



The Romsey Rag

Volume: 38 Edition: 9

OCTOBER 2020



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Welcome to the October Edition

Well isn't it great that the virus is no longer in control of our lives and we are slowly returning to some sort of normality.

During October local government elections are to be held across the state. This edition of the Rag carries some information of community members who have "put their hand up" to help run our shire. We urge everyone to have a look at who is standing and to make sure you all vote.

I have finished my desk but so much content meant I could not squeeze in a photo of it, maybe next month! I have moved on to another project, let's hope that will be just as successful.

This month sees our AFL public holiday moved to the 23rd October, followed by Halloween on the 31st. I might get my needle and thread out and make some Halloween inspired toys or decorations. I'll certainly be getting a pumpkin to carve, hopefully my fingers will survive without any cuts...

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

email@theromseyrag.com.au

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

www.theromseyrag.com.au

WHAT'S ON in & around Romsey

12-19th October - National Nutrition Week. Send entries by 8th Oct jenny.cowan@cobaw.org.au by 5pm

23rd October - AFL Public Holiday

24th October - State Election

30th October - Submit colouring competition entries for Be Kind to Animals Week.

31st October - Halloween

Managing Eczema

Eczema is a chronic, inherited, inflammatory skin condition that most commonly presents as a rash in areas like the elbow bends and behind the knees. It can cause the skin to become red, scaly and itchy. Eczema usually becomes apparent in early childhood and disappears around six years of age. It can in some cases persist throughout a person's life. People with eczema generally have sensitive skin and things such as heat and contact with irritants in the environment can make it more likely to appear. Stress does not itself cause eczema and diet is not considered a trigger.



A number of strategies can be adopted to help prevent and manage flare-ups. Some suggestions include the avoidance of soap and soap products, as they can dry out and aggravate the skin. Replace hand washes, soaps and shower gels with soap-free and fragrance-free alternatives. Additionally, when drying after showering, patting is recommended over rubbing it dry. It is also important to use a moisturiser daily, especially after bathing/showering and hand-washing to help add moisture back to the skin.

There are numerous options that you can choose from based on the formulation but in general:

- Lotion is more watery, making it easier to spread and ideal for hairy areas
- Cream is non-greasy, easy to spread and is good for night time use. It is slightly better than lotion in providing moisture to the skin
- Ointments are a thick and greasy formulation designed for very dry and thick skin. They are preferred for where the skin is red and scaly as they provide the most moisture.
- Bath oils coat the skin in oil, helping to trap water in and moisturise the skin while bathing. Caution needs to be taken in regards to an increased risk of slips and falls.

When experiencing an eczema flare-up, it is best to refrain from scratching the itch, as this can make it worse. We recommend you come see us in store for over-the-counter options that can be used to help get rid of the irritation.

October In Your Garden - Melanie Kinsey

Spring is the season of yellow. But its not just the wattles and daffodils that add touches of sunshine to the garden! In my garden I enjoy a succession of yellow flowering plants throughout spring. In full bloom right about now is Mahonia (or Berberis) aquifolium. Known as the Oregon grape this bushy evergreen with prickly holly-like leaves is extremely hardy and is covered in balls of small yellow flowers in spring. These are followed by blue-black fruits adding another season of interest to the plant. Also, in full bloom about now is Forsythia suspensa a small deciduous shrub that flowers before the leaves appear, so the spindly branches appear to be completely clothed in gold. Similarly, coming into bloom about now is the national flower of New Zealand the kowhai. This can be either Sophora tetraptera or Sophora microphylla and both are small trees with gorgeous fern-like foliage. The flowers are pea-like and hang in large bunches and the wattlebirds and New Holland Honeyeaters go crazy for them.

In my tiny vegetable garden in polystyrene boxes, I am harvesting the coriander and lettuces and giving the garlic one last application of blood and bone watered in well. The rapidly emptying boxes are being prepared for the summer vegetables. I recently acquired one very large box which will grow just one tomato beautifully. I am also preparing my herb box that traditionally sits near the kitchen – parsley, chives, mint and whatever takes my fancy like oregano or thyme. I have been given some interesting seeds like slow bolt coriander and Mrs Burns lemon basil and Ruby Streaks Chinese mustard that I am keen to try. I always like to try out new varieties and having my little propagating unit back up and running means I actually have somewhere to sow them!



Romsey Mechanics Institute



As mentioned in and those additional power points will certainly more than fill last month's report the empty spaces. Here's hoping.

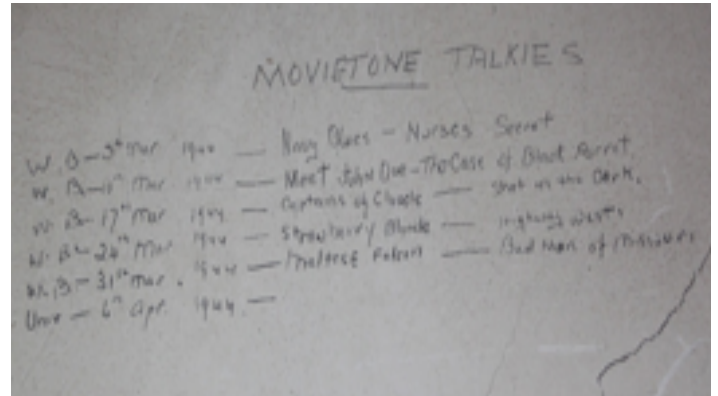
we hope to have our projector and motorised screen installed in the very near future. Once this is done it will provide a much improved facility for

weddings, funerals, birthday parties, comedy nights and concerts. The electronics to provide surround sound is a fair bit over our budget so we will have to wait to install that.

In the future we would like to hold "Local Area Network" computer gaming evenings. To do this we will have to increase the number of power points in the main hall, currently we have one double and one single and they are on the same circuit so there is plenty of "tripping out".

A few years ago we received a grant to assist us to install solar panels (30) on the western roof. These have gone remarkably well and assisted us to keep our charges as low as possible. As part of the state government's economic stimulus, there is money available to do this very thing. We may be able to qualify for a switchboard upgrade as it is almost at capacity

Like everyone we at the RMI are eager to exit Stage-3 Restrictions and get out and about. We are hoping that our regular users will soon be able to resume their usual classes/meetings and all the individuals in those groups can be back mixing with their friends.



One of many lists of films on the wall of the Projection Room

We still have one fire screen still available to any member of the community. If you are interested in this solid article please call 0417 088 891.

