



# The Romsey Rag

Volume: 38 Edition: 3

APRIL 2020

Let your hearts be glad,  
shout with joy  
and celebrate  
this great day.

Easter is here,  
and so is  
new life  
and hope.



Members of the Romsey Uniting Church wish you all a happy and safe Easter.

# EDITORIAL

## Committee

### PRESIDENT

Tony Lakey

### SECRETARY

Jane Nixon

### TREASURER

Karen Read  
Dianne Irvine

### EDITOR

Shauna Martin

### EDITORIAL ASSISTANTS

Sonia Martin  
Jane Nixon  
Tony Lakey

### GENERAL COMMITTEE

Roy Goodall  
Margaret Mitchell  
Pam Neil  
Allan Irvine

## Welcome to the April Edition

A lot has happened since our last edition but we are not facing an apocalypse so why is the country going mad and panic buying - of all things toilet paper??? That aside I hope that all members of our community have what they need and if not are able to reach out to friends and neighbours who hopefully can help out.

Just a reminder to ensure you are using the new email address for all correspondence:

**[email@theromseyrag.com.au](mailto:email@theromseyrag.com.au)**

Please note articles should be restricted to 300-350 words plus or minus a picture. Articles will be edited as required. The editorial committee reserve the right not to print inflammatory or unsuitable materials.

Also check out the new website, where you can download this and previous editions:

**<http://www.theromseyrag.com.au/>**

## WHAT'S ON in & around Romsey

**1st Apr** - Senior Citizen Bus Trip -Ballarat Wildlife Park

**10th Apr** - Good Friday

**12th Apr** - Easter Sunday

**16th Apr** - CWA Craft Day, RMI.

**25th Apr** - ANZAC Day - all public events cancelled, instead take a moments silence at dawn in your driveway.



We have many planned events from a number of local groups spread throughout this April edition.

Anyone interested in any of these events, please contact the organising group to make sure the event is still going ahead or has it been modified or cancelled.

## Romsey Mechanics Institute



**Our 6th Antiques and Collectables Fair** was held at the RMI on Sat March 14th. Despite the Covid-19 virus a goodly number of locals and "out of towners" (200+) arrived to peruse what was on offer

and to snag a good article at a good price. Our thanks to the **Bendigo Bank** for again supporting this event, to the organising committee who did so much hard work to make the day a success and to the Romsey CWA who did such a wonderful job with the morning and afternoon teas.

**Committee Room:** Both the RMI Committee of Management and the Romsey Rag Committee of Management have moved into the our newly renovated room. The filing cabinets are quickly filling up, just as quickly as many lounge rooms/studies are emptying. Final works to install the

kitchenette will be completed over the remainder of March. Once finished this room will provide an attractive space for a variety of community and business groups.



*Everything ready to go at the 2020 Antiques Fair*

[www.romseymechanicsinstitute.com](http://www.romseymechanicsinstitute.com)

## April In Your Garden - Melanie Kinsey



Foot surgery and subsequent medical issues have put my gardening plans on hold. I am only now getting back outside and have tentatively ventured into the garden. I have pulled out the odd weed here and there, have watered a few things (before the mighty deluge in early March) and have taken lots of photos.

I've spent more time simply observing the garden through the windows and noticing things like how the colour of Sedum 'Autumn Joy' (now reclassified as Hylotelephium) changes over the weeks from pale pink to deep pink and now to a darker pink verging on rusty red. What a great tough plant it is and the bees go bonkers over it!

I've potted up a few more cuttings and they should put on a bit of growth before the cold weather sets in. Since the rain in early March, I've been desperate to start planting! Today I recruited two hole diggers and I spent a lovely hour planting. I also tended to my variegated flax (Phormium sp.) which is a good job to do when you have to sit down! I was pulling out all the dead leaves – I find if you grasp one leaf at a time and give it a hard tug it should come out. If it doesn't, I cut it off at the base with sharp secateurs. It always looks so much better when tidied up.

I also carried out a pH check on my grove of She-oaks (Allocasuarina sp) that refuse to grow. The soil was a bit on the acidic side, so I spread some dolomite lime around. Hopefully getting the pH to be more neutral will enable the young trees to be able to take up nutrients and grow!



## Romsey Branch of C.W.A. Inc

President : Melva Beer  
H: 5429 3763

Secretary : Wendy Foster  
M: 0409 175 667

Treasurer: Anne Barry  
H: 5429 6179

## C.W.A 2020 STATE THEMES:

<b>THEME :</b>	<b>Grow, Connect, Improve.</b>
<b>Product/Resource :</b>	<b>Australian Indigenous Foods</b>
<b>Country of Study :</b>	<b>Botswana</b>
<b>Thanksgiving Fund :</b>	<b>Endometriosis Research through the Jean Hailes Medical Centre for Women</b>
<b>State Project :</b>	<b>CWA of Vic. Inc. IT and Systems Upgrade and Maintenance</b>
<b>Social Issues Focus :</b>	<b>Building communication skills in times of stress</b>

CWA will be holding a Mother's Day stall on Saturday 2nd May 2020 outside the IGA supermarket from 9.00 am. We will have for sale cooking, sewn articles, plants and other small items. There will also be a raffle.

We are holding an Association Day on 14th May 2020. We will be attending Morning Melodies at Trackside in Kilmore and the show will be "Songs of Abba". Doors open 10.00am, show starts at 11.00 am.

We would like to invite members of the local community to join us in this outing. Tickets available by contacting 0409 175 667. Tickets are limited.

Next monthly craft day is on Thursday 16th April and will be held in the supper room at the Romsey Mechanics' Institute in Main Road Romsey. Come and join us, bring your lunch, tea and coffee supplied. There will be a variety of crafts available on the day.

Our Romsey Branch participates in various community activities, and we welcome new members. Come and join us! Membership is very affordable.



## Romsey - Lancefield Probus Welcome to Friendship

Our club provides an opportunity for retirees or semi retired people to relax and enjoy the welcoming company of those at the same stage of life.

Our monthly meeting (4th Thursday of the month) is a chance to catch-up with new and old friends, share a pleasant morning tea, and hear interesting speakers on a wide variety of topics.

Meetings are held at St. Mary's Catholic Church Hall, Main Street, Romsey.  
The next meeting will be on Thursday 23rd April, 2020 at 10am  
Guest Speaker. Romsey/Lancefield RSL President, Tony O'Brien

After the meeting, people so inclined, have lunch at a nearby restaurant.  
There are many activities members can be part of (including Trips and Outings); some being regular, and others planned from time to time.

Join us for coffee at one of the venues in Romsey or Lancefield every second Friday;  
or join the ten-pin bowling group for a bit of fun on the alternate Friday.  
Or form a group with others of similar interests at a time that suits.

