

Free, Monthly, Community Publication

The Romsey Rag.

May Edition 1996
No. 129

1000 copies produced each Month at Romsey Primary School as a service to our
: Caring, Country Community, in the Heart of Victoria.

Proudly sponsored this month by
Dr. Janet Tedesco : Romsey Chiropractic Centre : 054 29 66 22

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For any further information or enquiries

Phone : Dr. Janet Tedesco on 105 0 29 66 22

ROMSEY CHIROPRACTIC CENTRE

82 MAIN STREET ROMSEY 3434

Lest we forget - a tribute

All ages -
the elderly,
coming to an event
from which arthritic joints
and bent backs
will never deter;
little children,
some festooned with medallions
of a past generation;
pregnant mums;
dads with children
sitting on shoulders -
all ages,
remembering heroes
of the past
who knew their country
to be worth dying for.

Lest we forget.

Politicians
and nursing staff;
stock exchange
and police on duty;
school children,
and a little group
gathered in the church
for prayer -
all stop to remember
people who died
for no reason.
- And this time,
the country dies.
At least, it feels like that.
Traumas for everyone -
those who knew them
are cut to pieces inside;
others remember
their own traumas;
still others spend nights
interrupted
by nightmares.
We come together
as a community battered,
to console each other,
and try to find some sense.

Lest we forget.

My mum is in a wheelchair.
She cannot do what she used to do.
But she can still hug!
I remember her love;
her giving to me,
when in my selfishness
it went unrecognised.
Even when she can no longer hug,
I will remember her.

Lest we forget.

We gather in worship of God -
Anzac service in the street,
memorial services
beamed to us through the TV,
a community gathered
in various buildings
on Mothers' Day
to give thanks.

They are heroes, all.
We give thanks to God.

Lest we forget.

EJCF

ROMSEY 'LIVING WORD' A.O.G. CHURCH.

'A NIGHT TO REMEMBER'

'MOTHER'S DAY'

This Mother's Day we invite single mums, lonely mums, all MUMS and their Families to the 'Living Word' either in the morning at 10.A.M. 109 Main Road, Romsey or for a night to remember in the evening at 6:30 P.M. The evening will be one centered around the Mums. If you know anyone who needs transport or will be spending their Mother's Day alone, please forward their name to Deneice on (054) 296 327 or 292 164

You give - and never look for thanks...

You help - and love to do it...

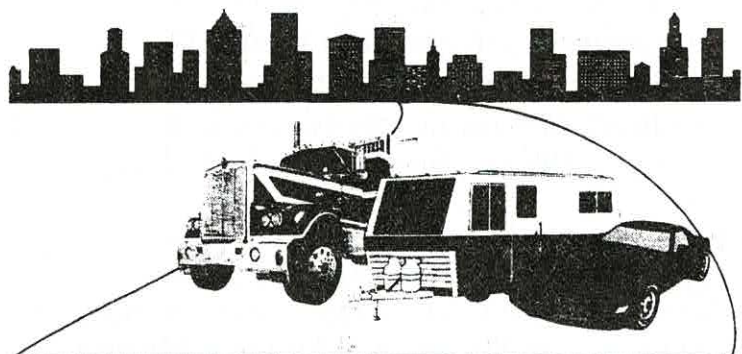
So we want to spoil you and your family at a Night to Remember. Come along and be pampered for a change.

Home meetings are held Thursday evenings at 7:30 P.M. This is a time where people who have questions about the Bible can ask them in a relaxed and friendly environment. Ladies have their day on Friday, meeting in Lancefield at 1:00 P.M. We dwell upon so many issues that concern us, it is a secure place to be, knowing God does have the answers for us.

The 'Young Adventurers' are expanding and this group is open to grade 3 to grade 6. There is an adventure being planned within the next couple of weeks, so children make a phone call and have a great day!

The Youth meet weekly and they are doing something different each week. For any information on the above please phone Pastor Marilyn Hunter on (054) 296 327 or 295 381.

The Woodend A.O.G. Church, hold their Sunday morning service at 10:00 A.M. in the Neighborhood Center, Tylden Road, Woodend. Pastors Sean and Rachel Greenwood can be contacted on (054) 296 264.



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Fax (054) 287 105

MAY NEWSLETTER

Osteoporosis is a common disease where the amount of bone mineral in the skeleton reduces so that bones become thin, brittle and prone to fracture. Recent studies in Australia suggest more than one in two women and one in three men will suffer some type of fracture related to osteoporosis in their lifetime. The diagnosis of osteoporosis is relatively easy after a fracture has occurred. Fortunately, diagnosis before a fracture occurs is now possible by special tests of bone strength (or bone density). When indicated, results of these tests can enable you to take steps to help prevent the onset of osteoporosis.

In both men and women, bone mineral loss from the skeleton starts from about the age of 40 to 50 years depending upon skeletal site. In addition, bone loss in women can be rapid immediately after menopause. When the amount of bone mineral falls below a certain level, the risk of fracture increases. That's why most fractures occur later in life. Loss of bone mineral has no effect itself on the body, unless a fracture occurs. Common fractures due to osteoporosis include those of the wrist, hip or pelvis after minor trauma, but almost any bone can be affected.