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C.W.A 2020 STATE THEMES:

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



CWA is *not just for older women*; it is for women of any age wanting to be involved in their local community and also be connected to a world-wide organisation of friendship and community care. We have a lot of fun and laughs while being creative and raising funds for community projects. CWA is a volunteer organisation.

Our friendly monthly meeting is on the 1st Wednesday of each month from 10.00 am to approx. 12.00 noon and our fun craft days occur on the 3rd Thursday of each month from 10.00 am to approx. 2.00 pm. Both meetings are held in the supper room (side entrance) of the Romsey Mechanics Institute, Main Rd, Romsey. Examples of crafts we do are: knitting, sewing, crochet, cooking, beading, paper-craft.

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

For any further information please call:

President : Melva Beer

Secretary: Wendy Foster M: 0409175 667 or email: cwaromsey@gmail.com

Due to the current lockdown our meetings are on hold but we are looking forward to when we can meet again. Hopefully that is not too far away.

Whilst we are all at home and looking for something to keep the little ones busy here is something that can help keep them occupied.

Play Dough

2 tablespoons of oil

2 cups salt

2 cups self-raising flour

2 cups water

4 teaspoons cream of tartar

Colouring (food colouring)

Place altogether in a saucepan. Cook until forms a ball. Will be hot. When cold, store in air-tight container or wrap in glad wrap.

Have Fun!!

Romsey Branch of C.W.A. Inc

President : Melva Beer

Secretary : Wendy Foster

M: 0409 175 667

or

Email: cwaromsey@gmail.com

Treasurer: Susy Jarman

0409 860 631

Craft Leader: Shirley Jones

M: 0428 525 372

Romsey Mens Shed
Working on Friendships



Construction Has Begun! But Where Are YOU?



Don't Be The Missing Piece of The Puzzle



Join Today!

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

Send an email to: 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

Lancefield/Romsey Stand Together Campaign

Family violence is a social issue which has worsened during the Covid-19 pandemic. Preventing family violence it is a shared responsibility across the community. In our day-to-day lives we can all model behaviours that can influence healthy, respectful relationships and stop violence before it starts. Members of the Lancefield and Romsey communities are invited to stand together and show how our communities can be safe, respectful and supportive places to live.



To participate in the Lancefield/Romsey Stand Together Campaign, take a photo of yourself, your family or your organisation with a hand-written sign describing what you stand for or what you will do when it comes to creating a safer more respectful community.

For example:- 'I stand for mutual respect in all relationships'; 'I stand for non-violent conflict resolution'; 'I will encourage gender equality in my workplace'; 'I will encourage my mates to talk when they're stressed or upset'; 'I will model healthy, respectful behaviour for my kids'.

Send your photos to Lauren.Tyrrell@cobaw.org.au. We will create a community portrait showing how Lancefield and Romsey stand together for a community free from violence. This will be displayed in a roving exhibition in Romsey and Lancefield and in the local paper during the 16 Days of Activism Against Gender-Based Violence 25 November - 10 December 2020.

The Lancefield/Romsey Stand Together Campaign is an initiative of the Community Wellbeing through Supportive Communities Project in Romsey and Lancefield, facilitated by Swinburne University in partnership with Cobaw Community Health.

PUBLIC HOLIDAYS & OBSERVATIONS

Sunday 4th October Daylight Savings Start	Wednesday 11th November Remembrance Day
Friday 23rd September Friday before AFL Grand Final	Friday 25th December Christmas Day
Saturday 31st October Halloween	Saturday 26th December Boxing Day
Tuesday 3rd November Melbourne Cup	Thursday 31st December New Year's Eve



Notice of Annual General Meeting

The 2020 Annual General Meeting for the **Romsey Region Business and Tourism Association Incorporated** will be held on **Thursday 17th November 2020**, commencing at **7.00pm** at Romsey Community Hub, Main Street, Romsey – subject to COVID 19 social distancing restrictions.

Confirmation of venue arrangements will be confirmed in early November via Romsey Rag and RRBATA Facebook (Romsey Lancefield Region - Business and Living)

Ordinary business of the Annual General Meeting is as follows—

- (a) to confirm the minutes of the 2019 Annual General Meeting;
- (b) to receive and consider—
 - (i) Annual Report of the Committee on the activities of RRBATA during 2019-2020 financial year; and
 - (ii) 2019-2020 Financial Statements of RRBATA;
- (c) to elect the members of the Committee;
- (d) to confirm or vary the amounts of the annual subscription and joining fee.

Members and Guests WELCOME.

Enquiries: Jenny Stillman ph. 0411 700464
Email: jennystillman@optusnet.com.au

Romsey Ecotherapy Park Inc (REP) Update

There is much to look forward to.....

The prospect of COVID 19 restrictions being eased is a welcome relief to all as we slide towards Christmas and the end of 2020. The importance of Romsey Ecotherapy Park has been underscored in recent months as, for many, merely wandering through it has been a meaningful experience. Appreciating this special place's natural aesthetic, peace and natural beauty has taken on new significance in recent months.

So, as Spring's new growth and warmer weather seeps into our senses, REP is getting VERY excited about what lies ahead:

- Stage 2 of Romsey Ecotherapy Park's detailed design is underway.
- Sensory Therapeutic Space and Arts/Culture Space construction will commence in July 2021.
- The proposed art installations are AMAZING.
- The Art in the Park fundraising campaign will launch in August.
- THE ANNUAL REP CHRISTMAS RAFFLE IS COMING!

What is a Sound Sculpture?

Sound sculpture, simply defined, is a creative art form whereby sculpture (or any type of art form) produces sound and engages the senses. Anton Hasell - renowned artist, bell maker and sound sculptor - has created two engaging sound sculpture elements specifically for Romsey Ecotherapy Park:

The Romsey Water Clock is a unique centerpiece concept which will rise out of a self-contained pond. Capping this structure is a cast-bronze landscape containing a pool of water with a small island at its centre. Gentle flowing water and a regular chime sets a person into dreams of distant, magical places like that island in the middle of the lake.

The Romsey Harmonic Bell Tree stands at 1.6 metre high with the three tuned golden bronze bells fitted to a post like a strangely beautiful abstract tree. Positioned at a height that makes touching the bells available to everyone, the bells reverberate with a long and slow decay into a special silence that can attune a person's listening intensity and sensitivity. A Crimson Rosella in its bright plumage, cast in bronze at life scale, perches on the top bell, ready to take flight.

