hear toys. Romsey Toy Library even has a jumping castle that members can inexpensively hire for kids parties. This year I am part of the committee as secretary, and I have to say it's a fun committee to be on! It feels good to be working together with some lovely people for a shared goal of assisting children to discover, imagine, play.

Thank you Monique for sharing your story. If you are interested seeing what we are about please drop in during one of our open sessions to view our range of toys and introduce your children to the joys of toy library :0)

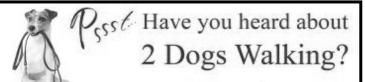
Interested in joining your local Toy Library?

WHERE? WHEN? **ANNUAL MEMBERSHIP FEES** Romsey Library Wednesday 3.30 to 4.30pm \$35 98 Main Street, Romsey \$25 Thursday 11.00 to 12.00pm Grandparent (Children's Area) 10.00 to 11.00am Playgroup Discount \$25 Saturday

ENQUIRES - romseytoylibrary@gmail.com / Jodie Dobbs - 0419 588 162



Call Rob Gateley on 0401 831 715 Email r.gateley@bigpond.com Celebrating 40 years in the Photo Industry



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 E: twodogswalking@bigpond.com



Pastor's Parables

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

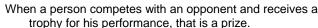
Email: encouragechurch@iprimus.com.au

UNDESERVED Favour

When a person works an eight-hour day and receives a fair day's pay for his time, that is a wage.







When a person receives appropriate recognition for his long service or high achievements, that is an award.

But when a person is not capable of earning a wage, can win no prize, and deserves no award—yet receives such a gift anyway .

—that is a good picture of God's unmerited favour.

This is what we mean when we talk about the grace of God.

AMAZING GRACE. . HOW SWEET THE SOUND . . . THAT SAVED A WRETCH LIKE ME!

*** Encourage Church upcoming events:

~ COMMUNITY EVENT ~ Tuesday 16th June Watoto African Children's Choir Performance

7pm @ Romsey Mechanics Institute = Tickets \$5 each - Bookings Online: www.trybooking.com

Sunday 19th July = 10am Morning Service = Celebrate Messiah (Passover Teaching by Ps Lawrence Hirsch)

EVERYONE WELCOME

If you would like to know more about faith in Jesus please contact Pastor Marilyn or our Church office Ph 5429 6327

We would be happy to help you find true peace and joy in life. Encourage Church: "Encouraging one another to be ALL we can be in life and in God".

You are invited to join us at our regular Sunday Service: 10am at 7 Mitchell Court Romsey

or one of our fortnightly Life Groups. Fortnightly Youth events and weekly Children's programs.

We also offer Kidzone Before & After School Care | Vacation Care | 'mainly music' Program

Pastor Marilyn Hunter - "ENCOURAGE CHURCH"

Western Water calls for customer feedback

Western Water has increased opportunities for customers to have their say, in an effort to get feedback from a broader range of people.



The aim of the expanded customer engagement program is to make it as easy as possible for people to have their say, whether that's via email, online or face-to-face at their local community group.

Customers can sign up for Western Water's online panel, to do short surveys three times a year. There are already more than 1000 people signed up across the region.

Face-to-face contact with customers has increased, with the H2O café attending community events and senior managers giving presentations to community groups, including question and answer sessions.

Increasingly feedback is coming through social media, which has become the preferred format for many people. Western Water not only has its own Facebook page, but is a member of several local online groups.

Western Water customers who would like to join the online panel, book in a speaker for their community group, or just give feedback or ask a question, can email <u>feed-back@westernwater.com.au</u> or call 1300 650 422.

SAPPHIRE HAIRDRESSING

FOR ALL YOUR FAMILY'S HAIRDRESSING NEEDS

Specialising in all the latest styles and colour trends

for men, women and children



#BIOLAGE

Ι...

