
THE ROMSEY RAG

THE AUGUST 2000 EDITION OF THE ROMSEY RAG PROUDLY BROUGHT TO YOU BY

Issue No. 174

- Central Ranges Natural Therapies -

August 2000

1500 copies produced each month at Romsey Primary School as a service to our community

Central Ranges Natural Therapies

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above number or his after hours No. 5427 0148

We Need Your Input!!!

Changes to Romsey Rag

Readers should have noticed a number of changes in the Romsey Rag over the past month or two. Our focus has been on improving the format and layout of the paper and ensuring the distribution of this valuable community voice reaches all Romsey residents.

A new printer has been purchased and in the coming months we hope that readers notice still more improvements in the quality of the print and in the reproduction of

photos. The paper however does not edit, print collate and distribute itself. This is done by a band of volunteers who give their time and effort to this publication.

This committee is keen to continue to improve the content of items so that the Romsey Rag gives full coverage of community news and activities each month. Community groups can submit articles on their activities. Residents can write articles on topics of interest, or voice an opinion in letters to the editor. If

you feel you are able to help the Romsey Rag in any way please contact Jeni Clampit or Barney Healy at Romsey Primary School, Margaret Howatson at the Medical Centre or Beryl Cole at the Romsey Post Office.

Romsey residents
- your paper needs you!

Editorially Speaking

Romsey Rag Editorial Committee

Editor - Barney Healy

Editorial Assistant - Jenny Clampit

Editorial Asst/Typist - Kym Raverty

Layout and Design - Mike Smith
Eye Catching Graphics

Advertising/Sales/Front Page

Sponsorship - Margaret Howatson
Phone: 5429 5254 or 5429 5724

Collection/Distribution -

Romsey Licensed Post Office -
Beryl & Ron Cole

Collation Team Co-ordinators -

Helen Watts & Leonie Armistead

Romsey Rag Publishing
Information Page

Readers of the Romsey Rag are reminded that ALL contributions should be left only at the Romsey Post Office before 12.00pm on the 21st of every month.

ALL FAXED CONTRIBUTIONS SHOULD ALSO GO TO THE POST OFFICE ON FAX: 54 29 5134

We accept only legible material, any photographs, graphics or logos to be separate from the written or typed material so they can be computer scanned. *Articles can also be sent as attachments via email to romsey.ps@edumail.vic.gov.au Please ensure that any text is sent as word documents and any logos/photos are sent as .jpg, .tif, .eps file formats at 300dpi.* If you wish to present your material via a disk and wish the disk to be returned please include a stamped self addressed envelope. The Editorial Committee does not accept responsibility for items not presented by the deadline. If you are available to help with collating please notify the Romsey Primary School office or the Collation Co-ordinators.

Advertising Rates:

Front Page Sponsorship = \$50 for half page graphics and words

Business Card = \$10.00 for 1 month or \$100 per year in Business Trade Directory

Quarter Page = \$20.00

Half Page = \$40.00

Full Page = \$80.00

Small "For Sale" Ad = \$5.00

In light of our increased distribution and up coming GST costs the committee has had to consider charging non-profit organisations who wish to advertise separate specific events in the Rag, (APART FROM IN THE BODY OF THEIR ARTICLE). After they have dropped copy into the Post Office, Margaret Howatson will contact the organisation to discuss appropriate costing.

****Note: All advertisements are now subject to 10% GST .**

DISCLAIMER:

The Editorial Committee of Romsey Rag wishes to advise that the comments and opinions expressed within this and any other edition of this publication remain the responsibility of the author and do not reflect in any way the opinion of the Editorial Committee. For publication, political or public comment is included for information purposes only and should remain of a position nature, signed by those accepting responsibility.

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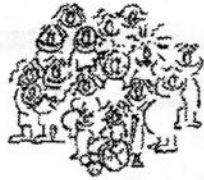
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Annual General Meeting

Owing to an insufficient number of members present, the Annual General Meeting has been held over to the August meeting. It will commence at the beginning of the club meeting. At this meeting, all members are invited to attend to review the clubs standing. A special edition of the clubs newsletter has been sent to members. Also at this meeting, a motion to move the clubs meetings from Romsey to Gisborne will be voted upon.