*We are a friendly welcoming group from diverse backgrounds and with a variety of interests,  
and we'd love to meet you!*

**Visit our WEB-Site: [www.rlprobus.org.au](http://www.rlprobus.org.au)**

**Contact: President: Allan 0408 098428 or Secretary: Tony 0408 536290**



## **NOT LOST, NOT FORGOTTEN, BUT ON THE WAY!**

The lease for the land beside the Scout-Hall has been signed by the Minister, and we are working on the application for a "Building Permit" as well as the release of the last of the Victorian Government grant funds. And barring unexpected delays **construction will begin soon.**

# Don't be the missing piece in the puzzle

Join today!

And show your support for THE SHED  
we've all been waiting for!

\$5.00 Membership until the shed is built, and the full fee is determined by the members.

Send an email to: [romseyms@gmail.com](mailto:romseyms@gmail.com) with the subject **RMS Membership**. Include your **Name**, Contact **Phone number**, and one of our overworked committee will get back to you ASAP.



The More Members we have the more clout we have when we apply for Grants



## **FLU SEASON 2020**

### **ARE YOU PREPARED FOR FLU SEASON!**

Many of the people badly affected by flu are over 65 years of age. This year, new stronger and more effective vaccines will be provided for this group.

To reduce risk to you, your family and community of another season of severe flu we encourage everyone to consider influenza immunisation this year.

Government will fund vaccination for the following groups who are at a higher risk of complications of flu:

- Seniors over 65 years of age
- Children between 6 months and 5 years of age
- People with long term illness – please ask your GP if you qualify
- Pregnant women
- Most Aboriginal people and Torres Strait Islanders

We expect the Flu vaccination will be available for Romsey Medical Centres mid-April at no cost to the groups listed above. Please call us to check on availability.

Private patient fee \$20 administered by qualified health professionals via one of our daily flu clinics.

Flu vaccinations offer the best protection in the first 3 months after the injection and the flu season peaks in August most years. You will get the best protection if you have your vaccination in May or June rather than earlier in the year.

**It is never too late in the season to have your flu vaccination.**

99 Main Street, Romsey – ph: 5429 5254

[www.romseymedical.com.au](http://www.romseymedical.com.au)



## Romsey Region Business & Tourism Association (RRBATA)

Jenny Stillman  
Phone: 0412 349849  
Email: jennystillman@optusnet.com.au

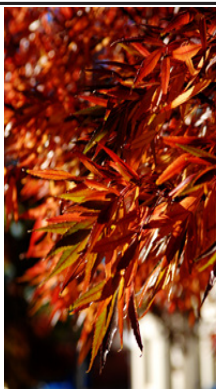
The benefits of the Romsey Region Business and Tourism Association. Be a part of it!

Romsey Online Remember 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".

## RRBATA Update

### **NOW IS THE TIME for Community to Support Local Businesses so Local Businesses Can Support Community**

At the time of writing, the uncertainty surrounding present and possible future containment measures for the COVID-19 virus was resulting in significant concern.



Whether it be community members stocking up on supplies for fear of a lockdown or isolation scenario or daily life routines needing to be modified, the social and economic fallout from this pandemic will be huge.

It is on this basis that RRBATA implores the Romsey region communities to "shop local" to support our businesses during what will be a very difficult time for them and the local economy over ensuing months. This will facilitate businesses being able to continue to support our community. Mindfulness as a community will assist us

to responsibly approach this challenge whilst being supportive of each other.

### **RRBATA Social Media Re-Badging**

Prompted by the current Romsey Business Marketing Campaign being developed as a collaboration between RRBATA and Macedon Ranges Shire Council, RRBATA's social media platforms have new handles. RRBATA's Facebook is now known as "Romsey Lancefield Region – Business and Living" whilst Instagram is "Romsey Lancefield Region". These sites will also be inclusive of other small settlements in our region. Social media will be a big focus of the marketing campaign ahead, both to local residents and those looking to visit or move to our region.

### **URGENT - Christmas In Romsey Working Group: Volunteers Needed**

The Arts Culture and Events (ACE) working group has vacancies which desperately need to be filled to enable organization of Christmas In Romsey 2020. Please contact Jenny Stillman (Ph. 0411 700464 jennystillman@optusnet.com.au) for further information or if you are able to assist with even a small short term task.

## Romsey Dental

# 03 5429 3322

Romsey Dental are proud to introduce Dr Bethany, a new addition to our professional and friendly team. Darcy the Dragon is having his teeth checked and cleaned by Dr Bethany.



Veterans Affairs – Children's Dental Benefit Scheme (\$1000 for eligible children)  
Happy Gas for Anxious Patients – All Private Health Insurances Accepted

### 41 Murphy St, Romsey

## New Podiatrist in Romsey!

### Andrew Baddeley

B.Pod, GradCert.DiabEd

Providing a local, quality and friendly service to help with;

- ✓ Foot Orthotics
- ✓ Diabetes care
- ✓ Sports injuries
- ✓ Children's feet
- ✓ Heel pain
- ✓ Toe pain

Located within Romsey Medical  
99 Main St, Romsey

For appointments please call 5429 5254



## RANGES PODIATRY

Community Bank · Lancefield and Romsey

# Making good things happen



[Search Bendigo Bank near me](#)



## Romsey Lancefield Senior Citizens Bendigo Bank Monthly Bus Trips

### Ballarat Wildlife Park



Come and join us on our monthly bus trips on the first Wednesday of the month. Our trips are to a variety of places and include

morning tea and lunch and only cost \$40 (entry fees included).

If you are interested in joining us, please give Helen or Rae a ring to make sure you get a spot on the bus. Our next trip will be on **Wednesday 1st of April** with a visit to the Ballarat Wildlife Park. This park specialises in native Australian animals but also includes a

wide variety of reptiles, and now has meerkats and Sumatran tigers, Maneki and Satu. Please note this month lunch is not included in the cost but you have the option of bringing your own picnic lunch or purchasing lunch at the café at the Wildlife Park.

Depart: Lancefield Post Office – **8.45am**  
Romsey Mechanics Institute – **9am**

Future trips will be:

- 6th May Melbourne Aquarium
- 3rd June Skyways Westfield
- 1st July Christmas in July
- 5th August Sorrento/Queenscliff
- 2nd Sept Mystery Tour
- 7th Oct Healesville Sanctuary
- 4th Nov Bendigo Op Shop Tour
- 2nd Dec Christmas Lunch

For further information please contact Helen on 0409 064 303 or Rae on 0408 338 759.

Hope to see you soon.