Subscribe to REP Newsletter by emailing:

romseyecotherapypark@gmail.com



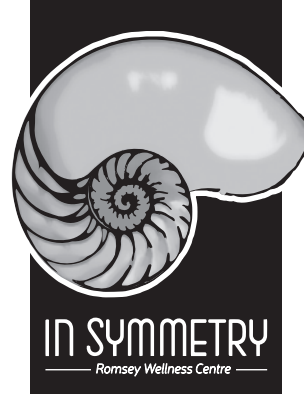
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For online bookings - www.insymmetry.com.au





Notice of Annual General Meeting

The 2020 Annual General Meeting for the **Romsey Ecotherapy Park Incorporated** will be held on **Monday 9th November** commencing at 7.30pm.

The proposed venue is the Romsey Community Hub, Main Street Romsey (subject to COVID- 19 social distancing restrictions) – to be confirmed in the November edition of the Romsey Rag and Facebook.

Ordinary business of the annual general meeting is as follows: -

- (a) to confirm the minutes of the 2019 Annual General Meeting.
- (b) to receive and consider: -
 - (i) Annual Report of the Committee on the activities of Romsey Ecotherapy Park Inc. during 2019-2020 financial year; and
 - (ii) 2019-2020 Financial Statements of Romsey Ecotherapy Park Inc.
- (c) to elect the members of the Committee.
- (d) to confirm or vary the amounts of the annual subscription and joining fee.

Members and Guests Welcome.

Enquiries: Joanne Cooper (Secretary)
Romsey Ecotherapy Park Inc.
ABN 59 756 715 920
PO. Box 53, Romsey VIC 3434
www.romseyecotherapy.com.au
Email romseyecotherapy@gmail.com
President: Raelene Mottram



Romsey Lancefield Senior Citizens "Meet a Member"

We are still waiting to hear when we will be able to meet up again for our regular Monday sessions.

We miss our get-togethers and especially miss the birthday celebrations of our members. Whilst we cannot share a cuppa and a piece of birthday cake together, we wish the following members a very **HAPPY BIRTHDAY**.

Rae Hooke is celebrating a birthday on the 19th of October,
Barbara Kendry celebrates on the 23rd of October and
Lillian Rocks has her birthday on the 24th of October.
Happy Birthday to you all, have a lovely day.



Till next month take care of yourselves, stay at home and stay safe. Remember if you need assistance you can contact Lancefield/Romsey Community Support on 0491 243 996 or the Macedon Ranges Shire Council on 5422 0237

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



The Mount Players Reminisce with Richard Whiteley.... Part 2



Following on from last month we continue our reminiscing with Richard Whiteley who at the time following the tragic Ash Wednesday fires was appointed to oversee planning of construction of a new theatre.....with just \$50,000 from insurance money!

"The Committee was absolutely determined to proceed with building a new theatre, but without borrowing any money and this is where I would like to highlight this Committee because they made a very courageous decision ----To find a builder who would literally build on an hourly rate and stop when we ran out of money. Everybody could then see a partly completed theatre in the course of erection and respond to our regular fund-raising. And, we found that builder in the name of Philip Honeyman, who in fact ultimately saw the theatre through to its final stage of construction 4 years later. The Committee at this time were:-

President Alan Cameron
Secretary Margaret Woods
Treasurer Margaret Cameron

Committee Members:-
Jan Mill
Roger Jones - OAM
Fred Blake
Richard Whiteley

Special mention must be made to Bruce Nunan, who donated the seats for the new theatre. Also, our fund-raising attracted some considerable interest as we wrote to every theatre group in the country. Of note were the locals with Castlemaine Theatre Group sending us the proceeds of their current production, as did Adelphi Theatre Group in Melbourne and Williamstown Theatre Group with whom we had close connections. We were also helped by donations from Kyneton Theatre Group and Boilerhouse in Sunbury.

Last but by no means LEAST was the massive help we received from the Shire of Gisborne in the form of multiple donations per Terry Larkins and management of the final construction towards the end of 1989.

So, when I go to the Mountview Theatre now, I always have great pride as I walk through the door and think to myself "WE DID IT!" Then I think, THIS NEARLY DIDN'T GET BUILT AT ALL. Congratulations to all those many people, who helped with fund-raising and contributed in any way to the effort of getting the job DONE!"

By Richard Whiteley & Karen Hunt

Romsey Neighbourhood House- A Positive Focus



Much has changed since our last update so we wanted to let you know how Lancefield and Romsey Neighbourhood Houses have been continuing to support our residents. With the assistance of our dedicated team of volunteers and generous community donations, we have prepared 1294 meals to date, supporting our local community during this pandemic. If you or someone you know needs a helping, or you know of anyone who is able to donate food/supplies/time to help assist with this, please call the Lancefield Romsey Community Support hotline on 0491 243 996. We need all the help we can get to keep this initiative going, for as long as possible.

There's no shortage of doom and gloom so we are choosing to find ways to support our community by focusing on the positives and we have a number of initiatives in this space. One of them includes the Romsey Neighbourhood House's new Community Enterprise Shopfront. The shopfront will be an avenue for locals to generate extra income. If you have a particular talent in making hand-made wares or would like to showcase your range of delicious jams or locally produced food items, now's the time to think about how we can help increase your visibility and reach to potential customers. With Spring upon us, for those who are starting to spend more time out in the garden have a think about any seeds or produce you can harvest to swap/sell. Perhaps you'd like to get involved by volunteering or would like to give us some suggestions on how else we could use this space to support locals- give us a call on 5429 6724.

If you've ever thought 'I wish I knew how to use a computer', or 'Wish I could 'video chat' with my family or friends on the phone', now's the time! Let us know if you're interested in learning and we'll start the journey with you, one step at a time. If you have a spare working computer, mobile phone or tablet you'd like to donate so that we could help someone start their technology journey, please call us at the House on 5429 6724.

Let's continue to look after each other, stay safe and be well!

Recent contact with the Shire would have made you aware of staff upheavals that have occurred, culminating in the resignation of the CEO. Over the last 2 years, the Shire has "lost" a significant amount of experienced staff. This has occurred during the watch of the current group of Councillors. Now is the time to put stability back in the Shire and to make Council accessible, improving communication with the community. It is time for the Shire to re-connect with small business, engaging with local tradespeople rather than contracting services outside the Shire. Community must be treated as an integral part of Council processes. Council facilities and services should grow alongside population increases. Meaningful community consultation must prevail in matters of town planning. It is time East Ward had a louder voice.