Ever wondered what the Windows

Tip of the Month

key 'Alt' on your keyboard can do? Here are few things you can use if for:

- Alt + M = Minimise all programs to task bar.
- Alt + Shift + M = Restore previous action.
- Alt = Same as clicking the start button
- Alt + B = Open windows explorer
- Alt + F = Open find files

FUTURE MEETINGS

Third Sunday of each month
20 Aug, 17 Sep, 15 Oct
2:00 p.m. at BUNGAWITTA (old primary school) in ROMSEY Cnr. Palmer and Main Rds.
Bring a plate for afternoon tea

Got a problem?

If you have a computer problem you would like addressed please feel free to come along to our next open forum meeting that we are continuing to hold so that everyone can benefit. To assist in the resolution of your problem, you can either bring in your computer or print a description of any error message(s) and a copy of your configuration files.

New Web Presence

The Macedon Ranges Computer Club has recently changed Internet service providers. We now have a new association with Hotkey Internet Services of Sunbury. As a result, our web pages have been totally revamped along with our new e-mail address as noted below. Come check out our web site and let us know what you think.

Club Contacts

President: Stuart McMinn - 5429 5563; stuartm@intermet.net.au
Secretary: Trish Watson - 5428 1562; t_watson@primus.com.au
Web page: www.hotkey.net.au/~mrcc
E-mail: mrcc@hotkey.net.au

Kyneton Cycling Club

The club organises road races of varying distances from less than 10K for juniors up to 50k for seniors and veretans most Saturday afternoons. Races are either scratch or more often handicap events which give everyone a chance of being in the placings.

As well as road races there are mountain bike races every second weekend, held on bush tracks at Kyneton shooting range (alternating with the shooters!). First aid is on hand instruction can be arranged.

More information
- 5429 1751

Lancefield-Romsey Little Athletics Centre

Congratulations to new athlete Bronwyn Rowlands who has recently run extremely well in the regional championships for first place and taken minor placings in two Melbourne Open Days. Brother Bill has also started training and competing for Lancefield-Romsey.

Cross-country training is on twice a week and is available to anyone who interested.

Congratulations also go to Colleen Graham for her part in the Torch Run in Tylden. More about that next month.

The Summer track season starts in October (7th) just after the Olympics finish.

More information - Andy Moore 5429 1751

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It is time again to say farewell to our current GP Registrar Dr. Eric Tay who completes his post at the Romsey Medical Centre on the 28th of July. Dr. Tay, in his final term before becoming a full-fledged General Practitioner, has enjoyed his time in the Romsey community greatly. We have been delighted to work with Dr. Tay and wish him success and happiness in his new posts. Our patients will surely miss Dr. Tay and his exceptional standard of care.

Also departing is Dr. Annabel Wyburn, who is taking her skills to the Emergency Department of the Mercy Hospital.

Our heartfelt thanks goes to both Dr. Tay and Dr. Wyburn for their contribution to the medical care for our patients.

Dr. Tay's position will be taken over by the next Registrar, Janet Hong. Dr. Hong has been associated with the Romsey Medical Centre for many years, having first visited our surgery as a medical student quite some years ago. We are delighted that Dr. Hong will be with us for the next six months. She will commence at the practice on the 31st of July.

Starting that same week is Dr. Filomena Lucente. She is known as a 'subsequent term Registrar', having completed all her required training to sit the GP exams, but wishing to gain some further experience in a rural practice. Both Dr. Hong and Dr. Lucente are full-time GP's. Over the winter months, we expect that we will be more capable of providing timely care for our patients with an extra doctor at the surgery.

We welcome both doctors to the Romsey Medical Centre and wish them an enjoyable term in our community.

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What's News

This is a very musical month for the church. On Sunday the 13th, The Maroondah Singers will be performing at the Mechanics Institute. The following week, all of the churches of Lancefield and Romsey will be gathering at the Lancefield Mechanics Institute for a Songfest, a time of sharing the songs that we like to sing in church.

What is it about music? Styles of music can cause extremely passionate and heated discussion as personal preferences and dislikes are aired. Music can move us to tears, or speak directly to our soul.