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



Romsey
Mechanics Institute
Mob: 0458 702 106

Mob: 0458 702 100 ABN: 99 340 024 758

> PO Box 130 Romsey 3434

rmibookings@gmail.com secretaryrmi@gmail.com www.romseymechanicsinstitute.com Some more good news for the Institute.

1. – We now have a quote for scaffolding so the roof, downpipe and spouting works should be completed in the near future.

2. – One of our Regular Users, Cowboys & Angels Dance Academy, has continued their excellent form at the 2015 Australia Cup held in Tamworth in early May. For the fourth consecutive year they have won the overall champions



We would like to thank Jenny Robinson and Felicity Seath who have resigned from the Committee of Management. Jenny has served on the committee for over six years and we greatly appreciate all the hard work she did on behalf of the Institute.

We would like to welcome Allan Ervine and Virginia Bartlett both of whom have recently joined the Committee of Management. If you have a function coming up please consider the RMI. Bookings and inquiries can be made at:

rmibookings@gmail.com

Blue Tongue Commercial Solar



Suppliers of feasibility studies, engineering, procurement and installation to

businesses Australia wide. We analyse in detail your power usage and engineer the best solution for the highest return on your investment.

We have provided solutions for Industries & organizations including schools, childcare, agricultural, manufacturing, libraries, health, retail, aviation, local government & not for profit groups.

Some of our recent clients include Bendigo Bank, BMW, Delatite Winery, Twynam Agriculture and China Southern Airlines.

If you are thinking of a project – big or small, we are happy to investigate it thoroughly with you.

> website www.bluetonguesolar.com.au Ph: 5428 5390



Email: info@bluetonguesolar.com





COMBINED PROBUS CLUB OF ROMSEY and LANCEFIELD Inc.

A0042634P P.O. Box 280, Romsey. Vic. 3434

For Active Retirees.

President: Greg Buist 5429 1116 Secretary: Jenifer Clampit 5429 5480

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

Next meeting Thursday 25th June, 2015 at 10am.

Guest Speaker: Jessica Bridgefoot & Rebecca Millard from the Macedon Ranges Shire Council Healthy Aging Engagement Team..

The outing for Wednesday, 17th June, 2015 is a bus trip to the Melbourne Shrine and the Australian Tapestry Workshop.

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

Are you interested in Membership??

We meet once a month and we deal with the normal matters of a club, like correspondence, treasury, and discuss the last outing we had enjoyed, <u>and</u> most important, where we are going to next month, a short tour, a long tour, a lunch somewhere. Our monthly meeting always finishes with morning tea, which is followed by a guest speaker with an interesting topic.

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

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

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

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**

St Paul's Anglican Church Op Shop 77 Main Street, Romsey

Open:

Thursdays 12.30—4.30pm Fridays 12.30—4.30pm

Saturdays 10.00am—1.00pm

Goods suitable for sale may be left under the veranda at the rear of the Op Shop.

<u>We cannot accept</u> any electrical items including computers, printers etc. Also car seats, prams, cots or any other safety equipment.

Owing to lack of space, we cannot accept large

furniture.

TERM 2 PROGRAM 2015

Courses Recommence 13th April - 27th July Now Open: Mon-Thurs 10-3pm

Romsey Neighbourhood House



Romsey Neighbourhood House Inc.
Office: Mon-Fri:10am-3pm
96-100 Main Road Romsey, Vic 3434
Email: romseyhouse@bigpond.com
PH/fax: 03) 5429 6724

Let's Get Informed!



Romsey Open Gardens:

Sunday 11th October 2015. We are seeking expressions of interest from people willing to display their gardens.

Sustainable Community Mural Project: Expressions of interest to "Be Part of It".

Ladies Night In: In July. If you are able to provide a mini pampering

Bali for Beginners: NEW! Register now and learn useful tips when travelling to Bali including the language! \$10 per session.

RSA: NEW! Responsible Serving of Alcohol: Register your interest now!