Remember we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, some card games and a chat – everyone welcome. The **second Monday of the month** we have professional cooks prepare a 2 **course lunch** for just **\$10**.

Proudly supported by

Lancefield & Romsey  
**Community Bank®** Branches  **Bendigo Bank**



## The Mount Players Make a Sad Decision



After much deliberation and discussion, The Mount Players General Committee made the sad decision that effective from 17 March 2020, we will be postponing all theatre activities at the Mountview Theatre due to the COVID-19. This will include Youth Theatre programs, play readings, rehearsals and set building. We have also taken the cautious step to defer the next two productions, The Vortex and The Complete works of William Shakespeare (Abridged), which were scheduled to be performed from mid-May to late June 2020. The musical Annie will be rescheduled to 2021.

We believe that this action is the most responsible to ensure the health and safety of all our members and patrons. Our

website and Facebook page will be kept up to date pending information that comes to hand.

On a more positive note, our 5th March performance of Switzerland together with program takings and donations raised \$2,430 for Wildlife Vic. A huge thanks to all who donated to this wonderful cause.

Keep well and we will hopefully see you at the Mountview Theatre in the not too distant future.

*By Karen Hunt*

## Information about the Coronavirus (Covid- 19)

- Coronaviruses are a large family of viruses that may cause illness in animals or humans. CoVID-19 is a new coronavirus that can cause illness similar to the common cold or more seriously, severe respiratory conditions such as SARS (Severe acute respiratory syndrome)
  - » The most common symptoms reported include: Fever, breathing difficulties, cough, sore throat and fatigue/tiredness. **Phone your GP first** if you need medical attention. Otherwise, the national Covid-19 triage hotline is 1800 020 080 or 1800 675 398 for the DHHS dedicated hotline.
- The coronavirus is spread through
  - » Close contact with an infected person (Close contact is defined as >15min face to face or sharing of a closed space for >2 hours with them)
  - » Touching objects or services that have been contaminated from a cough or sneeze of an infected person, before proceeding to touch your mouth or face.
- Ways to reduce your risk
  - » Washing hands often with soap and running water for at least 20 seconds. Dry with paper towel.
  - » Cover your cough or sneeze with a tissue.
  - » The current recommendation is that there is no need to wear a face mask if you are well
  - » This may be a good time to quit smoking. Healthy habits such as exercise, drinking plenty of water and getting plenty of sleep will help your immune system.
  - » Get the flu shot (Available April)
  - » **If you are ill, stay at home.**
- In regards to prescription medicines, it is important to know that **panic buying of medicines is unnecessary**. This is critical as stockpiling medicines would lead to an unintended disruption of supply to others that are in need.





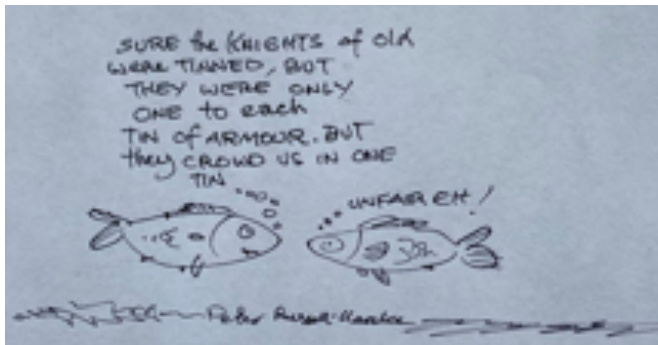
## Cooking with Peter Russell-Clarke

### SARDINES, CAPSICUM, ORANGE AND CORSICA



Sardines are full of Omega 3 and calcium. And flavour too. I've added in a few more flavours which I think give it a Corsican feel. If I've offended any Corsicans, I'm sorry, so think of it as being Sicilian.

2 tablespoons currants;  
1 tablespoon olive oil;  
extra olive oil for pan;  
12 cleaned, fresh sardine fillets;  
finely sliced zest and juice of 1 orange;  
1 large red onion, finely sliced;  
2 large cloves garlic, crushed;  
1 can (400g) crushed tomatoes;  
1 large red capsicum, grilled and peeled;  
2 tablespoons capers;  
2 tablespoons finely chopped fresh parsley.



In a heatproof bowl put the currants. Pour enough boiling water over them to cover them and allow them to stand. But don't you stand around - so hop to it and coat a large non-stick frying pan with olive oil, and heat. Lay the sardine fillets in the pan, skin side down, and cook for about 3 minutes or so. Take them out of the pan. Put the fillets onto a plate and sprinkle them with orange juice.

Turn down the heat under the frying pan, drop in the onion and garlic and cook until soft. Add the tomatoes and simmer until the sauce is thick - about 15 minutes - keep your eye on them!

Cut the capsicum into long, thin strips. I'm not worried about the pips or the skin, but if you're a perfectionist, get rid of both in the time honoured fashion.

Add to the sauce the drained currants and the orange juice you've rescued from the sardines, together with half the orange zest, the capsicum and the capers. Heat.

To serve - divide the sauce among four plates along with 3 sardine fillets each and sprinkle with the parsley and the remaining orange zest.



You are welcome to join us for our  
**Special Easter Sunday Service**

Including Easter Eggs and Hot Cross Buns

**Sunday 12 April  
@ 10am**

**Encourage Church  
7 Mitchell Court, Romsey**



# DARRAWEIT GUIM PRIMARY SCHOOL NEWS

## Bringing Native Bees, Bugs & Butterflies Back To DGPS.

In late February Sam Harrison, from Landcare came to school to begin our 'Bringing Native Bees, Bugs and Butterflies' project. This project will include the rejuvenation of the strip of land on the border of the school and the car park, planting a range of indigenous flowering plants that will attract a range of native bees, bugs and butterflies into the school.



*Catching our insects*



*Back in the room & hard at work.*

Students will be involved in the entire process, from planning the design, sourcing the plants and planting to using the garden as part of our STEM Friday program, where we will use the garden as a platform for collecting, studying and documenting the bees, bugs and butterflies that use this new habitat.

This project will enhance biodiversity within our school grounds, make an important habitat corridor link to the nearby Deep Creek reserve and increase the number of native pollinators in and around our school.



*Our specimens neatly tagged*

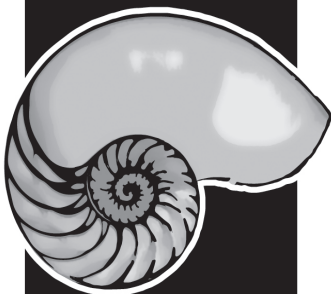
Our project will not only increase the abundance and diversity of the native bees, butterflies and other insects that call this area home, but will also be an important showcase for gardening with indigenous plants, adding colour to the entrance to our school.