In some ways, music can express what words cannot. The rhythm and melody are both capable of inspiring, saddening, and evoking all manner of emotions. When words are added, communication occurs on several levels, engaging us more fully than words alone.

Whether your taste runs to classical, top 40, heavy metal, country and western, rhythm and blues hip-hop, reggae, or some strange mix of them all, music is the language of the soul, an expression of who you are and what you believe.

Rev Alan Williams

What's On

4 Aug KUCA meets from 5:00-6:30pm at the church, for Primary School Age & Year 7 children.

- 6 Aug 9:00am worship, including Holy Communion.
- 9 Aug UCAF (Ladies Guild) meet at the church at 1:30pm.
- 11 Aug KUCA meets from 5:00-6:30pm at the church, for Primary School Age & Year 7 children.
- 13 Aug 9:00am worship.
- 18 Aug KUCA meets from 5:00-6:30pm at the church, for Primary School Age & Year 7 children.
- 20 Aug 9:00am worship & Sunday School.
4:30pm combined churches Songfest in the Lancefield Mechanics Hall (see separate notice).
- 25 Aug KUCA meets from 5:00-6:30pm at the church, for Primary School Age & Year 7 children.
- 27 Aug 9:00am worship & Sunday School.
- 1 Sept KUCA meets from 5:00-6:30pm at the church, for Primary School Age & Year 7 children.
- 3 Sept 9:00am worship, including Holy Communion.

Everyone is most welcome to join us for any of the activities listed above.

If you have any questions about the Christian faith or the church, please feel free to ask Rev Alan.

ROMSEY GOLF CLUB

The final round of the Men's Championships were held on Saturday 27th May. Dean Jones was leading in the final round, but by the final hole Les Gaunt and Dean were even. There was only one play-off hole needed with Les being the winner.

B Grade Winner	John Freestone
C Grade Winner	Graeme White
Junior Winner	Carl Vandervliet
Nett Winner	Clinton Rea

Congratulations and well done to all of the winners. Men's Saturday games (12.30pm assembly for a 1.00pm hit-off)

On the weekend of June 3rd and 4th we held our annual tournament with a Men's and Mixed 4BBB on the Saturday and the Men's 24 hole event on the Sunday. Both days were well supported by players and sponsors. A special guest on the Sunday was Ian Stanley.

Many thanks must go to our sponsors including Romsey Newsagency, Romsey Pharmacy and Foodway.

The ladies played the final round of their championships on Wednesday June 21st with Jane Jones being the winner and Mary Campbell the nett winner. Congratulations to both. Ladies play on Wednesday (9'oclock assembly for a 9.30 hit-off).

The Romsey Rag editorial team apologise for this article being unpublished in the July issue.

If anyone has any queries about the golf club contact Rod Campbell 54 29 5629.

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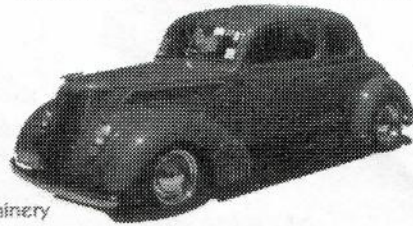
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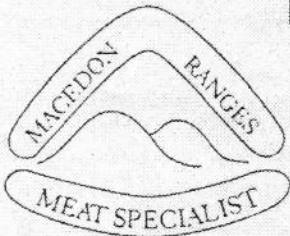
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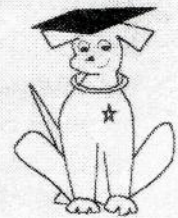
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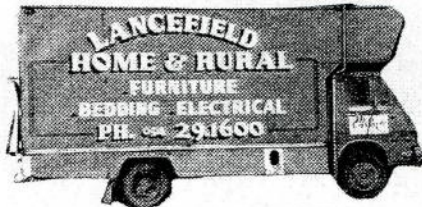
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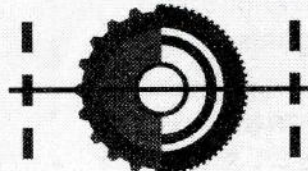


Appliances, Bookshelves, Coffee tables, Dining tables, Entertainment units, Fire screens, Garden furniture, Heaters, Irons, Jug & bowl sets, Kleenmaid products, Lounge suites, Mattresses, Not enough space to mention everything, Oils, Pictures, Question - will you get it? YES, Refrigerators, Sandwich makers, Tables, Utility boxes, Vacuum cleaners, Washing machines, Xtra special service, Yvonne, Charlie & Colin welcome you to their store, Zyliss/tefal irons.