Chainsaw Maintenance: **NEW!** Register your interest now for this class to go ahead.

Sheilas In Sheds: NEW! Don't want to rely on a man to do the job or pay someone to do it? Learn those handy tips on how to do those small household maintenance jobs you'd like to tackle yourself. Register your interest and what you'd like to learn to do.

Market for Romsey? –register your interest in having a market again in Romsey. Locals supporting locals initiative.

Let's Get Together!



Garden Club: (3rd Tuesday of month)\$2 per meeting. This vibrant club visits gardens and nurseries, shares gardening knowledge, swaps cuttings, and assists members with gardening dilemmas! Enquires: Allan on 5429 5427 or John on 5429 5990 for exciting excursions coming up....this year!

Wednesday Social Afternoons: (Wednesdays 2pm) NEW! \$2 Beat the mid-week boredom and get together with others for this fun weekly, social afternoon. Self-directed, play cards, games, chess, have a cuppa and chat, listen to music in the company of others. All welcome.

Let's Get Involved!



Locals Supporting Locals Initiatives

We need YOU! Join in to see these new initiatives happen in Romsey! Register your support or interest in being involved in the following:

Market for Romsey? Are you interested in seeing a market happen in Romsey again? We'd like to support locals to support locals who would like to generate some extra income by selling their wares, produce or handmade items. Proceeds raised will go towards a local cause in Romsey.

Romsey Village Vegie Tubs! - Edible Neighbourhood Project We need helpers to get this initiative up and running, particularly those with a green thumb!

Helping Hands Initiative - Do you have a heart for helping others and have a little spare time.? Register now to be involved in this initiative to help others in our community.

Mentor Garden Project - Interested in being a garden mentor to help in setting up a vegie patch for residents at Karinya?

Days for Girls International - Interested in joining this initiative to help get washable feminine hygiene kits to girls across the globe?

Let's Get Cooking!



Divine Italian Cuisine on a Low

Budget: NEW! Register your interest now

and get creative in the kitchen with these mini 45min workshops. Learn to create cost effective tasty meals for the individual or family. Cost:\$20 Date to be confirmed.

Why not join playgroup and take it in turns to have your children minded whilst you attend this workshop?

Cooking for All Seasons Series: NEW! Join us each term in tantalising our tastebuds with this seasonal cooking series. 3 hour workshops using local and in-season produce to create a delicious 3 course meals. Then enjoy the meal over a glass of wine Workshop 2—Autumn Mediterranean Cuisine (Sunday 10-1pm Date to be confirmed) Cost: \$45 Bookings essential. Limited places.

The Art of Cheesemaking: NEW! (April 26th, June 14th) Join these workshops and take the mystery out of making cheese. Learn how to make Camembert, Feta, Ricotta and Greek Style Yogurt ...just to name a few in your own home! Costeffective,100% hands-on fun. Morning tea, lunch and cheese tasting provided. 10am –4pm. Spaces limited. Bookings essential via House. Enquiries: 5429 3637/0451 031 300. Off site location.

The Art of Preserving: (April 12th) NEW! Learn the age old technique of preserving. Limited spaces bookings essential at House. Cost: \$35

Cooking for One: NEW! Back by popular demand! The ever popular cooking for one series. Learn to make and take home nutritious, low budget meals for one or two. Cost:\$10 session. Register your interest now! Limited places available.

What is a Vaccination - The Vaccination Debate

By Sarah Jane Marlow, Registered Nurse, Happy Bodies Health Service

"The Jones' kids have measles, quick get our kids over there" Immunisation in the 1790's – Expose and protect.

With recent media hype surrounding childhood illnesses such as whooping cough, measles, mumps and rubella, we decided it's time to talk about why we vaccinate our children.

Vaccination is a two fold issue - not only does it protect our children but it also protects others that surround our children from acquiring these preventable and potentially fatal illnesses.