Importantly, selecting indigenous plants will mean that maintenance and watering will be minimal once the plants have been established.

## Discover Better Health

### Our Practitioners

- Hannah Sutton
- Jessica Jackman
- Nicolette Truscott
- Camille Scott
- Margo Field
- Jen Frankcombe- Campbell
- Tara Brooks
- Danielle Taranto
- Pia Laura Civitarese
- Deanna Cooper



**IN SYMMETRY**  
Romsey Wellness Centre

### HEALTH SERVICES @ ROMSEY WELLNESS CENTRE

- Acupuncture
- Remedial Massage
- Counselling / Hypnotherapy
- Herbal Medicine
- Cupping / Gua Sha
- Children's Nutrition
- Cosmetic Acupuncture
- Infrared Sauna
- Health & Wellness Coaching
- Naturopathy
- Kinesiology
- Ear Candling
- Osteopathy
- Crystal Reiki
- Yoga

### OPENING HOURS

Monday \_\_\_\_\_ 9am to 8pm    Thursday \_\_\_\_\_ 9am to 8pm  
 Tuesday \_\_\_\_\_ 9am to 3pm    Friday \_\_\_\_\_ 9am to 3pm  
 Wednesday \_\_\_\_\_ 3pm to 9pm    Saturday (alternate) 8am to 3pm



120 Main Street Romsey 03 5429 3610  
www.insymmetry.com.au



## Paper Towels, Wipes & Tissues Can't be Flushed Like Toilet Paper says Western Water

Western Water is reminding their customers that toilet paper is the only type of paper that should be flushed down the toilet.

Western Water's Acting Chief Operating Officer, Paul Clark says products such as paper towels, wipes and tissue paper are not designed for their sewerage systems and could lead to sewer spills.

"Toilet paper is the only product that is designed to break down properly in our sewerage network," Mr Clark said.

"Paper towels, tissues and wipes don't disintegrate the same way as toilet paper and can get stuck in the pipes or cause fatbergs to form in the pipes."

"This can lead to sewer spills in the home or in public spaces, like parks and waterways" he said.

Western Water also recommends customers avoid 'flushable' wipes as there is no current Australian industry standard that provides criteria to manufacturers on how to make them compatible with our sewer systems.

"While we wait for the development of a nationally agreed standard, our advice is to play it safe and only flush the three P's – Pee, Poo and (Toilet) Paper", said Mr Clark.

To find out more – visit the website [www.westernwater.com.au/whatnottoflush](http://www.westernwater.com.au/whatnottoflush)

---

# CLOSED

To minimise the spread of the COVID-19 virus, and to protect our community, unfortunately our libraries are closed.

---

We apologise for any inconvenience caused by this decision and look forward to resuming normal programming soon.

More information at [www.ncgrl.vic.gov.au/covid19](http://www.ncgrl.vic.gov.au/covid19)

**IF YOU ARE  
FEELING  
UNWELL,  
PLEASE HOLD  
ON TO YOUR  
LIBRARY ITEMS.**

**NO FINE WILL BE GENERATED**



Don't forget our E-library is always available at

**[www.ncgrl.vic.gov.au/elibrary](http://www.ncgrl.vic.gov.au/elibrary)**

Login anytime with your membership number to download eBooks, audiobooks, magazines and newspapers.



**Goldfields  
Libraries**

**Libraries  
Change Lives**

### Have Your Say on New Mobile Trading Guidelines

Macedon Ranges Shire Council would like to know what you think of the new guidelines that support Council's Roadside and Footpath Trading Policy?

The draft Mobile Trading Guidelines cover mobile trading on Council land from 1 July 2020, which includes mobile trading on roadsides, parks and reserves.

It is important that use of public space for commercial activities is complementary to an area's purpose and is not detrimental to fixed businesses in the area.

The new guidelines will provide a consistent and

coordinated process for the operation of mobile trading across the Macedon Ranges Shire and feedback is sought from local businesses, pedestrians and motorists and the general community.

The draft guidelines will be available for comment until Tuesday 7 April 2020.

You can have your say by:

- Filling in the online feedback form at [mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay)
- Joining the online discussion forum to share your views
- Sending in a written submission to PO Box 151, Kyneton 3444 or by emailing [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

### New Pool and Spa Registration Laws

On 1 December 2019, new laws to improve swimming pool and spa safety came in to effect in Victoria. Property owners with a pool or spa now have to register their pool or spa with Council and new swimming pool and spa registrations are due to Council by 1 June 2020.

You can register your pool online, in person or at any Council office.

You can also phone Council on 54220333 to request a registration form.

For more information about the new regulations visit [mrsc.vic.gov.au/pools-and-spas](http://mrsc.vic.gov.au/pools-and-spas)

### I Went to See the Soldiers

*Author : Kenny Martin 2003*

I went to see the soldiers row on row, on row, And wondered about each so still, their badges all on show. What brought them here, what life before was like for each of them? What made them angry, laugh or cry, these soldiers, boys and men. Some so young, some older still, a bond more close than brothers.

These men have earned and shared a love that's not like any other. They trained as one, they fought as one, they shared their last together. That bond endures, that love is true, and will be now and ever.

I could not know, how could I guess what choice each has made. Of how they came to soldiering, what part each one had played. But here they are and here they'll stay, each one silent and in place. Their headstones line up row on row, they guard this hallowed place.



### Romsey Veterinary Surgery

80 Main Street                      admin@romseyvet.com.au  
Romsey 3434                              www.romseyvet.com.au  
5429 5711

**Open 7 Days • 24hr Emergency Service**



The past and present members of the committee of the Romsey Rag thank Margaret Mitchell for her many, many years of service to the Romsey Rag. Margaret has decided to step back from her position on the committee and we all wish her well for the future.

Karen Read has stepped back from her role as Treasurer but has agreed to remain on the Committee of Management and we thank her for her past financial control and look forward to more close involvement.

# Romsey Golf Club, Men's & Women's Reports



Park Lane, Romsey  
PO Box 200, Romsey 3434

www.romseygolfclub.net  
mail@romseygolfclub.net

President 0417 088 891  
Secretary 0400 768 040

**Charity Golf Day:** Our "Relay For Life" Charity Golf Day was a great success. Sixteen teams teed up, enjoying wonderful weather and playing some amazing golf, some amazingly good, some amazingly bad, but everyone enjoyed themselves. This was our 12th Charity Golf Day and RGC, working with Puddles' Team, were able to raise just over \$2,500 for the 2020 Relay For Life. This year the team that has run 2nd for the last two years, "The Runners Up", won in a close finish. Out thanks to Nick Waldhauser and all at Romsey Hardware for their ongoing support of this event.