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ROMSEY AUTO CARE



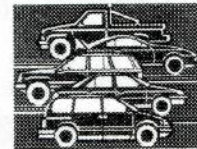
For all your
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Shop 1, 33 Main Rd Romsey 3434

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Kinder Corner

Romsey Kindergarten is a busy and lively corner of the Romsey Community, situated in Main Road in front of the Primary School, it has been a part of most resident's daily lives at some point.

Romsey Kindergarten offers a range of services, experience and support for both children and parents.

Our teachers, Jane Whelan and Anne Belchambers, continue to provide an exciting and dynamic program for our 3yr old & 4yr old kinder children.

Already this year, children have been involved in exploring colour & shape, traffic safety, enjoyed being farmers to the visiting farm animals and explored the topic of 'friends & I' to encourage friendship and co-operation, respect for each other and the awareness of others around. They have also enjoyed learning about each other's families.

As part of the kindergarten program, we endeavour to have visiting entertainers such as the 'Bong Bong Hat Band', entertaining both children and parents as well as visiting displays, i.e. The Jamieson Mobile Farm and the Chicken Hatchery.



4 year old Kinder Green Group

This year has seen the introduction of a visiting speech therapist service to identify those children requiring assistance in this area before entering school.

Developing a positive and enjoyable transition from kinder to primary school has been a focus for our local primary school and kinder. Already students from Romsey Primary School have

joined kinder classes and become 'buddies' for the kinder children. Over the next 2 terms our 4yr old kinder children will be invited to visit the primary school and take part in some specially organised activities, helping them to make an enjoyable start to their schooling life.

Until next month - from The Romsey Kindergarten.

LANCEFIELD COMMUNITY HOUSE

PHONE: 54 29 1214

Lancefield Community House has released its Term 3 Schedule. Copies were sent out via the Romsey Primary School Newsletter and now is available if you ring Rhonda on 54 291 214. The Bus Trips are proving very successful. We hope the trip to the Casino was fruitful. The trip costs \$10 and departs at 9.00am, pickup from the Old Romsey Post Office and Monegeetta General Store if arranged through Rhonda at the House. Next Trip to Epping Plaza on August 18th.

Hesket Primary School
Proudly Presents:
Supper Dance 2000
7:30 pm Saturday
19th August 2000
Braemar College
Featuring
Darryl Cotton & the Rockafellas
A great nights entertainment at just
\$25 per head. For Bookings
*Phone: Jan (03) 5429 5601 or
Julie (03) 5429 5830
Eftpos available contact Hesket Primary School on
(03) 5427 0330
BYO Drinks, Glasses & Nibbles.

ROMSEY-LANCEFIELD SENIOR CLUB INC.

A9935434P

If you are male or female • Aged 55 years or older

JOIN US - Every Monday 10.30am - 3.30pm

WE PLAY • CARPET BOWLS • CARDS • CHAT & HAVE CUPPAS

The Club is situated behind the Romsey Mechanics Hall and with a joining fee of \$2 A YEAR - why hesitate !

RING President Marie Snowball on 54 29 5536 or Secretary Rae Hooke 54 29 1602

NOW

Primary School News

Romsey Primary

- A Green School

Children at Romsey Primary School are busily working on designing and planting out their own garden areas. All students have been given an area of the school for their class to assume responsibility, and to date a number of the garden areas have been transformed through the efforts of teachers and students. Adjacent to room 13 the children have designed and planted out an Indonesian garden. While the plants in these areas have to be tough enough to withstand Romsey winters, the children's teacher Mrs Sue Little is really proud of these children's

efforts, as they have transformed their garden to a restful corner of the orient right here in Romsey. Children in Mrs Joan Gibbs' room have selected, costed and planted their own garden. By assuming major responsibility for the project these children have learnt a lot more than gardening.