Vote 1 – Geoff Neil. www.geoffneil.com.au 0407 506 369

Authorised by G.A. NEIL 15 Todd Lane, Romsey 3434. Ph. 0407 506 369



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VOTE ONE

Annette Death

FOR EAST WARD

As a councillor, I will:

- ensure a fair go for local businesses, clubs and sporting facilities in East Ward
- work with residents to implement thoughtful development to ensure adequate infrastructure, including roads and footpaths for our families
- support and deliver our maternal health and early childhood services for families
- oppose cuts to the services that our community relies on.

Authorised by A. Death, PO Box 90, Gisborne Victoria 3437



PROTECTING THE GOOD LIFE IN EAST WARD annettedeathforeastward@gmail.com 0411 479 787

Vote 1 Natasha Gayfer

Re-elect to Macedon Ranges
Shire Council - East Ward

As we look towards a coronavirus recovery, council experience and community advocacy are more important than ever.

I am an East Ward resident and professional who will continue to stand for sustainable jobs and development, thriving communities, and conserving the rural liveability of our shire.



Experience ~ Leadership ~ Community

0491 817 268 • natasha4eastward@gmail.com •  [natasha4eastward](https://www.facebook.com/natasha4eastward)

Authorised by N Gayfer PO Box 283 Woodend 3442



Stars and libraries get on board for *Be Kind to Animals Week*

Annual event Be Kind to Animals Week, from 1-7 October, is gearing up for its biggest year yet. Created by local farmed animal sanctuary Edgar's Mission a decade ago, the initiative – which encourages people to be kind to our furred, fleeced, feathered and finned friends – is welcoming the involvement of well-known ambassadors, libraries across Australia, a new website, and a national colouring-in competition.

"Animals enrich our lives in so many ways," said Pam Ahern, Edgar's Mission's Founder and Director, "from our companions at home, to wildlife, sea creatures, birds, and our much-loved farmed animal friends. We all know that we should be kind to animals every day of the year, but in our busy lives, sometimes that's easy to forget."

Those who take the fun pledge at www.bekindtoanimalsweek.org.au will receive a free Kindness Kit, plus tips and recipes. They'll also go in the draw to win a Kind Cookbook Collection. Over 60 libraries across Australia are getting involved with themed displays, and for local libraries such as Romsey, Woodend and Gisborne who are impacted by COVID-19 restrictions, virtual story times will be held online. A national colouring-in competition is also running with fun prizes to be won. Entries can be downloaded here.

Be Kind to Animals Week Ambassadors for 2020 include cricketer Peter Siddle, DJ Tigerlily, AFL player Chris Mayne, and nutritionist Tammy Fry of Fry's Family Foods. For more information, visit www.bekindtoanimalsweek.org.au.

About Edgar's Mission

Edgar's Mission Farm Sanctuary is a not-for-profit farmed animal sanctuary with a vision for a humane and just world for all. Edgar's Mission is set on 153 peaceable acres near Lancefield, Victoria, about 60 km north of Melbourne. We rescue and provide lifelong sanctuary to over 450 rescued animals in need. Through education, outreach, advocacy, community enrichment and tours, we encourage people to expand their circle of compassion to include all animals.

"If we could live happy and healthy lives without harming others, why wouldn't we?"

To learn more about Edgar's Mission, visit:

Website: www.edgarsmission.org.au

Facebook: www.facebook.com/edgarsmission

Instagram: www.instagram.com/edgarsmission

Twitter: <https://twitter.com/edgarsmission>

Local Podcast 'The Covid Crossing' Funded for a Second Season.

The locally focused variety podcast 'The Covid Crossing' has been successful in obtaining a grant from the Macedon Ranges Shire Council for another six episodes.

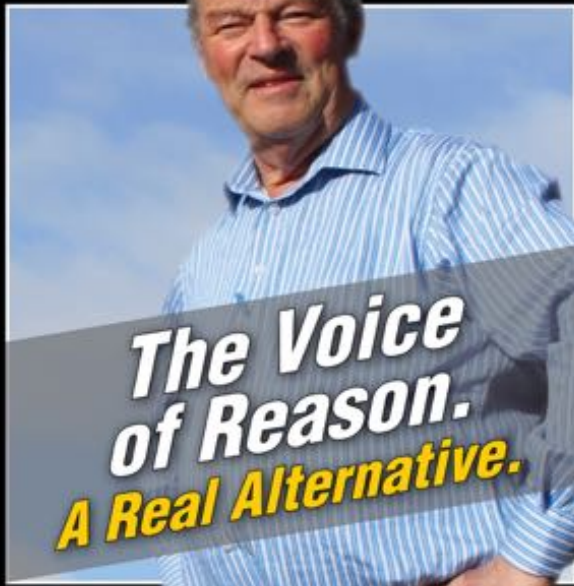
The podcast is a heart-warming and thought provoking mix of stories, local interviews, conversations, wellbeing and equality ideas. "It has been very satisfying to know that people are enjoying the podcast, it's helping them feel more connected, and they are using the wellbeing ideas too." said Kate Lawrence, producer of the series. "And I am thrilled to be able to make another season, and this time focus on other areas of the Shire".

The podcast has received excellent reviews, like this one on iTunes from Cookie Dough Bites: 'Kate has woven stories, interviews and poems into a heart-warming, thoughtful podcast. As part of this community I feel fortunate to listen to these connecting threads.'

Planning for the next season of six episodes has begun and if you have any ideas you'd like to see in the podcast, you can contact Kate on kate@storyground.com.au. The new season will launch in September. As we continue to deal with the virus and its impacts, the podcast remains great listening and is available free wherever you get your podcasts or listen online:

<https://storyground.com.au/the-covid-crossing>

BILL WEST



*The Voice
of Reason.
A Real Alternative.*

VOTE 1 EAST WARD

Authorised by: Cherie Goodson — 42 Main Road Lancefield



Macedon Ranges Students and Community Invited to Online Learning Festival

This year, Western Water will be marking National Water Week a little differently by taking the annual celebration online.

The Online Learning Festival runs from 19-25 October and is designed to build awareness around the value of water. Featuring a new theme each day, the festival will bring together a variety of events, activities and videos.

Western Water's Chief Operating Officer, Graham Holt said it is a great opportunity for the community to learn about water:

"All children, students and community members in our region are invited to take part in this fantastic free event," he said.

"There's so much to do! It's a great tool for in the classroom, but also to participate in through remote learning".

A highlight of the festival each year is announcing the winners of the National Water Week poster competition.

"There's great prizes for students and their school up for grabs," Mr Holt said.