**Green Fees:** Our club is a totally volunteer club and all members work very hard to maintain and improve both the golf course and Romsey Park. Our Green Fees charge is \$10 for all day golf and \$5.00 for juniors, a pretty good price for a round. Over the last few years, we have had numerous problems with our green fees. Many players "do the right thing" and fill out their forms and put the money into the box. A few weeks ago, we discovered 25-30 Green Fees envelopes that had been fished out of the box and the money stolen;

this amounts to theft of \$600 - \$1,000. Enough is enough and member Clive Mensforth decided that the club needed a new, stronger and more challenging Green Fees box. Looks great Clive, thanks for another classy job.

**Pennant Golf** begins at the end of March. RGC has entered two men's teams: Restricted Handicap and Handicap Division Three, and one women's team Handicap Division Two. Our women have won their pennant for the last two years so the blokes will have their work cut out hard to match those results

The "Taj Mahal" of Green Fees Boxes



## RGC Weekly Competition Results:

<b>Mar 14 - S/Ford</b>	Jim Patton 18) - 40pts, Andrew Laing (19) -38 pts & Mal Mottram (9) - 38 pts
<b>Mar 11 - Pine-hurst</b>	P Drummond/B Cole - 96/30.5/65.5, W Gosden/E Scanlon - 96/30/66, L Robb/J Hartley - 04/32.5/71.5
<b>Mar 7- 4B Aggregate Stableford</b>	M Mottram (9)/H Drummond (20) - 68pts, T Clement (24)/A Clement (9) - 63pts & L Robb (43)/P Drummond (34) - 62pts
<b>Mar 4th - Foursomes</b>	B Cole/L Robb-39pts, J Hartley/P Drummond-34pts, E Scanlon/W Gosden-27pts,
<b>2020 Summer Cup</b>	1st Hugh Drummond-24.5pts, 2nd Davey Kenney-20.5pts, 3rd Pat Chisholm-19.5pts
<b>Feb 29 - Medal</b>	H Drummond - 88/21/67, Mitch Atlas - 80/10/70, Pat Chisholm - 83/13/70
<b>Feb 26 -Medal</b>	J Hartley -95/21/73, L Robb - 117/43/74, D Baker - 95/21/74

For more detailed reports please go to; <http://www.romseygolfclub.net/results/2020/>

# Please don't flush wipes, paper towels or facial tissues down the toilet.

They can't break down like toilet paper and can cause a sewer spill.

If you need to use them put them in the bin instead.

**Paper Towels**



**Facial Tissues**



**Wipes**



Find out more at [westernwater.com.au/whatnottoflush](http://westernwater.com.au/whatnottoflush)





**Encourage Church**

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

office@encouragechurch.com.au  
www.encouragechurch.com.au

At Encourage Church, we are all about people. God commands us to love one another and by this shall all men know that we are His. We hope to see you at one of our services or events soon.

Worship service Sunday 10am  
Fortnightly life groups  
Youth events  
Weekly children's program

Find us on Instagram and Facebook using the following @encouragechurchromsey



**PASTOR'S PARABLES**

**THE GREATEST RESCUE**

The Bible in Matthew 1:21 says: "Jesus, will save His people from their sins."



On September 11, 2001, terrorists attacked the United States. In New York, over 400 emergency workers died as they attempted to rescue people and fight fires. They gave up their own lives to rescue others. In addition, during amazing military operations, soldiers have risked their own lives to rescue others.

However, these rescues were only of a temporary nature. Those rescued all eventually died. There is One Rescuer who rescues men so that they will never die again. This Rescuer, is THE Saviour Jesus Christ. He rescues from spiritual death all who put their trust in Him.

Physical death is the separation of the soul from the body. Spiritual death is the "eternal separation" of the soul from a LOVING God. His followers die physically, but they never die spiritually. Jesus said: "I am the resurrection

and the life; he who believes in Me, though he die, yet shall he live" (John 11:25).

If we fail to put our trust in Him to rescue us, He will exclude us from His presence. Jesus said: "Every one who acknowledges Me before men, the Son of man also will acknowledge before the angels of God; but he who denies Me before men will be denied before the angels of God" (Luke 12:8-9).

However, this is not His will. The Bible says: God "desires all men to be saved" (1 Timothy 2:4).

Unfortunately, there are many who do not wish to be rescued. They would rather be masters of their lives than turn to Jesus for help. But for those who wish to be rescued for ETERNITY, they need only follow Jesus. He delivers men from despair and gives them hope. He delivers men from sin and gives them a new nature. He delivers men from death and gives them eternal life. This is the greatest rescue of all, by the only one who could rescue us – Jesus Christ.

May you this Easter, receive God's revelation of how you can Live for Eternity.

With much love, Pastor Marilyn Hunter. Our aim is to Encourage one another to be all we can be, in Life and in God.



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

Correspondent:  
Doreen Morgan

Parish Office: 5429 1830

Minister: Rev. Judi Pollard  
Mobile: 0402 268 001  
Email: judepol@bigpond.net.au

**FROM SHAME TO GLORY**

We take to heart the sadness of these coming days, as Jesus treads His painful way to the Cross, yet He went out, "bearing the Cross for Himself" (John 19:17 (RV)). Death by crucifixion was a favoured form of execution by the Romans for the lowest of criminals. It was an excruciating, slow, painful way to die! This was the path, pre-ordained by the Father, for Him to take, for our salvation. It gives deliverance from the penalty and power of sin and reconciliation to become the redeemed children of God, for all who believe and trust in Him.

Jesus, the Son of God and the sinless Son of Man, "He, himself bore our sins in His own body on the tree, that we might die to sins, and live to righteousness; by His wounds, you have been healed." (1Peter 2:24).

During the three hours of darkness which hung over the land, as He bore the sins of Mankind, cutting Him off from the Presence of the Father, He cried out in anguish, "My God, My God, why have you forsaken Me"? When the darkness lifted, He knew then His sacrifice had been accepted, and He cried out in a loud voice, "IT IS FINISHED" (John 19:30)

As our Creeds state - "He was Crucified, Dead and Buried" - On the third day (Sunday) His friends first to the tomb, found the stone rolled away from the entrance and the tomb EMPTY. The linen cloths that had bound Him and the head cloth, were lying undisturbed, just as if He had risen up out of them.

Confused and full of wonder, the women, with Peter and John rushed back to break the news to the rest of the disciples. Was it true, had Jesus risen from the dead?