Recent studies have shown that peak bone mass is strongly determined by genetic makeup, but it can also be influenced by lifestyle factors such as the amount of calcium in your diet and exercise. Making sure you have enough calcium in your diet is the best way to maximise your genetic potential. The best sources of calcium are dairy foods.

Physical exercise is important for building and maintaining strong bones. Regular, moderate exercise appears to be beneficial.

Smoking adversely affects your health overall and has been identified as a risk factor for osteoporosis. Importantly, if you give up smoking, it appears that you can recover some bone density.

If you have had an early menopause or a strong family history of osteoporosis, you are at greater risk of osteoporosis, so other preventive measures should be taken, such as hormone therapy. Oestrogen (the female hormone) has been shown to prevent bone loss in women after menopause. Oestrogens are generally used with another female hormone called progestogen. Although hormone therapy is most beneficial immediately after menopause when the most rapid bone loss occurs, it is now also seen to be useful for older women by preventing further bone loss and stabilising bone mass.

DEADLINE FOR PUBLICATION FOR ARTICLES SUBMITTED TO THE ROMSEY RAG

Despite the fact the Romsey Rag will continue to be published on the first Friday of each month at Romsey Primary School there appears to be some confusion regarding the time that copy is coming in to Margaret Howatson. In future the deadline for the copy to reach Margaret will be **5pm on the Thursday before the first Friday in the month. The deadline for June will be 5pm on 6th June.**

We appreciate clearly printed copy which can then be published verbatim we also greatly appreciate the work of the team of volunteers who make the publication possible. If we adhere to the deadlines we will guarantee that your copy is printed for that month. Please realise that copy can be provided at any time prior to the above deadline.

We thank you for your consideration - we are all volunteers totally committed to keeping the Rag going at the standard that we have achieved under extreme pressure each month - we think it is worth it so we hope you do too.

The Romsey Rag Committee

Romsey Gardenworld

The Plant Professionals : 51 Main Street, ROMSEY.

Mother's Day is just around the corner so check out our great gift ideas:

**Select from: Statues, Pots, Gardening Tools, Wire Decor,
Potted Colour, Craft items.**

Or give Mum a Gift Voucher so she can choose her own gift.

BULBS

Tulips should be planted now as well as any other spring flowering bulbs that remain unplanted.
Canna Lilies and Gladioli bulbs can be lifted now, cleaned and stored.

INDOOR PLANTS

Many indoor plants need to be moved around the house now so they can get more light. Avoid the temptation of placing them near fires or heaters as these rooms tend to be low in humidity and you will need to spray the foliage at regular intervals with an atomiser containing tepid water. Avoid repotting your indoor plants until spring if possible.

FLEXI EDGE

The new Lawn and Path Edging system:

- * The easy way to separate lawns, paths, garden and flower beds.
- * Great edging for gravel pathways
- * Tight curves and unusual bedding shapes are easily created with this unique one piece system. Available in 3m and 20m lengths.

Open 7 days a week : 9am - 5pm : Phone: 054 296 464.

ROMSEY RAG ADVERTISING RATES:

Front Page Publicity/Sponsorship = \$50.00

Business Card = \$ 5.00 or \$50 per year

Maximum Size = Half A4 page = \$20.00

Quarter page = \$10.00

Small for Sale Ad. = \$ 2.50

Advertisers please note: Advertisements and payments to be given to Margaret Howatson at the Book Exchange.

THE PINK SCHNAPPER

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Giro Post is an Australia Post Banking Service.

It is available to the customers of the Commonwealth Bank, Citibank, Bank of Melbourne, Bendigo Bank, Challenge Bank, Advance Bank, Metway Bank, Adelaide Bank.

Giro Post allows customers a variety of financial transactions including deposits, withdrawals or enquiries about their account balance. They can also pay their monthly credit card bills.

Also remember you can pay numerous accounts at the Post Office, including - Medibank Private, Elgas, Powercor, Telstra, Ambulance, A.G.C., A.M.P., Ministry of Housing, GIO Insurance.

ROMSEY CFA.....

Arts & Crafts and Hobby Day -

19th October at the Mechanics Hall -
Would anyone like a stall? Nominal charge \$10 for the day (Trestles available at minimal charge) 10am. till 4pm. Day will coincide with Fire Awareness Week.

We ask no food stalls or raffles - a donation to the Fire Brigade at the end of the day will be appreciated.

Contact Marlene Shepperd on 295 585 for more information.

Missed an **AVON CATALOGUE** lately?????
Ring Chris Whitney on 270 457.....

MILK AND BREAD : HOME DELIVERED - NO DELIVERY CHARGE

**CONTACT 015 843 662 :
WOOD'S MILK DISTRIBUTIONS**

FOR SALE:

Cane Lounge - 1 x 2 Seater Couch and 2 Chairs - Very Good Condition. \$200 -
Please ring 295 245.