Another highlight this year will be a special performance, "Tapstar Saves Water" by the Eaton Gorge Theatre Company.

To find out more and register your interest, visit www.westernwater.com.au/water-week/ends

ROMSEY: AN HISTORICAL GUIDE

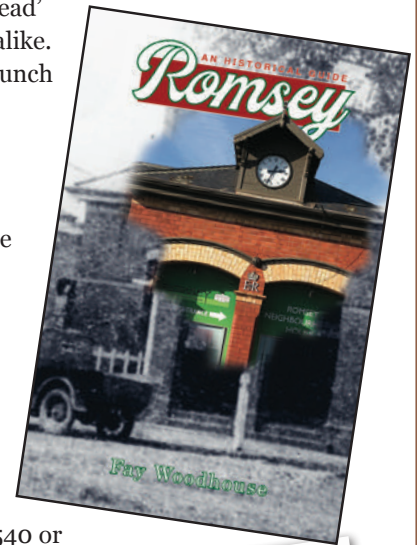
The Romsey, Lancefield & Districts Historical Society are happy to announce that Romsey: an Historical Guide has just been published and is now available for purchase at \$40. The book identifies over fifty buildings and landmarks in Romsey and documents the history of the families behind its many businesses. Gazetted in 1861, as the township celebrates 160 years in 2021, it is striking that the layout of the town's business district remains very much as it was when first established. This book is an exploration of the built form and the rich historic fabric of Romsey. It is a 'must read' for locals and visitors alike.

The Society plans to launch the book in Romsey as soon as COVID-19 restrictions have been lifted enough to allow such a gathering. In the meantime, although the Historical Society are still finalising methods of payment through their website, copies can be ordered by phoning the Secretary, Shirley

Kishere on 0402 248 540 or the author, Fay Woodhouse on 0427 042 753.

Price: \$40.00

Format: Paperback



SPECIAL OFFER \$50.00

Purchase Romsey an Historical Guide and receive membership of the Romsey & Lancefield Districts Historical Society (valid until 30 June 2021)!

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Fruit and Veg Animal Photo Competition

Calling all kids in the Macedon Ranges!

For National Nutrition Week 12-19 October Cobaw Community Health invites kids in the Macedon Ranges to create their very own animal made from healthy fruit and vegetables.

Send us a photo of your child's creation along with their name and age and the top photos will be shared on our social media pages during National Nutrition Week. A fruit and veg box from the Macedon Ranges Farmers Market Online will be awarded to the animal photo judged the most creative.

The recent Active Living Census found that only 25% of children under 12 and 14% of adults in the Macedon Ranges meet the national daily vegetable consumption guidelines. This is a fun and creative way for the whole family to increase their daily serves of fruit and veg. Submit your entry to jenny.cowan@cobaw.org.au by 5pm on Thursday 8 October.



Deep Creek Landcare Group

Covering Lancefield, Romsey and Monageeta Districts

Phascogales. I had never heard of them until a year ago and I have never seen a living one! What are they?

In our area we have the Brush-tailed Phascogale, also known by its aboriginal name, Tuan. They are a small carnivorous marsupial with a large bushy tail. The males live for only one year and die after a frenzied period of mating between May and July. Females live for around three years and give birth to about six young. They transfer the young from a pseudopouch into a nest at about seven weeks. This is where we come in.

The Brush-tailed Phascogale is listed as a vulnerable to extinction under the Flora and Fauna Act 1988. They have a widespread but fragmented distribution throughout all states except Tasmania. Habitat destruction, motor vehicles, foxes and cats are responsible for their vulnerable status. This species of phascogale eats smaller mammals, birds, lizards, insects and particularly spiders. They also drink nectar from flowering trees and have been known to take eggs from bird nests.



Last year William Terry was successful in gaining a \$13780 Federal Government grant for the construction of chain-saw hollows in partnership with the Deep Creek Landcare Group. William works as an Environmental Officer with the Macedon Ranges Shire Council and is completing The Phascogale Project as the basis for his PHD with Southern Cross University.

The project aims to investigate the use of chain-saw hollows as a long-term solution to the loss of the natural hollows used by phascogales to nest. Chain-saw hollows would appear to have a number of advantages over nesting boxes. The ambient temperature is more stable and the hollows are expected to last a lot longer than other kinds of artificial

cavities.

In April, we worked with Ironbark Environmental Aborigiculture to install 30 chain-saw hollows around Lancefield. The trees used were above 30 cm in diameter, mainly Peppermint, Messmate and Yellowbox. Two hollows were installed at each of the 15 sites, one being larger than the other for the purpose of the study. During September our group installed cameras to enable the monitoring of the hollows over the next few years. Phascogales (and other small mammals and birds) were recorded using the cavities within days of installation. Phascogales were captured on camera using the chainsaw hollows at 87% of sites where monitoring was underway. These results suggest that the Lancefield district is a hotspot for Phascogales and may be an important area for their long-term conservation. Interestingly, Feather-tailed Gliders were also detected investigating the hollows at 50 % of the sites where cameras were installed. This species is particularly cryptic and there are only six records of it in the district.

Other notable species recorded visiting hollows include Agile Antechinus, Sugar Glider, Brush-tailed Possum, Crimson Rosella and White-throated Treecreeper. All observations will be added to the publicly available Victorian Biodiversity Atlas.

We plan to monitor the cavities over the next few years using the state-of-the-art camera traps mounted at the entrance. For more information and photos have a look online at thephascogaleproject.com or have a look at our Facebook page. Annual Landcare membership is \$20 per family. Contact our President, Phil Severs (0476 324 000) or attend our monthly meetings in the Lancefield Mechanics Hall. Also, contact us if you wish to have a free property inspection, borrow myna bird traps or buy indigenous trees or nesting boxes for kookaburras.



Cooking with Peter Russell-Clarke

Aubergine & Spinach Pie



Some years ago (in truth a bloody long time ago), I was cooking consultant to the Australian Immigration Department.

My job was to try to convince New Australians that our food habits weren't those of a rowdy group of barbarians. (No matter how we behaved or what we ate.). My thoughts were published in their magazine 'The Good Neighbour'.

One day, walking around Canberra's circular roads, I was hailed by a bloke who asked in broken English if I knew where the Department of Immigration was situated. "I wanna complain about da bloody food idiot they use."

"I'm that very idiot," I explained with an 'up there' Aussie smirk.

"You wouldn't know if a Courgette was inserted in da appropriate orifice, or it was da narrow Marrow," he snarled.

"The Zucchini or the orifice?" I smiled at my own humour.