At the end of July all children in the school will plant a native tree in the school grounds. It is planned that each year all new students will make their own commitment to our school environment.

Science for All the Family

Parents and children braved a cold and blustery night to have fun together learning about a wide range of science concepts on July 20th. 'This was a fun hands on evening,' Mrs Marg McLennan, Romsey Primary School science coordinator explained. 'We wanted to involve parents directly in their children's learning as well as give parents a greater understanding of the breadth and depth of the science activities we do at school. I'm sure this evening will stimulate many families to follow up these activities at home. It was a great night with lots of learning for both children and adults.'

Torch Relay Extravaganza

It could only be the excitement of the coming Olympics that could draw over a



thousand children to Tylden at the end of July. The children of Romsey certainly wouldn't miss seeing one of their own, Colleen Graham, as a proud torchbearer as the Olympic relay passes through our area. Colleen is involved in a wide range of sporting activities including netball, football and Little Athletics. 'Being in the torch relay is wonderful', Colleen stated, 'I'm looking forward to it. Having all the kids coming to Tylden is very nice.'

DEEP CREEK LANDCARE GROUP FORMS LOCAL TEAM FOR THE "GREEN" OLYMPICS

The Deep Creek Landcare Group has been chosen as one of hundreds of landcare groups around Australia to take the "Green Games" out to the nation through the Landcare network.

On Sunday 6th August 2000 at 10am the Deep Creek Landcare Group will host a planting working bee on site on the Melbourne/Lancefield Road on the south side of Mustey's Bridge, Lancefield. Approx 1km of degraded roadside will be revegetated with native tree species.

Any person wishing to participate in the planting project will be made most welcome - you don't have to be a group member but any volunteers will need to register their names. Post planting (weather permitting) you are invited to a (free) BBQ lunch.

The site will be dedicated to Jenny Holliday - a local resident and a medalist from the Atlanta Games. Jenny attended a recent Landcare meeting and spoke of her Olympic Experience - her commitment to improving the environment and her willingness to participate in an additional project by volunteering her time on Monday August 7th to speak to Junior Landcare members from Lancefield Primary and Romsey Primary Schools with the planting of the remaining trees.

The "Green" Olympics is only made possible by dedication, something we are sure Jenny Holliday knows all about. Other major supporters showing dedication are Olympic Landcare Project, Telstra, Bank of Melbourne and Challenge Bank, BHP, Fuji Xerox, Visy

Industries, Channel Seven and National Heritage Trust. Also the Macedon Ranges Shire Council has contributed to the project displaying its philosophy of developing and enhancing partnerships with community groups.

To register your name or for more information please phone David Blicblau on 5429 5880 or Jenny Green on 5429 1592.

The Romsey Recreation Centre

ARE YOU INTERESTED IN AN

INDOOR SOCCER COMPETITION???

We are looking to hear from any person who is interested in participating in an indoor soccer competition starting soon at the centre. It does not matter what level of ability you have or if you have played soccer before because we will teach you.

PROGRAMS, PROGRAMS, PROGRAMS!!!

Do you want to get fit, or tone up those muscles? The centre offers Oz-Fitkick (Tai-Bo), circuit classes, and casual gym. - Personal training is available upon request.

The centre now offers Tai-Chi classes with a very experienced instructor. Try something a little bit different. - Free tea and coffee for all Tai-Chi participants.

Want to have a social hit of squash but have no one to play against. Why not try our Thursday night social squash competition?

The centre also plays hosts to Netball and Volleyball Association competitions. Why not join a team? - Senior basketball is always looking for new teams on Tuesday nights.

The U/8 and U/10 basketball programs continue to grow in size, and there have been some fantastic efforts and improvements shown. Players such as Natalie Young, Jordan Ladzik, Patrick Derrick, Dean McDowell, Alan Prokhovnik, and Cassie Wright all fit in to the above category.