GARAGE SALE

Saturday, 25th May 10am till 4pm
At historic "Farmers Arms" - 12 Dunsford Street, Lancefield
Bric-a-brac and old wares.
Also some new items at give away prices -
Manchester, Wool, Fabrics, Workwear and Gifts

Take Time to Smile

* My Teeth are my own! ..

Iv'e just made the last payment on them.

* I meet every matrimonial crisis with a firm hand...
full of flowers and chocolates !

You are invited

to

the Opening of the Newly Renovated

ROAD BOARD MARKET

&

MUFFINRY

Main Road, Romsey

(in the old Infant Welfare Centre on the banks of the creek)

Come along and browse amongst our large range of local crafts which include:

Knitted toys, pottery, folk art articles, teddy bears, hand painted T-shirts, hand made cards, candles, decorated bottles, dried flowers, mobiles, ceramics, hand made quilts, decorated gift boxes, painted cottages, hats, marbled articles, cross stitched articles, jams, oils and vinegars and much more.

Sit in our new TEA ROOM and sample our delicious home made muffins - 8 different varieties or Devonshire Teas, or home made soup.

Warm yourself by the cosy open fire.

We are open Saturday, Sunday & Mondays from 10am to 5pm.

The **Road Board Market** is named after the historic building in which it is situated. Built in 1869 it was used by the Lancefield and District Road Board Office for some years until taken over by the Shire of Romsey as its office. Many Romsey people will remember the building as the Infant Welfare Centre where hundreds of Romsey babies were weighed and looked after for many years. Now the old building is serving the community of Romsey in another way. Come along and see it. You can be sure of a friendly, warm welcome.

This Month's Feature : *Beautiful Mother's Day gifts and cards!*
CRAFT ARTICLES ACCEPTED ON CONSIGNMENT : Enquiries 054 28 3114

ROMSEY WALKING GROUP:

There is something gratifying about having heaps of fun while at the same time helping someone less fortunate than yourself.

We held a dinner, which was supposed to be a dinner with a few friends and any donation was welcome to a chosen charity, but it got out of hand and ended up as bring a Chinese dish and the family to a Chinese Banquet at the Uniting Church Hall, and any donation was gratefully received to go to the Liver Transplant Unit at the Austin Hospital.

We ended up with 62 people and as much Chinese food to do the Chinese credit - let alone the very authentic outfits worn! A night like this is only what you make it and we had a ball while raising \$430!

A letter of appreciation for our efforts was received from the Friends of the Liver Transplant Unit of which I relate part of it to you....

"The Romsey Walking Group seems to be an active group in more ways than one and the idea of a Chinese Food Night was a great method for raising funds, having fun and raising public awareness about organ donation".

"Joan Blaby (a donor recipient) explained to "The Friends" that we wished for our donations to be used to improve patients well being and it has been decided that a portable phone and 3 electric blankets are to be purchased to help the patients and their families in the post surgery phase."

Our personal thanks to all our friends for a delightful night and to the Uniting Church for allowing us the use of their hall....

Helen and Robin Watts.

1st Romsey Scouts

Do you have any children at home that could benefit from new and challenging experiences? Are *you* looking for a challenging leadership experience?

If so contact one of the listed few below and involve yourself in the challenge of the future - **ROMSEY SCOUTING 2000 !**

Hall Hire is available for many functions whether they be day or night, weekday or weekend. We also have Trestle Tables and Auto Tents available for hire. For information on these articles contact Heather Eldridge 295 938.

FAMILY FUN DAY!

SATURDAY JUNE 15

check next Month's "RAG" for more details.

1st Romsey Scouts invite any member of our Community with Special Skills or Interests to share these with the children of Romsey in a practical manner. You may be an amateur astronomer, potter, carpenter, flower arranger or have an interest in orienteering. The kids of Romsey deserve the opportunity to experience as much as possible; this can only be achieved if you help them. They would greatly appreciate if you could donate an hour or so of your time to "show & tell" some of your talents. If you would like to take part in one of our programs, or help create one of your own speak to one of the contacts listed below!

CONTACTS:

Group Leader - Stuart Horyna 295 986
Group President - Michael Goldsworthy 296 332
Scout Leader - Peter Gay 295 749
Cub Leader - Heldi Carroll 295 813

ROMSEY RED CROSS UNIT

Romsey Red Cross Members will meet at the home of Mrs. Leeanne Eames, 7 Collier Close, on Friday, 10th May at 1.30p.m.

New members will be welcome to join us.
Helen Clement - 295 317

LITTLE POPPETT -

112 Main Street, Romsey Ph: 296 083

MAY SALE - 20% OFF EVERYTHING!!