Without warning he produced what looked like the scrotum of Muhammad Ali and belted me in the nose with it. "Da Melanzana ain't no Eggplant," he insisted.

I corrected him, "Known here as Aubergine. But in your case Melon-Insana - the insane melon."

I was about to launch into the ancient history of this Mediterranean vegetable when the crowd that had gathered applauded him as he climbed into a taxi whose driver had stopped to see the show.

"When will we see it on television?" asked a genteel lady who was walking her Jack Russell bitzer. "He was very funny, he should have his own show."

I sulked off without a word that it wasn't for Big Brother.

AUBERGINE AND SPINACH PIE

375g Shortcrust pastry (the frozen pastry from the supermarket it OK);
 3 Tablespoons olive oil;
 1 Large aubergine (eggplant);
 1 Onion;
 1 Clove of garlic;
 175g Spinach;
 4 Eggs;
 1/2 Cup crumbled feta cheese;
 1/2 Cup freshly grated Parmesan cheese;
 4 Tablespoons plain natural Greek style yoghurt;
 6 Tablespoons milk;
 2 Cups cooked long-grain rice;
 Salt;
 Freshly ground black pepper.

Line a 25cm flan tin with thin layers of pastry making sure you've allowed the frozen pastry to thaw. Prick the base all over and bake in a pre-heated oven at 180oC till the pastry is golden (about 10 minutes).

Cut the aubergine into slices and fry in 2 tablespoons of the olive oil in a frying pan for 6 minutes each side until golden. You may need a little more oil at first, but this will be released as the flesh softens. Lift out the aubergine slices and drain on kitchen paper. Chop the onion and fry it, together with the garlic which you've crushed, over a gentle heat till soft.

Again you may need a little more oil.

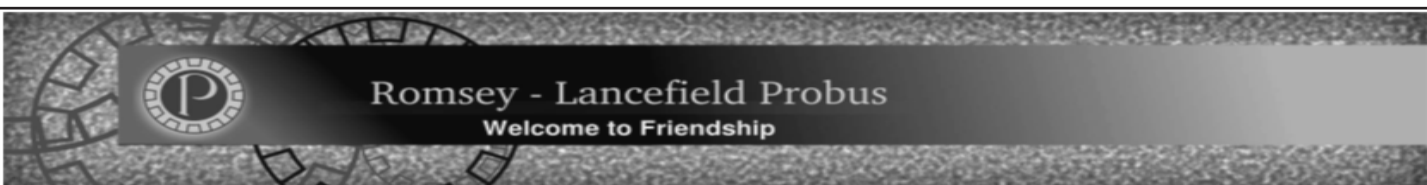
Wash and chop the spinach then beat the eggs in a large bowl and add the spinach, feta, Parmesan, yoghurt, milk and onion mixture. Sprinkle with salt and freshly ground black pepper and mix together well.

Spread the rice evenly over the base of the baked pastry case and layer the slices of aubergine over the rice keeping a few slices of aubergine to one side to use as topping.

Spoon the spinach mixture over the aubergine then top with the rest of the aubergine slices.

Put the pie into the oven and bake till lightly browned (about 35 minutes).

Serve warm or cold, but let it cool completely before transferring it onto a serving platter. Serves 12



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.

Due to the Government Restrictions regarding the Corona Virus all activities of the Romsey/Lancefield Probus Club are in recess until further notice.

Visit our WEB-Site: www.rlprobus.org.au

Contact: President: Tony 0408536290; Vice President: Allan 0408098428 or Secretary: Jeni 5429 5480

Win a Kindness Prize Pack!

Entries open to ages 3 to 12.