Special thanks must go to Alan Williams, Nathaniel Smith, and Peter Derrick for their continuous voluntary assistance with the U/8 and U/10 basketball programs. This assistance is crucial to the success of these programs. The U/8 program begins every Monday at 4pm. Our U/10 program starts at 5pm every Monday.

FOR ALL ENQUIRIES PLEASE CONTACT GRAHAM OR STACEY AT THE CENTRE ON 5429-5637.



THE PROBLEM WITH EATING!

By Susan Green

What is an eating disorder? When should I start to worry? Does my child have a problem. Is it just adolescence? In the light of more media attention being thrown on the issue of eating disorders, particularly anorexia and bulimia, these are questions which may parents may begin to have to ask with respect to one of their children.

According to the Anorexia and Bulimia Nervosa Foundation, anorexia effects around one to two percent of adolescent girls and bulimia may be as great as one in six. The statistics show that about five percent of all sufferers are male.

The effects of these diseases for long-term sufferers are horrific with the possible result of development of osteoporosis and infertility early in life. The good news is that not all young people or children who initially display symptoms continue on to become chronically afflicted with anorexia or bulimia.

However, for those parents, members of the family and friends who are forced to watch and be somewhat involved in the gradual decline of someone close and dear to them the strain can be taxing creating stress which overflows into other areas of life. Finding information that can help and support all involved is not always easy particularly for people in rural districts such as ours.

For this reason, an evening has been organised for anyone interested in discovering more about anorexia, bulimia and any other eating disorders at the Cobaw Community Health Service. The main speaker will be from the Anorexia and Bulimia Nervosa Foundation and there will also be representatives from Cobaw Community Health Service and Oliver House in Kyneton to answer any other questions you may have concerning these issues.

The possibility of setting up a Parent and Friends Support Group to assist carers of sufferers will also be discussed to gauge whether there is enough interest in the area for it to run. The meeting will be held on Thursday 10th August at 7.30pm and anyone is welcome to attend.

For further information please contact Lisa Delaney at the Cobaw Community Health Service on 54 22 3011.



Free Registration Initiative for Puppies & Kittens

From 1 July 2000, Macedon Ranges Shire Council will introduce free registration of puppies and kittens under 6 months of age.

Also eligible for free registration are puppies and kittens aged between 6 - 12 months that have been desexed, provided the owners produce evidence of desexing.

According to the Council's Animal Welfare Officer, Stan Wilson, the initiative is intended to make animal identification easier and encourage responsible pet ownership by easing the cost burden on new pet owners.

Free registration will remain valid for the registration year in which the puppy or kitten was registered, which is currently 10 April 2000 to 10 April 2001.

Roslyn Handley, Public Relations Officer

ROMSEY WALKING GROUP

Affectionately known as the Romsey Mafia. We meet every Tuesday - 9.00am outside Romsey's Laundromat. We cater for all ages and stages of fitness and have great fun enjoying exercising around our lovely district. You are welcome to join us. We are contemplating starting twilight walks in November through to the end of the daylight savings months. The first Sunday of the month and the third Thursday of the month meeting at 7.00pm. So keep this in mind and a reminder will be placed in "The Rag".

Fancy a Tassie Holiday in February 2002 ???

The Romsey Walking Group is giving you time to save your pennies for an all inclusive bus trip for two weeks with Ballarat Coachlines, including ferry crossing and bunkhouse accommodation. The cost at this stage is forecast between \$1800 - \$2000. Our previous two trips with David Wakeling were really great. Just ask anyone who has been on them!!

Any enquiries ring:
Sandra on 5427 0472
or Carole 5429 5676.

MORE FUNDING FOR COMMUNITY-BASED PARKS PROJECT

As part of a new Parks Improvement program, Macedon Ranges Shire Council has given more than \$30,000 over the last two months to assist community groups with sustainable beautification and improvement projects. This project is open ended and will be considered throughout the year. It is aimed at providing assistance to community groups and individuals in their endeavours to beautify and improve public parks, gardens, reserves, waterways and cemeteries throughout the Shire.