Sale ends May 11th - Lay-By/Cheque/Credit Card

COBAW COMMUNITY HEALTH SERVICE

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- * 24 HOUR CARE
- * CARE FOR ADDITIONAL NEEDS CHILDREN
- * BEFORE AND AFTER SCHOOL CHILDREN
- * HOLIDAY CARE



COBAW FAMILY DAY CARE

Family Day Care can be contacted at Cobaw Community Health Service (Kyneton Branch) on (054) 223011 Monday - Friday 9:00 - 5:00. A visiting service is available by appointment only.

CHILD CARE ASSISTANCE AND CHILDCARE CASH REBATE IS AVAILABLE.

Q: How far is Romsey from the surf?

A: Just a 25c call away!*

Yes, you can now "surf" the internet for the cost of a local call.

Just call Mike Smith

on

(054) 227 033

at

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for details.

*Inter-Met connection charges not included.

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LANCEFIELD NEIGHBOURHOOD HOUSE

Neighbourhood House Week :

Monday 13th May - Friday 17th May.

This is a week when you'll find lots to see and do at all neighbourhood houses in the Region.

Lancefield Neighbourhood House invites you to come and help us celebrate Neighbourhood House Week.

Monday 13th - There will be Tia Chi with Hully. Come along and join in or just watch.

Tuesday 14th. - Cake Decorating will be held in the morning with patchwork and Knitting in the afternoon.

Wednesday 15th. Adult Literacy and Numeracy Classes are held. Teachers will be on hand to answer any questions you might have.

Thursday 16th. Is Open House. Come along to see the many displays of our activities and classes. Tutors will be available to explain the different classes we have to offer. Nola will also be happy to discuss any new ideas that you would like the House to do. At 12noon there will be a **Sausage Sizzle Lunch** provided **Free**. Children are welcome.

Our other activities and classes will continue as usual for Term 2.

Want to keep fit? A walking group leaves the House at 9am on Thursdays or try the wonderful Chinese Art of Tia Chi to achieve Harmony and Balance in Mind and Body with Hully. Beginners are welcome, classes cost \$7.00 and no special equipment is needed.

You may wish to improve your Computer skills or learn Bookkeeping. Come along and talk to Nola about upcoming classes or to Elaine about volunteer work.

Current Activities:

Tai Chi - Mondays 9.30-11.30am and 7.00 - 9.00pm.

Cake Decorating - Tuesdays 10.00am

Adult Literacy & Numeracy - Wednesdays 9am-3.30pm.

Book Discussion Group - First Wednesday of the month 10am and First Thursday of the month 7.30pm - contact Robyn Brown on 291 386.

Rural Woman's Group - 4th Wednesday of each month 10.30am

VCE English - Wednesdays 7pm - vacancies still available.

Folk Art - Thursdays 12.30pm - 2.30pm

Calligraphy - Snr. Thursdays 10am - 12pm. Jnr. Tuesdays 5 - 7pm.

Op Shop & Toy Library - Thursdays 10am - 2pm.

We are looking for expressions of interest in - Leadlighting Workshops, Computer Courses and Bookkeeping Courses next term.

House Office Hours - Tuesdays and Thursdays 10am - 3pm. Phone 291 214.

ROMSEY HOUSEHOLD MAINTENANCE

Phone: (054) 296 452 Anytime

- Carpentry
- Plastering
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There is no job too big or too small!

FOR SALE

Victa Motor Mower \$160; Garden Rocks \$50;
LP Gas Hot Water Service 3 Yr old \$200;
LP Gas Vulcan Quasar Wall Furnace 3 Yr old \$300;

Medium Dog kennel \$50; New Hot Water Element for Conara Wood Heater \$50; Girls Older Type Bike and Helmet - \$20;

Phone: 296 133.

BRASS BED (Single) Head and end with rails. Cream with brass trim and porcelain inserts. Matching Dressing Table with Mirror and Bedside Table. Includes Mattress and Base. V.G.C. \$500
Phone: 296 115 after 5pm.

STELLAR 'PHOENIX' Squash Racquet - Less than one season old. Exc. Cond. Must sell due to medical condition - New \$110. Sell \$90.

Stuart 295 986.

Ladies Thermal Underwear - All \$8 - All Styles, All Sizes - Romsey Book Exchange Ph: 296 090 7 Days

Simpson Electric Cooker - VGC \$150 - 295 724 A/H

Kelvinator Deluxe Dishwasher \$400;
Tank Safe \$300. **Phone: A/H 292 164.**

1 x **Joyce Pipeline Wardrobe** with 2 drawers under wardrobe. White with pale grey \$100;
1 x Walnut finished cabinet for stereo, television and video 6ft x 3ft 6" \$60; 1 x Set of fire tools \$10; 1 x Baby Rocker Seat with Toy Frame \$15;
For enquiries please ring **295 767.**

ROMSEY MILK BAR

Offering Hot and Cold Food -

Take-Away or Sit Down

Fish & Chips**Steak Sandwiches**Hamburgers, etc.

Fresh Sandwiches**Cakes**Confectionary**

Hot & Cold Drinks

Phone orders welcomed -

Open 7 Days 7am - 9pm. Phone: 295 946

DEADLINE FOR JUNE ROMSEY RAG : JUNE 6TH, 5PM.