Name: _____ Age: _____

State: _____ Postcode: _____

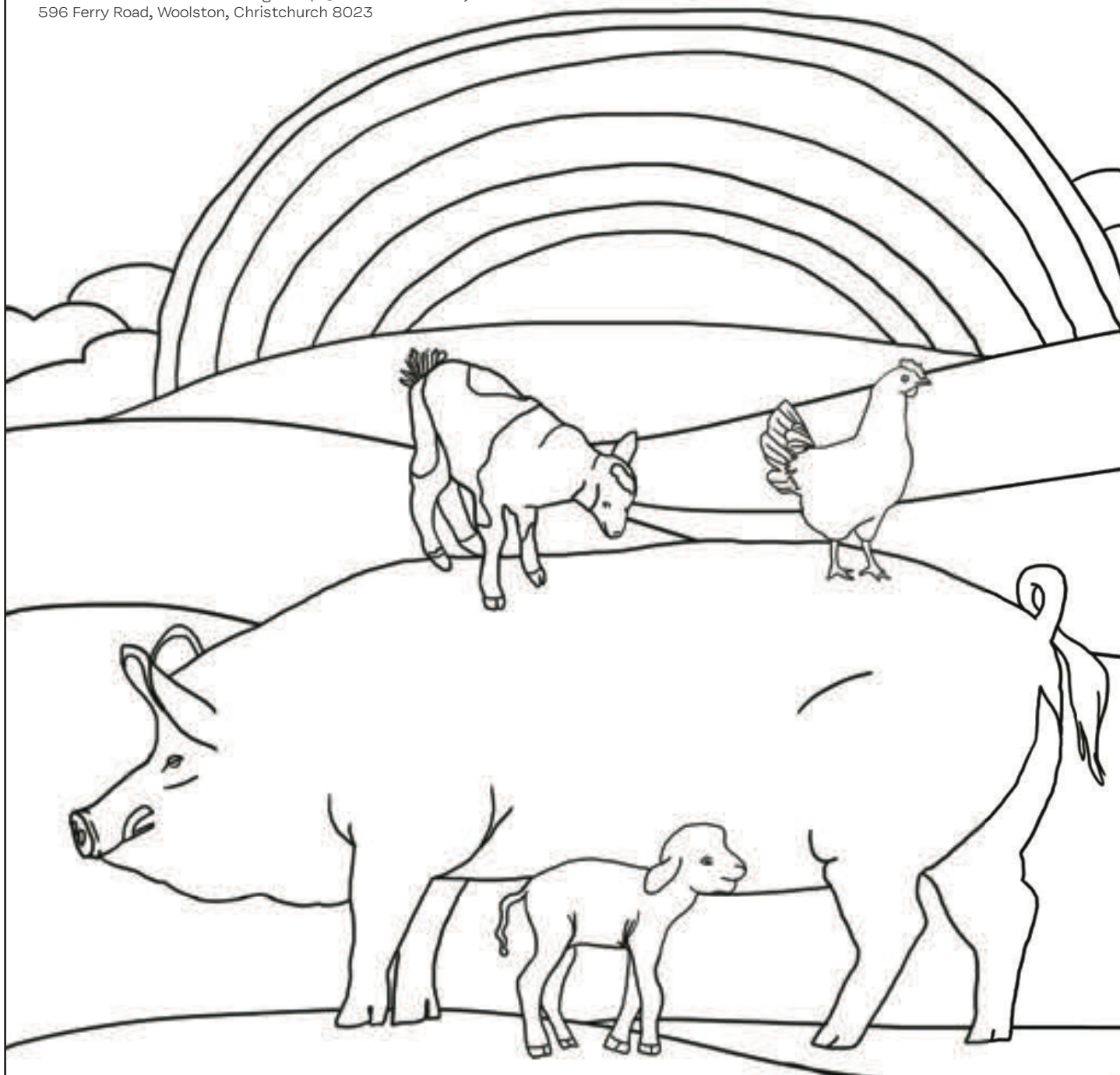
Parent's Name: _____

Parent's Phone: _____

Entries to be sent by 30 October 2020 via post to:

Australian entries - Colouring Comp @ Edgar's Mission,
PO BOX 270, Lancefield VIC 3435

New Zealand entries - Colouring Comp @ SAFE for Animals,
596 Ferry Road, Woolston, Christchurch 8023



www.bekindtoanimalsweek.org

Illustration credit: Grace West - www.gracewest.com.au

Entries commence on 1 September 2020 and close on 30 October 2020. The age categories are 3-6 years and 7-12 years. You may enter in only one age category. Entry will be deemed to be made at the time an entrant submits a completed competition form by post. The best entry judged in each of the two age categories will win the nominated prize, in both Australia and New Zealand. Each Prize Winner will receive an Edgar's Mission Kindness Pack. The prize cannot be exchanged or transferred and cannot be taken as cash. The winners will be judged on 15 November 2020 at the addresses listed above. The winners will be notified by mail on or before 15 November 2020. The promoter is Edgar's Mission, 81 Bridies Lane, Lancefield VIC 3435 Australia, in collaboration with SAFE for Animals, 596 Ferry Road, Woolston, Christchurch 8023 New Zealand.

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



Park Lane, Romsey
PO Box 200, Romsey 3434

ww.romseygolfclub.net
mail@romseygolfclub.net

President 0417 088 891
Secretary 0400 768 040

After weeks of cold, wet weather the 1st few days of September saw some sunny, windy days. These extended into over a week and the course began to dry out. It looked like we could begin our drainage, levelling and filling works, all-be-it about three weeks later than hoped. Representatives from RGC again met with NewEarth Constructions on September 8th to decide just what works could be attempted before the forecast rain of the weekend. It was agreed that the most pressing areas were the 4th, 6th and 10th fairways. All three of these were extremely wet and water needed to clear before they could dry out properly. Works began on Thursday 9th.

With golf being one of the few sports able to be played it has been wonderful to see the increased number of players taking to the course. While there has generally been good numbers during the week Saturday have been especially popular with usually 30 - 40 players out enjoying both the better weather and Romsey Park.

Currently the club has two men's shield in varying states of completion, the Algie Mitchell (1970) and the John Laing

(1995) are both down to one semi and finalist. The other men's shield, the club's oldest, the W. E. Tom 4BBB (1965) has not even commenced.

The Romsey Women's Open, 2nd Thurs of Sept has been cancelled and our 2020 men's and women's Club Championships have been rescheduled for mid October. The Graeme Clement Men's Open is due on the 3rd weekend of November. In current circumstances it will be difficult to see any of these going ahead.

Each year, on the 3rd Saturday of September Romsey and Mt Macedon Golf Clubs compete in the Macedon Ranges Spring Cup, a mixed Stableford event sponsored by Drummond Golf, Niddrie. Sadly this year's event, scheduled to be held at RGC, has been postponed until early next year. Let's hope both the Covid-19 situation is under control by then and that the weather makes for a very successful and enjoyable day.

To everyone, golfer or not, keep doing the right thing and everyone will be able to get out and about all the sooner.



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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.

Please follow us on social medial or check our website for updates on our Sunday Services detail

Find us on Instagram and Facebook using the following @encouragechurchromsey



PASTOR'S PARABLES

Avoiding the Impending Disaster



In our world today, we have been confronted by a pandemic which no-one in our generation has been faced with.

Our Government are doing their best to try and contain this virus. They have issued us with restrictions that if obeyed, give us the best chance of avoiding contracting this disease and preventing the deaths of many.

In times of impending disaster, there are those who choose to obey and those who do not. Later, when we hear the consequences of those who disobeyed, we naturally grieve

at the unnecessary deaths that occur. At the same time realising they made their decisions as a matter of choice.

Mankind was created to enjoy a perfect relationship with God

We were also created with free-will. Through bad decisions, sin entered the world and our lives. Consequently, a disaster called Judgement is heading our way. God desires none to perish. He came as a man (Jesus Christ), and paid the penalty for our sin on the cross. However, due to the unchangeable law of free-will, God can only save those who freely accept His gift of salvation. He has warned us many times in the Bible – Believe on the Lord Jesus Christ and you shall be saved. It is now a matter of choice. For those who choose to reject God's offer of eternal salvation, or choose to make no choice at all (after the age of accountability), God must ultimately respect their decision - and leave them to their own devices in a place set aside, where His provision (which has long been taken for granted) will be eternally absent.

Those who reject God also reject His provision which will ultimately leave them in a chaotic vacuum that, for lack of a better word, is called, 'Hell'. (See John 3:16-18)

Love and Blessings, Pastor Marilyn Hunter, Senior Pastor.



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

FORGIVENESS

'FORGIVENESS' is a must for anyone claiming to be a Christian. As we pray in the prayer given to us by Jesus Himself - "Forgive us our sins, as we forgive those who sin against us." - Luke 11:4.

In former years and in many cultures terrible vengeance was carried out against families and nations for real or perceived destructive actions. But this was not Christ's way!

Joseph whose life is a fascinating study and who suffered much because of the cruel actions of his brothers realized that what had befallen him, was all part of God's Master Plan. When his family, led by his aged father, Jacob, joined him in Egypt on good land granted by the Pharaoh, the brothers were filled with a great fear - reprisals - what was Joseph going to do about all that he had suffered at their hands?

When their father, Jacob, died they were more fearful.