This was confirmed when Jesus appeared to them in the Upper Room that evening, though the doors were locked for fear of the Jews, then He revealed Himself to them. They were OVERJOYED! (John 20:20b)

A miracle! By His death and resurrection, He has destroyed the fear of death giving us hearts full of JOY as we look to Him to lead us in this present life and through death to the life of the world to come.

"He, Who gave for us His life, Who for us endured the strife, Is our Paschal Lamb today, We too sing for JOY, and say ALLELUIA!" - Rev. M. Weisse 1531.

Thank you to all who contributed to the well-stocked car which took our Harvest Thanksgiving offerings into Anglicare to fill their shelves. We also celebrated "Mothering Sunday", the Church's Mothers' Day with Simnel Cake -reminding us too that it is the Church that nurtures us spiritually, through the Word and Sacraments. Thank you, Glenice, for the Simnel Cake!

GOOD FRIDAY 10th April  
EASTER DAY 12th April  
Services -  
Holy Communion:  
9:00am - St. Paul's Romsey.  
10:30am - Christ Church Lancefield

**APRIL 2020 DIARY**

Sun 5th PALM SUNDAY - Distribution of Palm Crosses.

Tues 7th 10.30am CHRIST CHURCH LANCEFIELD HALL. Last Study for Lent - Psalms.

Thurs 9th 7pm HOLY or MAUNDY

THURSDAY - Christ Church Lancefield. Holy Communion & Feet Washing.

Fri 10th 9am GOOD FRIDAY - ST. PAUL'S ROMSEY - SOLEMN LITURGY for GOOD FRIDAY; 10.30am WALK OF WITNESS - Meet at ST. MARY'S R.C. CHURCH ROMSEY

Sun 12th 9am EASTER DAY - Holy Communion, ST. PAUL'S ROMSEY; 10.30am CHRIST CHURCH, LANCEFIELD.

## Macedon Ranges Uniting Church Partnership Contacts

Office Phone: 5428 6920

Email: macedon.ranges.partnership@hotmail.com

Website: www.macedonrangesunitingchurch.org.au

Ministers: Rev. Peter Cannon Ph. 9746 3454 or 0418 570 013  
 Pastor Annette Buckley Ph. 5429 5351 or 0457 608 539  
 Rev. Linda Young Ph. 0412 137 783

### New Life

Ever wondered why eggs are such a central part of celebrating Easter? Eggs have been a part of Spring rituals since before recorded history. After the winter, chickens and other birds started to lay eggs again, each egg bursting with new life. While eggs are the symbol most synonymous with Easter, other symbols have been connected as well. Bunnies, baby chicks and lily flowers, sprouting seeds, butterflies and even growth on trees after fire, are also symbolic of rebirth. Another Easter symbol is the Easter Bunny. Since the rabbit is a token for fertility, the Easter Bunny helps to represent new life and birth.

### The Hope of the World

An empty tomb a stone rolled away speak of the Saviour who rose Easter Day. But that was centuries and centuries ago, and we ask today, was it really so? Did he walk on earth and live and die and return to His Father to dwell on High? We were not there to hear or see, but our hopes and dreams of eternity are all centered on the Easter story when CHRIST ascended and rose in glory... And life on earth has not been the same, regardless of what the sceptics claim for, after the LORD was crucified, even the ones who had scoffed and denied knew that something had taken place that nothing could ever remove or erase... For hope was born in the soul of man, and faith to believe in God's master plan stirred in the hearts to dispel doubt and fear, and that faith has grown with each passing year... For the hope of man is the Easter story, for life is robbed of all meaning and glory unless man knows that he has a goal and a Resting Place for his searching soul.  
*"blessed are those who have not seen and yet have believed."* John 20: 29.  
 Used by Permission UCAF Network Magazine June 2014.

### Romsey Church Services & Activities during April 2020

**Monday 6th, & 20th 2pm** 'Cuppa at the Church'  
**Wednesday 1st 6pm** Church Council meeting at David Strack's  
**Sunday 5th 9am** Palm Sunday Worship Service - Carol Toy  
**Friday 10th 9am** Good Friday Service followed by Stations of the Cross at St. Mary's Catholic Church Romsey.  
**Sunday 12th 10.45am** Easter Sunday Worship & Holy Communion at Lancefield  
**Sunday 19th 9am** Worship Service - Jay Brooks  
**Sunday 26th 9am** Worship & Holy Communion at Romsey

### MASS TIMES

1st & 3rd Sunday of the month:  
 8:00am Lancefield and 10:00 am Romsey  
 2nd, 4th & 5th Sunday of the month:  
 8:00am Romsey and 10:00am Lancefield  
 1st Saturday of the month:  
 10:00am Romsey - Healing Mass

Reconciliation available from 9:30am

### COMMUNION SERVICES

Tuesday 9:00am Romsey Church  
 Saturday 10:00am Romsey Church

### ROSARY

Saturdays 9:45am Romsey

### RECONCILIATION

By arrangement.

### BAPTISMS

2020 - Romsey Church - June 21st, August 2nd, October 4th & December 6th.  
 2020 - Lancefield Church - May 10th, July 12th, September 13th & November 8th.

For more information, please phone 5429 2130.

### SACRAMENTS

Registrations are now open for all Sacraments to be received in 2020. Please send your details to the secretary at [lancefield@cam.org.au](mailto:lancefield@cam.org.au) to register your child. Reconciliation Yr 3, Eucharist Yr 4 & Confirmation Yr 6.

#### ST. MARY'S PARISH - EASTER SERVICES - 2020

##### Holy Thursday: - Fr. Daryl

Thursday 9<sup>th</sup> April 7:00pm - Lancefield Church

##### Good Friday: - Fr. Daryl

Friday 10<sup>th</sup> April 2:00pm - Lancefield Church -

##### Stations of the Cross

3:00pm - Lancefield Church -

##### Passion of the Lord

##### Holy Saturday: - Fr. Daryl

Saturday 11<sup>th</sup> April 7:00pm - Romsey Church - Easter Vigil

##### Easter Sunday: - Fr. Daryl

Sunday 12<sup>th</sup> April 8:00am - Romsey Church  
 10:00am - Lancefield Church



## The Uniting Church in Australia

### Macedon Ranges Partnership

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

Chairperson  
 Mr. Noel Shaw  
 5429 5509

Secretary  
 Mrs. Jenifer Clampit  
 5429 5480

*Let the peace of Christ rule in your hearts and homes.  
 Let the word of Christ dwell in you richly.  
 God comes to us, each and every one.  
 God bless you every day.*



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

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

[lancefield@cam.org.au](mailto:lancefield@cam.org.au)