The National Centre For Immunisation Research and Surveillance released a Pertussis (whooping cough) fact sheet in March 2015 detailing frightening statistics about this "highly contagious infection of the respiratory tract caused by the bacterium Bordetella Pertussis". With an epidemic of the illness occurring every 3-4 years in Australia and a recent spike in the incidence of the illness (56% increase since January 2014) according to a report "Increase in pertussis cases" issued by the Chief Health Officer on January 6 this year, vaccination of pregnant mothers, young children and those in contact with babies is the best defence we've got to protect our loved ones and is pertinent to us being able to control the outbreak and spread of this disease.

Whooping cough is extremely easy to catch and is spread by "tiny droplets of fluid when coughing and sneezing". According to Royal Children's Hospital (Kids Health Info, "Whooping Cough", 2014), 70-100% of people residing in an affected household are usually infected despite sometimes being asymptomatic.

Symptoms include:

- * Cold like symptoms of runny nose and dry cough lasting approximately one week
- * Cough then develops and occurs in "long spells and often ends with a high pitched 'whoop' sound" when breathing in.
- * Cough can be so excessive as to cause vomiting although children generally appear well between episodes.
- * In babies and young children, a lapse in breathing known as an apnoea may occur and other infections such as pneumonia and middle ear infections may occur concurrently.

Vaccination can prevent Measles, Mumps & Rubella (MMR). With serious and life long implications of deafness, blindness, heart defects and intellectual disabilities, why would anyone consider NOT having their children vaccinated?

The Department of Health (February 2015) fact sheet states "Measles is a serious and highly contagious viral disease which causes fever, runny nose, cough and sore, red eyes, followed

by a rash" and can be caught before the individual knows they are unwell by way of coughing and sneezing (symptoms which at this time of year we may equate to the common

cold). Mumps and Rubella are transmitted in the same manner - Rubella being most dangerous to women in their first 20 weeks of pregnancy and Mumps with the potential to also cause inflammation of the testicles and on occasions, infertility in males.

MMR vaccination occurs in a 3 part series with the first injection occurring at 12 months, followed by another at 18 months and a final dose at 4 years. A booster is given around the age of 12-13 years or year 6 at school.

So how can Happy Bodies Health Service help in preventing this illness from striking your family? You can book with us for your whooping cough vaccination by calling 9013 6002 or emailing talkhealth@mail.com.

Vaccination is the easiest way to ensure adequate protection from the potentially harmful consequences of these now preventable diseases.

Information about these illnesses and the vaccinations available can be obtained from Happy Bodies or your regular health provider on request. Happy Bodies is open on Friday & Sunday evenings from 6.30-10.30pm at Riddells Creek Neighbourhood House, 59 Main Rd.

For more information or if you have any questions please contact your regular health care provider or visit: http://gpafterhours.net.au

Thank you to Happy Bodies Health Service Open: 6.30-1030pm Friday and Sunday at the Riddells Creek Neighbourhood House.

ROMSEY & LANCEFIELD SOCIAL CLUB

Inviting men and women 55 to 105 who are retired, lonely and helpful.

We meet **Every Monday** in the back rooms of the Romsey Mechanics Hall from 11am to 3pm for lunch and afternoon tea. Hot soup, rolls, nibbles and biscuits and cake. Cost \$5. Some groups play cards, others sit and chat or play indoor

For those who don't drive, we have a council bus that will pick you up and drop you off in the afternoon.

Once a month we have professional cooks who come in and give us a 2 course lunch. This meal is \$10.

We also have a <u>Bus Trip</u> to some very interesting places on the first Wednesday of the month with a 2 course meal and morning tea. Trips are \$40 which includes your lunch.

For more information please contact:

Rae Hooke 54291602 E. Parks 54291314 Come along and give us a try!

ROMSEY LICENSED POST OFFICE



OFFERS THE FOLLOWING SERVICES:

BILL PAYING FAX SERVICE PHOTOCOPYING LAMINATING 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