The program features three categories:

1. Central Town Parks - up to \$5,000 per project is available to develop a high quality town park in keeping with the Council's Open space Strategy.
2. Cemeteries - up to \$3,000 is available to assist cemetery trusts with specific and sustainable improvements

3. Other Parks - assistance of up to \$500 for groups and \$250 for individuals is available for improvements to other parks and open space throughout the Shire.

Projects to benefit so far are: Campaspe River Working Party, Tylden Cemetery Trust, Friends of Five Mile Creek, Kyneton Rotary near Oak Forest, Friends of Jacksons Creek, Riddells Creek Rotary, Friends of Gisborne Botanic Gardens, Greening Riddell in Wybejong Park, Darraweit Guim Cemetery Trust.

The guidelines & application forms are available by phoning the Council's Parks, Recreation and Culture Unit on 54 27 8231.

Ed: Has no funding been sought in our Region? Like any of the above projects money is there for the asking: it just needs a co-ordinated approach between groups to really achieve improvements in our towns.



**ST MARY'S CATHOLIC
PARISH
LANCEFIELD / ROMSEY**

Fr George O'Connor: 5429 2130; Sr Patricia
(School): 5429 1359
Sr Frances (Convent): 5429 1582

Mass Times

Sat.	10 am Romsey	
	7.30pm Lancefield	
Sundays of the month	1st, 3rd	2nd, 4th, 5th
	8 am Lancefield	Romsey
	10 am Romsey	Lancefield
Daily Masses: as advertised in the weekly bulletin		
Reconciliation (Confession): Saturday or by arrangement		

PRAYER LIFE

- Rosary recited before weekday Masses and Sat night Mass.
Rosary also recited at St Mary's Church, Romsey every Friday 2.30pm.
- 'Holy Name of Jesus' Charismatic Prayer Group: Tuesday 11am -12.30pm at 57 Metcalfe Drive, Romsey. Please contact: Merle De Silva 5429 5672.
*We are a praying community and if you request prayers for family or individual needs please write clearly, no names necessary, to: The Holy Name of Jesus Prayer Group, 57 Metcalfe Drive, Romsey.
- Christian Meditation (silent prayer) St Mary's Church, Romsey. Monday 8-9pm (side door), or Ph Stephen 5429 5907

DROP IN CENTRE

The St Vincent De Paul Conference of Lancefield/Romsey welcomes our community to the Drop In Centre at St Mary's Church Hall, Main Street, Romsey on the **1st Thursday** of every month. **3rd August, 7 Sept, 5th Oct.** 10.30am start. Coffee/tea morning and afternoons. A table of goods is also offered, plus card games and more. 20c for card game...money distributed among winners! Free lunch. Come to just look...Come to chat and be part of the fun. For transport ph 5429 2130

OP SHOP (St Vincent. de Paul)

The Op Shop will open again in August. If anyone needs help with clothing etc please phone Rose 5429 5270

FREE WOMEN'S HEALTH SEMINAR

Held at Mercy Hospital, East Melbourne (ground floor lecture theatre) Wed 2nd Aug 6.30pm-9.00pm 'Prevention & new treatment options for cervical cancer'

AUSTRALIAN CATHOLIC UNIVERSITY OPEN DAYS Ballarat Campus-Sun 13 Aug 10am-4pm. Melb Campus-Sun 20 Aug 10am-4pm For more info - Ph 9953 3000

OPEN DOORS A Counselling service for women anguishing over a pregnancy or grieving after an abortion. Website: www.opendoors.com.au mail: info@opendoors.com.au

Did you know that 'to sing is to pray twice'?

**CHARISMATIC HEALING MASS
SUNDAY 6th AUGUST**

10 am St Mary's Church, Romsey
The Holy Name of Jesus Charismatic Prayer Group will be celebrating

The feast of the **TRANSFIGURATION**
of our Lord Jesus Christ

We would like to invite anyone who wishes to receive prayers for physical or spiritual healing. Praise & worship begins **9.45am**. A light lunch available after the Mass in the hall - please bring a plate.
Enquiries: Ph Fr George 5429 130, Merle 54295672

ENQUIRY EVENINGS

Have you ever...

- wanted to be baptised?
- wanted to explore your faith journey?
- wanted to be a Catholic?
- wondered what Catholics really believe?