Parish Priest	Fr. Martin Fleming C/O Woodend Presbytery 5427 2690
Supply Priest	Fr. Daryl Montecillo C/O Woodend Presbytery 5427 2690
Parish Secretary	Mrs. Tammie Dalgleish 5429 2130
School Secretary	Ms. Julie McDougall 5429 1359
School Website	<a href="http://www.smlancefield.catholic.edu.au">www.smlancefield.catholic.edu.au</a>

## PUBLIC HOLIDAYS

Friday 10th April Good Friday	Friday 25th September Friday before the AFL Grand Final
Saturday 11th April Saturday before Easter Sunday	Tuesday 3rd November Melbourne Cup
Sunday 12th April Easter Sunday	Friday 25th December Christmas Day
Monday 13th April Easter Monday	Saturday 26th December Boxing Day
Saturday 25th April ANZAC Day	
Monday 8th June Queen's Birthday	

# BUSINESS & TRADE DIRECTORY

## ACCOUNTANTS & BOOKKEEPING

**BOOKKEEPING SERVICES - TEL: 0421 665 655**



**Our Clients Include:**

- Hospitality
- Commercial Printing
- Earth Moving Contractors
- Manufacturing
- Fitness & Personal Training
- Couriers
- Property Management & Development

Remote & Onsite Services **myob** | MEMBER

## KRAMMER ACCOUNTANTS

Email: [wkrammer@bigpond.net.au](mailto:wkrammer@bigpond.net.au)

### W.F (Bill) KRAMMER FPNA

**Essendon** Suite 7, 2<sup>nd</sup> floor, 902 Mt Alexander road Essendon  
Tel: (03) 93260211 Fax: (03) 93700759  
**Romsey** 106 Main street Romsey 3434  
Tel: (03) 54295477 Fax: 54296778  
**Sunbury** rear of 36 Macedon Street (PO box 96) Sunbury 3429  
Tel/Fax (03)87469890

## AUTO

**WE BUY**  
**CAR - CARAVAN - MOTORHOME**  
**0418 183 360**

Cash - Bank Cheque - Finance Paid Out - EFT

**SELL TODAY**

LMCT 10132 SHD 0015048

## ELECTRICAL



- Commercial & Domestic feasibility assessments
- Project Management

[info@bluetonguesolar.com](mailto:info@bluetonguesolar.com)  
Ph: 5428 5390

## ELECTRICAL

### CJ BROMLEY

**ELECTRICAL CONTRACTOR**

For All Your Electrical Requirements

Split Systems, Garages, Rewires, Extensions

Switch Board Up Grades

### SOLAR PV SYSTEMS

Design, installation & maintenance  
[colinjbromley@gmail.com](mailto:colinjbromley@gmail.com)

**M: 0419 580 380**  
**Ph: 03 5429 5938**



## HOME & GARDEN

### CENTRAL TREE CARE

Professional Tree Service  
**BRADLEY NUTTALL**  
*Adv. Cert. of Arboriculture*

Travel Tower  
Wood Chipper  
Tree Climbing  
Stump Removal

18 Palmer Street,  
Romsey, 3434  
Phone/Fax: (03) 5429 5549  
Mobile: 0409 023 282



## HOME & GARDEN cont.



- Small Repairs & Construction
- Labour Hire
- Light Fabrication
- Home Maintenance

Fully Insured  
ABN 74 565 332 611

**Colin Showler**  
Mob **0419 322 921**  
Email [c.showler@inbox.com](mailto:c.showler@inbox.com)  
6 Gwen Place Lancefield 3435

## ROMSEY MAINTENANCE SERVICE

COMPACT TRACTOR WITH BUCKET,  
ROTARY HOEING, POST HOLE DIGGING,  
SLASHING, RIDE ON MOWING

0433 323 358

COMPLETE PROPERTY MAINTENANCE

[www.romseymaintenanceservice.com.au](http://www.romseymaintenanceservice.com.au)



# BUSINESS & TRADE DIRECTORY

## HOME & GARDEN cont.

### SHERIDAN BLINDS & AWNINGS

Your Local Window Covering Specialists  
Blinds \* Curtains \* Awnings\* Plantation Shutters \* E Zips

Call David or Lee for a professional obligation free  
measure and quote

**0419034941 | 0417526844**  
**sheridanblinds.com.au**

## MAINTENANCE

### NORTH WEST HOSE & FITTINGS

ABN 98 452 942 518

**Paul Fabris**  
M 0411 554 368  
E [nwbandl@iprimus.com.au](mailto:nwbandl@iprimus.com.au)  
A 1792 Romsey Road, Romsey, Vic 3434

**Hydraulink**  
Hose and Fittings

**Best under pressure**

## MOBILE BICYCLE MECHANIC

### GRINDS my GEARS

Mobile Bicycle Mechanic

Ph. 0490 817 311

E : [jeff@grinds-my-gears.com.au](mailto:jeff@grinds-my-gears.com.au)  
W : [grinds-my-gears.com.au](http://grinds-my-gears.com.au)



## PLUMBING



- Hot Water Units
- Gas Fitting
- Split Systems
- Hydronic Heating
- Rain Water Systems
- Bathroom & Kitchen Renovations
- Roofing & Drainage

Servicing Macedon Ranges  
No job too small

**Paul Murphy 0438 298 659**  
[murphysplumbingvic@gmail.com](mailto:murphysplumbingvic@gmail.com)

## REAL ESTATE



**Denis Linehan** CAR REV  
SALES CONSULTANT

MOBILE 0421 828 511  
PHONE (03) 5782 1433 FAX (03) 5782 2230  
EMAIL [sales@kilmorefn.com.au](mailto:sales@kilmorefn.com.au)  
WEB [www.kilmorerealestate.com.au](http://www.kilmorerealestate.com.au)

## WOOD SERVICES



**SPLIT RED GUM FIREWOOD**  
\*LPG 45kg Cylinders Rental Free -\*  
PH MANNY 0418-570-249

Yard Sales Ph Amanda 0438-570-249  
Email [sales@romseyfirewood.com.au](mailto:sales@romseyfirewood.com.au)  
Credit Cards Accepted  
547 Lancefield Tooborac Rd Lancefield

## WRITING SERVICES

- Writing & Editing Services
- Writing Classes & Coaching
- Speaking Engagements

Get it right for  
professional impact!

0407 901 008  
[liliane@lilianegrace.com](mailto:liliane@lilianegrace.com)



Liliane Grace  
• Award-winning author  
• Writing tutor since 1987  
• Dynamic speaker

# ADVERTISING

## Romsey Rag - Memberships/Charges - Feb 2020 – Dec 2020

### Full Year Not For Profit Community Group Memberships

#### Not For Profit 1. - \$50.00 pa.

- up to five (5) monthly 300 – 400 word ½ page reports (reports may be edited to fit the ½ page space).
- One 1/4 page Ad/flyer (black & white) per year and
- inclusion of activities in the monthly “Romsey, What's On” column.