Romsey & Lancefield Christian Fellowship



Romsey and Lancefield Christian Fellowship is a local spirit filled community church. Our commitment is to present the Gospel of Jesus Christ in a simple and meaningful way. This month we have one of Australia's leading Bible teachers visiting our church.

Kevin Conner

Sunday 19th May - 10.00am

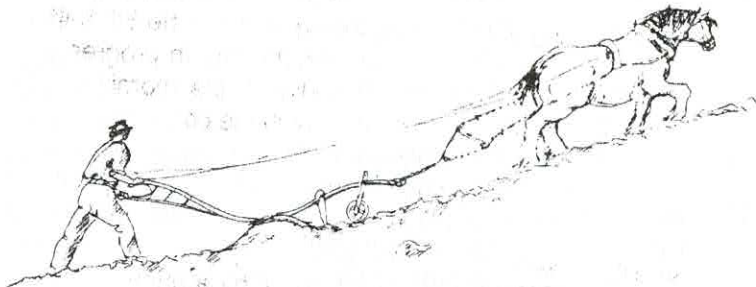
Romsey Mechanics Hall

Kevin has travelled extensively to many countries as a conference speaker, and has over 40 years experience in ministry. The period included 10 years as head of Portland Bible College, Oregon, U.S.A., and a further 10 years as pastor of Waverley Christian Fellowship in Melbourne.

We invite you to our weekly Sunday morning services, which include a comprehensive children's ministry. Our activities include home fellowship groups, Youth ministry, Bible College and a host of other Christian based activities.

We welcome your enquiry to Geoff Holland (Minister) on 295 673 or Graham Mau on 291 488.

Romsey & Lancefield Districts Historical Society Inc.



P.O. Box 11,
ROMSEY, 3434.

HISTORICAL EVENING

On Friday, 31 May, the Historical Society is holding an evening in the Anglican Hall at Romsey to which district residents are invited to bring along items of local historical interest, or with some family connection, to tell others about. Proceedings commence at 7.00 p.m. with a light meal and the cost is \$10 per person. This should prove to be an interesting evening, so please hunt out those relics of the past and bring them along for discussion. You may learn more about your treasures from others present with similar interests. For catering purposes please contact Elaine Lobb on 295 321 by May 28 if you intend to join us for this pleasant evening.

Another project being undertaken by the Historical Society is the making of a quilt with the names of district residents embroidered on it. This is to match one made one hundred years ago by the Presbyterian congregation which has the names of residents at that time on it. This quilt is on display at the Court House Museum at Lancefield. The society is now seeking names to be put on the new quilt. The names are recorded in a book, where a little about the people can be written, as well as on the quilt. This will be a valuable record in another hundred years, when perhaps someone will repeat the project! A \$2 donation is asked for each name recorded on the quilt.

The next meeting of the society will be held at Seymour Cottage, 20 Palmer Street, Romsey on May 28 at 8.00 p.m.. ALL WELCOME.

Romsey Primary School News May 1996

I was recently asked by a parent new to the school, why we had chosen **Indonesian** as our Language Other than English. With its phonetic base, local support and ease to acquire Indonesian was clearly the preferred Asian language to teach at Romsey. The same view is obviously shared by other schools. Enrolments for the language have jumped by 72% since 1994 and this is reflected in secondary schools with 105 offering the subject in 1995. Already this year 270 teachers have expressed interest in Indonesian Language training. Four of our staff are working on the second year of their tertiary studies in this subject. Next year Indonesian will be taught to all classes throughout the school.

Travelling Science Show: On Monday and Tuesday of last week all of our pupils were able to participate in the experiences provided by the Swinburn Travelling Science Show. Through demonstrations and hands on activities the children were able to gain a greater insight into electricity and solar power. "We learnt how to use electricity wisely and how it can be generated. Many different types of batteries are used to store power and some can be re-energised through solar cells. More and more families are using solar energy to boost their hot water supplies."

Busking String Group: Our young musicians would like to express their appreciation for the community support provided during the recent Lions Club Community Market. What the children should not only learn to appreciate and play music but also to care and protect their valuable instruments. Special thanks once again to Mrs Megan Smithies who voluntarily provides the driving force of enthusiasm and encouragement for the group.

Cross Country Run. On May 9th at the Lancefield Golf Course, 12 local schools will participate in a 2 or 3 km run. The fastest 10 runners will be selected to represent their schools at the Regional Championships in Bendigo later in the term. The event has been organised by the Cobaw District Schools Sports Association. Children in the 9-10 age group will run for 2km commencing at 11am and the 11-13 year olds will compete on a 3 km course. There will be presentations made at 2pm. All interested members of the public are cordially invited to support the children by their attendance.