*If so, then we invite you to an enquiry evening at **St. Mary's Presbytery,***

Thursday evening 17th Aug 7.30pm
for further information please phone
Fr George 5429 2130 or
Sr Frances 5429 1582
(No obligation to continue)

What is an Enquiry Evening?

An Enquiry Evening is a get-together for your information. It is an opportunity to feel free to ask questions about the Catholic Faith. Please note - there is no obligation to continue. Everyone is welcome. You may have questions about:

- Jesus Christ...Who was He? A mystic? A man of prayer? Why was he crucified?
- Why do followers of Jesus gather in community?
- the Mass... what do Catholics really believe?
- the Sacraments ... Confirmation, Baptism, Holy Orders, Anointing of the Sick, etc...what are they?
- Are Catholics 'saved'?
- 'Tradition'...what does it mean?
- Mary...is she important?
- The Pope...what is his role?

If you would like to discover meaning in your lifethis may be an interesting evening.

PARISH RETREAT

at Drusilla, Mt Macedon. Commencing evening Oct 27th Oct -Sunday 29th. More information following.

Start and end the day with prayer. Come to God as a child. If you find it hard to pray you can say, 'Come Holy Spirit, guide me, protect me, dear out my mind that I can pray.'
Pg 46 *A Simple Path* by Mother Teresa

**The Anglican Parish of
Christ Church Lancefield & St Paul's
Romsey**

On normal Sundays

9am Family Communion :St Paul's, Romsey.
10:30am Family Communion:
Christ church, Lancefield.
(both services have Sunday School)

Wednesday's 10am Communion Christ Church,
Lancefield. (Term time)
6pm - 7:30pm Children's club (CEBS/GFS)
in Romsey church hall school term times.

Enquiries welcome

Visitors, explorers, newcomers are always
made welcome at any of our services or events.

*Please feel free to ring anytime for any pastoral or
religious concerns.*

Vicar: Paul Wood, 33 Chauncey Street, Lancefield,
Victoria, 3435 Telephone (054) 291 380 or Paging
service: 9236 0627

**Lancefield Garden
and Farm Supplies**

Discount sleepers - treated pine poles and all your
garden and building materials

Top soil - 20m³ \$440
- 10m³ \$242
- 5m³ \$143

Granetic sand - 20m³ \$440
- 10m³ \$242
- 5m³ \$132

B.G. crushed rock - 20m³ \$440
- 10m³ \$232
- 5m³ \$143

Used sleepers from \$13.20 each

New Sleepers - 200 x 50x 2.1 \$9.35 each
- 200 x75 x 2.1 \$11.55 each
- (cheaper in pack lots)

Red Gum, firewood, split

\$82.50m³ - pick up \$88.00m³ - delivered

90mm x 6.0m Storm Water Pipe \$15.00ea

Barastock Chicken Pallets \$13.20/40kg bags

All prices GST Included

95 Main Road, Lancefield 3435

BH - Mon - Fri 8am to 5pm Sat 8am to 3pm

Phone or Fax 5429 1311



Macedon Ranges Health Care

Romsey Medical Centre

99 Main Street Romsey, 3434

Phone: 5429 5254 Fax: 5429 6147

Email mrhc@gpnetwork.net.au

Clinic Hours and Appointments

Monday to Friday 8:00am to 8:00pm

Saturdays 9:00am to 5:00pm

Sundays 9:00am to 5:00pm

Public Holidays 9:00am to 5:00pm

We try to minimise waiting time by operating an
appointment system. Appointments are routinely of
10 - 15 minutes duration. You can help us run on time by
advising the reception staff if you anticipate a longer time
for complicated procedures such as:

- Insurance, pre-employment or licence examinations
- Annual reviews or check ups
- Multiple medical problems
- More than one family member attending
- Counselling or emotional problems

Please note that emergencies are seen immediately and
take priority over booked appointments. Home visits are
available. Please call the Medical Centre to arrange for
these appointments.

**Romsey Gardens
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RACV rating

Quality ensuite accommodation
with separate entrances.

Queen or twin suites available,
set in two acres of gardens.

Spoil yourself with some gracious living

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