#### Not For Profit 2 - \$100.00 pa.

- up to eleven (11) monthly 300 - 400 word ½ page reports, (reports may be edited to fit the ½ page space).
- One ½ page or two 1/4 page Ad/event flyers (black & white) per year and
- inclusion of activities in the monthly “Romsey, What's On” column.

If a Not For Profit Community group would like submit a one-off ½ page report or flyer the charge will be \$25.00

Anyone who has any questions re these rates please contact; [payablesromseyrag@gmail.com](mailto:payablesromseyrag@gmail.com)

### Commitment Forms (Feb 2020 – December 2020)

**Community, Not For Profit (NFP) Group Name :** \_\_\_\_\_

Please circle the option of your choice.

<b>NFP 1</b>	Up to 5 ½ page reports	<b>NFP 2</b>	Up to 11 ½ page reports	<b>FP</b>
\$50.00		\$100.00		Please circle the required package

Name; \_\_\_\_\_ Signed; \_\_\_\_\_

#### For Profit (FP) Charges/Memberships. Please circle the option of your choice.

2020 Advertising Rates Please circle	One Off Ad	For Profit Memberships Please circle		
		3 months	6 months	11 months
Public Notice	\$15.00	\$94.50	\$178.50	\$308.00
Business card	\$35.00	\$175.50	\$331.50	\$572.00
Quarter page	\$65.00	\$324.00	\$612.00	\$1,056.00
Half Page	\$120.00	\$540.00	\$1,020.00	\$1,760.00
Full page	\$200.00	Saving 10%	Saving 15%	Saving 20%
Classifieds	\$15.00	Item description (15 words), cost, location & contact info		
<b>Front page sponsorship - colour</b>	\$240.00	<b>One-off Ads - Colour</b>		
<b>Back page- colour</b>	\$240.00	½ page - \$140.00	¼ page - \$80.00	
<b>Inside front or back cover -colour</b>	\$200.00	½ page - \$140.00	¼ page - \$80.00	

**For Profit (FP) Group Name :** \_\_\_\_\_

Name; \_\_\_\_\_ Signed; \_\_\_\_\_

**Romsey Rag Account Details;**                      **BSB; 633 000,**                      **Account No; 161 577 895**

#### Please note;

1. Nothing will be printed without proof of payment and a filled out and signed Commitment Form
2. All payments must be received before the 12<sup>th</sup> of the month. The Romsey Rag is collated from the 15<sup>th</sup> of the month and will go to the printer on the 20<sup>th</sup> of the month
3. When paying please place you name or your group’s name as the reference



### ROMSEY LICENSED POST OFFICE

1/33 Main Street, Romsey VIC 3434  
{03} 5429 5301

Offers the following services:

Bill Pay  
Fax Services  
Photocopying  
Laminating  
Office Stationary  
Pre Paid Phone Credit  
Seasonal Gifts

Children’s Books  
Passport Photos & Applications  
Land Title Identity Verification  
Fit to Work Applications  
Working with Children Check  
Banking for all Major Banks & many Credit Unions  
Large range of printers for sale



**Dr. Dilly Rajapaksa**

We are excited to announce that two new female BULK BILLING doctors have joined our team.

**Dr. Dilly Rajapaksa and Dr. Catherine Law**

Dr. Dilly will be working Part time and available on Monday & Thursdays.

Dr. Catherine will be working full time and available Monday to Friday.

Dr. Dilly's special areas of interest are Preventative Health, Chronic Disease Management and Paediatrics.

Dr. Catherine's special areas of interest are Women's Health, Sexual Health, Family Planning, Implanon insertion/removal and Mirena removal, Skin Checks and Skin Cancer.

**Online booking is available via the HotDoc App OR by calling Romsey Medical Centre, 99 Main Street, Romsey on 5429 5254**



**Dr. Catherine Law**

**CORONAVIRUS – IMPORTANT PATIENT INFORMATION**

- Have you been in China or Hong Kong in the last 14 days?
- Has anyone you are in contact with been in China in the last 14 days?
- Do you have any fever, cough, sore throat or shortness of breath?

**If YES, please stay at home and contact Romsey Medical on: 5429 5254**

**and we will advise you how to proceed.**

**Or ring the dedicated hotline on 1800 675 398**

# ROMSEY SELF STORAGE

*For all your storage needs!*

**24 Hour Security, Access 7 days a Week**

Contact us on 5429 6744 or 0438 684 023

Email: [admin.rss@bigpond.com](mailto:admin.rss@bigpond.com)



## ATTENTION TRADIES & BUSINESS OWNERS!

Running out of room in your garage and needing to move the business out of there so the family car will fit, or sick of having your business at home? Let us take care of your storage needs and eliminate the stress of just where & how to fit your ever growing business.

With various size units available and the joy of easy & convenient access, we are sure to have just the right fit for your business needs.

**Did you know, all invoices for storage made out under the business name are Tax Deductable?!**

Our units are safe, secure & convenient!  
 With affordable pricing, what are you waiting for?!  
 Come & see us at **11 Park Lane, Romsey** or  
 call us on **5429 6744** to discuss our availability.





# A Big Thank You



The 2020 Lancefield Relay For Life was held in beautiful weather over the weekend of 29<sup>th</sup> February and 1<sup>st</sup> March. A big thank you goes out to everyone who supported us, whether it was through participating, donating to teams or volunteering.

17 teams took to the track to raise funds for the Cancer Council Victoria with over \$63,000 raised and six teams raised over \$5,000 which allowed them to be awarded a Research Award.

Clarkefield & Friends took out the highest fundraiser award raising over \$7,000. Harry Nanos was named the Spirit of Relay for all his support over the years, entertaining us with his singing and sourcing a wide range of performers to assist him. Lancefield and Romsey Community Bank Branches were one of our major sponsors again and Romsey IGA provided breakfast for all our walkers early on Sunday morning. Romsey Golf Club provided a lovely dinner on the Saturday.



## Protect yourself and your family

Cover your cough and sneeze



**1** **COVER** your mouth and nose with a tissue when you cough or sneeze.



**2** Put your used tissue in the rubbish **BIN**.



**3** If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.



**4** **WASH** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

Stay germ free and healthy

## Protect yourself and your family

Wash your hands regularly



**1** Wet your hands.



**2** Put soap on your hands.



**3** Rub the soap over all parts of your hands for at least 20 seconds.



**4** Rinse your hands under running water.



**5** Dry your hands thoroughly with disposable paper towel or hand dryer.

Stay germ free and healthy