Education Week: Open Day on Wednesday June 5th will commence with a special assembly in the gym after which parents are invited to visit any rooms or participate in the specially featured programs. Our Librarian, Mrs Jakobsons has also organised a Book Fair to be conducted throughout this week. Books suitable for children's birthdays, entertainment or research will be available to browse through or purchase. In the evening a Soiree will be held to show case the talents of our young musicians. This activity is being co-ordinated by our Music Specialist Mrs Christine Rowlands and if the turn up to last year's performance was any indication, you will have to be early to get a seat. Please keep this day available to visit our school. Further details will be published in the Romsey Rag, School Newsletter and displayed on the notice boards.

Conference reflections: Together with hundreds of other principals I participated, early last week in a conference for Primary Principals and was amazed at some of the procedures and expectations of students overseas. All year 11 students in Japan are required to design and produce a free standing operational robot. Year 9 students in Singapore are pressing their own CD's as a method of reporting their research. A Victorian Yr 5 student wrote the program which added his assignment to the school's Home Page of the internet. A Home page, I might add, which is referred to more often than any other school's home page. Via e-mail it is a daily occurrence to collect messages from any where in the world in just seconds. This all reinforces the fact that we are educating our children for jobs which have not yet been invented. Our pupils must be able to think flexibly, to read with comprehension, to be able to estimate and check those calculations electronically and communicate clearly. The walls of classrooms have to expand to allow our pupils to experience, to gain a breadth of knowledge that will form a firm foundation as a launching pad for tomorrow's opportunities. Opportunities may well change but a caring, supportive life at home and at school is still essential. Let's show them that we care and that we are prepared to listen.

For the very first time a state wide conference which specifically focuses on the **Kindergarten /Early Primary School Years** is to be conducted in Melbourne in August. More details will be available in next month's Romsey Rag. The aim of the conference is to develop understanding and direct links between the two institutions in order to better serve the needs of education and young children.

Looking towards the Heavens: The appearance of Comet Hyakutake is a once in a life time event. It won't be back again for another 15,000 years. The comet will be clearly visible from tomorrow May 8th onwards throughout the month. Best seen on the 8th half an hour before sunrise, due east. As the month progresses the viewing time will become earlier in the morning and the comet will be fainter. If you watch the comet rise it will appear tail first. Good Luck and remember to wear warm clothing.

Destination Space: is another wonderful opportunity for children to learn from a team of specialists visiting our school, the mysteries of space. The Space theme has been taken up by a number of our classes who are becoming more and more involved with this integrated topic. Can you name the planets in our solar system, identify those with moons or order them by size? These are just some of the challenges already mastered by pupils. Things change and possibly this is the only real constant in our world. In speaking with yr 5/6 students some weeks ago, there was only one who had heard of Space Lab or SPUTNIK. I really must be getting old. I can clearly remember taking my year 6 students to the Library to watch Neil Armstrong take "that one small step" upon the moon's surface, but then again it was only 93 years ago that man could not fly. That's progress and we cannot control change. It is inevitable but let's not lose our sense of humour or become frustrated. We all need to "Learn and Grow Together."

Trevor Turnham - Principal

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For Advertising Information please ring Margaret Howatson 296 090

Telephone: (054) 296 601

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PODIATRY SERVICE....

The Macedon Ranges Podiatry Service is available to all senior citizens and disabled persons. The Podiatrist will be visiting Romsey on the following days:-

13th May, 1996 27th May, 1996

The cost of the service is \$7.00 per client.

Please contact Margaret Goodman at the Romsey Service Centre on 295 201 for further information and to make a booking.

ASSE INTERNATIONAL STUDENT EXCHANGE PROGRAM

(An opportunity for international understanding)

The ASSE Program is involved in arranging the placement of overseas exchange students (aged 15 to 18 years) into host families around Australia.

The Program also organises for Australian students (aged 15 to 18 years) to be placed into host families situated in your choice of over 20 countries around the world.

If you are interested in hosting an overseas exchange student, or alternatively, in placing your child with an overseas host family, please contact your ASSE Area Representatives, **Leanne & Rodney Stafford**, on (054) 29 6438 for further information.

SOCIAL TABLE TENNIS COMPETITION

Expressions of interest required from anyone wishing to be involved in the setting up and participation of a Social Table Tennis Competition within the township of Romsey. All ages and competencies. If enough interest shown a general meeting will be held to establish club and playing details, etc.

Contact Stuart on 295 986 After 7p.m.

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Enquiries - Keith Jenkins Principal - 285,317

BOLINDA PRIMARY SCHOOL

NEWS

We finished Term One with a very rewarding visit from Melbourne University Diploma of Education, science students under the leadership of Professor Rod Fawns. Our students were suitably challenged and gained a lot, both scientifically and culturally, becoming aware of the overseas cultures of Uganda and Brunei. This two day annual visit has become a valued and rewarding session for our children and the School.

The Senior Class have continued their correspondence with TV personality and top Australian children's author Jackie French. This reading and writing activity has proven to be most successful.

As part of our Physical Education and Sports Priority, a Perceptual Motor Program (PMP) has commenced on Wednesday afternoons. This program is for the Junior Room and consists of co-ordination activities. It aims at developing balance, left/right awareness, hand-eye co-ordination, agility and flexibility. One of our parents, Deb Golden, who is also a trained teacher, has had in-service preparation with the program and will be the co-ordinator, with other parents assisting.

As a result of our Easter Raffle, chocolate drive and two election day cake stalls, our fundraising committee has raised \$1,350.00 for the benefit of our children. Well done and thank you to all concerned.

Easter Raffle winners - Mrs. J. Kolodziej, Mrs. Margaret McIntyre and Mr. David Simmons.

Thank you to the wider community who have supported these events.

Our congratulations are extended to two ex students, Peter McIntyre who was a member of the successful South Australian Sheffield Shield Cricket team and to Tom Reynolds on his re-election to Parliament.

Our very successful Police in Schools Program will continue this term under the guidance of the ever popular Senior Constable Fiona Richardson.

Term Two also sees the recommencement of our very successful Sports Program at the Romsey Recreation Centre with the valuable assistance of Tom Doric.

OUR ANNUAL OPEN DAY for prospective parents will be held on **Sunday, 2nd June, 1.30pm to 3.30pm.** to enable both parents to visit our School and speak with parents and staff. Afternoon tea will be served. There is of course no obligation attached to this visit, other than the obligation to your children to look at all possible education alternatives available locally.

If anyone has any enquiries or would like to visit the School, please contact me on 285 317. You will find Bolinda Primary School to be a welcoming and caring educational facility.

Keith Jenkins, Principal.

Services for Mother's Day (and most Sundays), in the Uniting Church, are at 9 am, Romsey, and 10.30 am, Lancefield.

Young people are reminded that the youth group meets each Friday evening. The Strack family (270 472) can give you details.

"Chat 'n Play" - a friendship group for Mums with pre-school aged children, meets each Thursday morning at Lancefield church, in the Vestry. - 9.15 am.

Pentecost Sunday - 26th May - has special celebration services, with games and a bonfire following the 9 am Family Worship at Romsey.

You are welcome to join in any of our activities. May God's peace be with you. Elaine.
(Rev. Elaine Fragar - ph. 295 351)

Macedon Ranges Computer Club

WINDOWS 95 - START

Attention all Windows 95 beginners. We at the club would like to educate you, free of charge, on the finer points of using Windows 95 to the best of your advantage.

We wish to thank UNISYS of Sydney who generously donated a full working version of Windows 95 for use on the club PC.

This session will be for rank beginners and take them through to the level of self sufficiency. As we have a limited number of PC's available for the day, it would be helpful for you to bring your own PC and power board along. Priority will be given to those who telephone and book ahead. We expect demand for this session to be heavy.

We will cover subjects such as using Explorer, copying diskettes which will encompass some DOS commands and we hope to have time for defragmenting the Hard Disk Drive (HDD) and more. Notes will be available to take home for future reference.

When you join our club you will be eligible to receive, our list of other members for contact. Members enjoy helping each other and are an excellent source of information on, various software, or hardware problems. Chances are one of us has experienced just what you are going through and know the solution. No help given with pirated software, only registered software or unregistered shareware.

Our meetings will be extended, and go through to 5:00 p.m., whenever good attendances permit. See you there!

FUTURE MEETINGS

**Every third Sunday of each month
2:00 pm at BUNGAWITTA in
ROMSEY**

**Bring a plate & \$1.00 entry fee
Call Deb Burge 286 977
or Stuart McMinn 295 563**

HELP!

Geoff from Romsey bought in a software program, which he uses to keep track of share prices on the stock exchange, in the hope we could show him how to transfer the information into a spreadsheet for another package. Stuart McMinn of S.C.M. Computer Solutions gave Geoff advice to help solve his problem.

Marianne had a query regarding Word 7.0 and not being able to get the correct view for her documents. After instructing one of our members, on a possible solution to the problem, he then accompanied Marianne to her home so he could help her first hand.

The club is only too happy to help solve any problems you may have! We don't always have the answer directly, and may need to refer you to a professional who has proven to give good service to members in the past.

COMMITTEE MEETING - We will be forming a committee, with a constitution and invite any interested, registered members to come along and vote or be nominated. Meeting is at 1:50 P.M. Sunday May 19th.

The Strawberry Patch

Term 2 Classes

<i>Decorative Painting (Folk Art)</i>	Tuesday Mornings, Wednesday & Thursday Nights
<i>Fabric Painting</i>	Monday Mornings
<i>Quilting</i>	5 week course - 2 hours per week on Wednesdays - cost \$55 plus materials
<i>Sewing for Beginners</i>	5 week course - 2 hours per week on Tuesday Nights - cost \$50 plus materials
<i>Stretch Sewing for Beginners</i>	4 week course - 2 hours per week on Tuesdays - cost \$45 plus materials
<i>Teddy Bear Making</i>	3 week course - 2 hours per week on Tuesday Nights - cost \$65 all inclusive
<i>Calligraphy for Beginners</i>	5 week course - 3 hours per week on Saturday Mornings - cost \$90 plus materials

Term 2 Workshops

<i>Wool Embroidered Blanket</i>	- Saturday 15th June (full day includes light lunch) - \$35 plus materials
<i>Honey or Chocolate Bear</i>	- Saturday 4th May (half day) - \$25 all inclusive
<i>Tassel Making</i>	- Wednesday 22nd May (half day or night) - \$35 all inclusive
<i>Tapestry Vest</i>	- Saturday 18th May
	Pergamano for Beginners & Quilling - dates to be advised
	Stencilling for Beginners Decoupage for Beginners Paper Tole for Beginners
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St. Mary's Catholic Parish - Lancefield / Romsey

Fr. George O'Connor (Presbytery): 292 130; Sr. Patricia Stone (School): 291 359; Sr. Frances (Convent): 291 582.

Mass times: Sat. 7.30pm Lancefield

Sun.	for each month	1st & 3rd Sundays	2nd & 4th (& 5th) Sundays
	8.00am	Lancefield	Romsey
	10.00am	Romsey	Lancefield

Daily Masses: as advertised in weekly bulletin

Reconciliation: (Confession): 11.00 A.M. Saturday. or by arrangement.

Prayer life:

- * Rosary recited before weekday Masses and before Sat. night Mass.
- * 'Holy Name of Jesus' Prayer Group: Mon. 8pm Romsey Church. Contact: Merle De Silva 295.672.
- * Christian Meditation (Silent Prayer) Meetings...Tuesdays 8 - 9pm, Romsey. Phone Stephen 295 907

Special events / programs:

* **Scripture Journey:** A gentle look at the Holy Scriptures. Come and join us for coffee, and an informal chat. Feel free to ask questions or just listen. Play area available for toddlers. Everyone welcome. Tuesdays 1.30-2.30pm Romsey Church Hall.

* EDUCATION IN FAITH

This is an eight week course run by the Catholic Education Office. The topics covered will be: Who is God? The revelation of God through scripture, Tradition and life. God beyond all names: Images of God in scripture and life. The mystery of God. We are God's Work of Art. The secret of being human. This will commence at St. Anne's, Riddell Road, Sunbury on Wednesday May 1, 1.30pm - 3.15pm

* MARRIAGE ENCOUNTER WEEKENDS

Treat yourself to a weekend away with your partner; forget the hectic pace of life and enjoy each other's company. Marriage Encounter offers the ideal opportunity to build on that love relationship that is always there, but sometimes gets put aside. It is a perfect chance to be together and to enhance your relationship. Accommodation and meals are all arranged. Information ph. Erika and Peter Smith 03 9899 0824 or Carol and Jeff Friswell 054 477 992

* CHILDREN'S LITURGY

For children who are in Grade 4 and below, Children's Liturgy will take place at each 10 o'clock Mass.

* OLD PAPERS

St. Mary's School is still collecting papers. Please leave papers at the school anytime under the verandah.

* **The Catholic Church welcomes** those who are searching ...

Have you ever wondered what Catholics believe? Do you find yourself asking questions concerning the purpose of life? Perhaps things have changed and you are being prompted by the Spirit to take another look at your Faith? Fr. George is available on 292 130 or ask a Catholic friend you know.

.....
Praise to You, Lord Jesus Christ, King of endless glory!

Christ became obedient for us even to death, dying on the cross. Therefore God raised Him on high and gave Him a name above all names.

Praise to You, Lord Jesus Christ, King of endless glory!

PRAYER TO THE VIRGIN MARY (Never known to fail)

O Most beautiful of Mount Carmel, fruit vine splendours of Heaven. Blessed Mother of the Son of God, Immaculate Virgin assist me in my necessity.

O Star of the Sea, help me and show me herein you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity.

There are none that can withstand your power. O show me where you are my mother,

O Mary conceived without sin, pray for us who have recourse to thee (3 times).

Holy Mary, I place this cause in your hands (3 times).

Thank you for mercy towards me and mine.

AMEN

This prayer must be said for three days and after that the request will be granted and the prayer must be published.
 (Requested to be printed in this months Romsey Rag)

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ROMSEY/LANCEFIELD SENIOR CITIZENS

Senior Citizens meet Monday and Wednesday, 10.30am to 3.00pm. for carpet bowls, cards and companionship. New members are very welcome. Come and join us and have fun..... contact numbers - Gwen 295 242 or Marg on 296 377.

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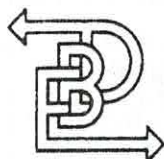
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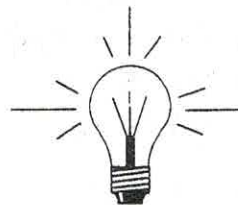
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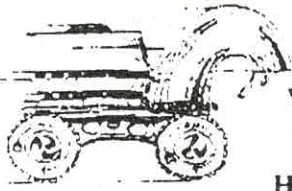
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