In their father's name they sought Joseph's forgiveness for all they had done to him. Joseph wept on receiving this message because he knew it was all according to God's will - "You intended to harm me but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid, I will provide for you and your children." And he reassured them and spoke kindly to them." Genesis 50:20.

So, a new relationship was born between the

family members. Peace prevailed!

What about us? Do we let grievances, hurtful words and unkind actions fester within us? Jesus tells us to forgive the one who has so hurt us even as God forgives us our sins when we repent. And importantly, "He remembers them no more" (Isaiah 43:25).

And a warning from the writer to the Jewish Christians, "See to it that no-one misses the GRACE of God and that no bitter root grows up to cause trouble and defile many". (Hebrews 12:15).

Many in our communities are grieving because of the loss of loved ones, the distancing and separation, many through human error. Let us remember them in our prayers that God's GRACE will prevail and that the loss and grief they have suffered will be replaced by peace and an understanding of all that has happened.

"Kept peaceful in the midst of strife, Forgiving and forgiven, O may we lead the pilgrim's life, and follow You to Heaven."

J. H. Gurney

Doreen Morgan. Correspondent.

Any queries or pastoral care needs can be directed to the Rev. Judi Pollard on 0402 268 001

May God watch over us all and keep us safe during this testing time as we put our faith and trust in Him.

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

Due to the Government Restrictions regarding the Corona Virus the Romsey Uniting Church is closed and all church activities have ceased until further notice.

Members of the Uniting Church Macedon Ranges Partnership have been enjoying worship services via Video Link - see the website above.
 These services have been very enjoyable and we all appreciate our ministry team for the work they are doing to present these videos.

Smile

Mother Teresa said **"Peace begins with a smile"**

So let us all 'Keep Smiling.'

Smiling as Therapy is the latest thing.

You can't fake a smile, but you can use your smile to lift your mood.

Children smile more often, and more easily, than adults.

Let their wonder and humour inspire your view of the world.

How you feel depends on what you think, so if your thoughts are getting you down, turn your attention to something that tickles your funny bone.

A genuine smile can be as good as a present for someone in need of love, hope or attention.

Busy lives can turn us inwards, making those around us seem anonymous.

Next time you are down the street, break your stride and find the time to smile at those you pass by.

At this time of Covid-19 lock down have you found that with a mask on, your smile is hard to see and so you have to smile with your eyes.

A Smile is Universal.

DEAR PARISHIONERS

Thank you for your continued support of our Parish in every way. To those who are keeping in touch and checking in on me and other parishioners, thank you. To those who have transferred their Thanksgiving to be received electronically during our closure, thank you and to the garden fairies who always choose the day before I was going to mow the lawns to do it for me, thank you!

Thankfully the numbers of new infections across the state has reduced dramatically since the inception of the current restrictions. Whilst the "roadmap" out has been released, at the time of writing this we still don't have clarification on what this means for our church in Romsey & Lancefield.

With much of the "roadmap" reliant on current case numbers at any given time; to speculate on what might be allowed in October would be pointless at this stage. We are bound by the guidelines which will be released by the Catholic Archdiocese of Melbourne as soon as they are confirmed.

Should we be allowed to open in a Covid safe way like we were up to the start of August, I will contact the parishioners that were booked in for the Masses that had to be cancelled and continue from there.

A reminder to all church carers that were listed on the 2020 cleaning roster, it is not being followed at this time. Church carers will be contacted regarding their availability to help as the need arises.

Please direct enquiries to the parish office on 5429 2130 or by email at lancefield@cam.org.au.

For funeral arrangements, please contact Fr. Martin on 5427 2690 or by email at woodend@cam.org.au.

Thank you for your understanding and please take care of yourselves and your loved ones.

WORSHIP FROM HOME – HOW TO PARTICIPATE IN MASS ONLINE

- St. Patrick's Cathedral Melbourne, daily Mass at 1pm, Sunday Mass 11am.
- Watch this at <https://melbournecatholic.org.au/Mass>
- Via facebook <https://www.facebook.com/CatholicArchdioceseofMelbourne>
- The Archdiocese youtube channel at www.youtube.com/archmelb
- Mass for you at home is broadcast on network Ten on Sundays <https://10play.com.au/mass-for-you-at-home>
- Fr. Vinoth streaming live on Sundays via <https://www.facebook.com/St-Brigids-Parish>

With the current Restrictions due to be re-assessed mid September, circumstances may very well change at that time. For the best way to stay up to date with Mass services / restrictions, please email lancefield@cam.org.au to be placed on the parishioners email distribution list. A weekly email is sent out each Friday with updates and news regarding our parish.



**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

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	www.smlancefield.catholic.edu.au

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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

Commitment Forms (Feb 2020 – December 2020)

Community, Not For Profit (NFP) Group Name : _____

Please circle the option of your choice.

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

Name; _____ Signed; _____

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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		
Front page sponsorship - colour	\$240.00	One-off Ads - Colour		
Back page- colour	\$240.00	½ page - \$140.00	¼ page - \$80.00	
Inside front or back cover -colour	\$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 12th of the month. The Romsey Rag is collated from the 15th of the month and will go to the printer on the 20th 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

We offer the following services:

Bill Pay	Children’s Books
Fax Services	Passport Photos & Applications
Photocopying	Land Title Identity Verification
Laminating	Fit-to-Work Applications
Office Stationery	Working With Children Check
Pre-Paid Phone Credit	Banking for all Major Banks & many Credit Unions
Seasonal Gifts	Large range of printers for sale



No Pub, No Worries!



CRISP LAGER

DAILY LAGER

TO HIT THE SHELVES SOON.

INTRODUCING ROMSEY'S VERY
OWN CRISP LAGER



DAILY LAGER will quickly become a familiar sight around the region when it hits shelves at the end of the month!

What better way to kick-start summer in the Macedon Ranges than with a **Daily**.

The **Daily** name and Romsey Brewing logo may look familiar as it pays homage to the old Daly's Bridge on Romsey Road.

Follow **Daily Lager** on social media

for updates and stockist locations.

Instagram: @dailylager



“Think about who you love, then think about them in ICU.”

For Sarah, who’s been battling coronavirus for nearly 8 weeks, being separated from her two little boys, has been heartwrenching. On top of coronavirus attacking every one of her body systems, intense pain and acute breathing difficulty, she still has no idea when she will be well enough to see her boys. Sarah’s hope is that by us all doing the right thing, no one else will have to experience the heartache her family has.

Please, play your part and help stop the spread of the virus. If you have symptoms - please get tested. Payments of \$450 are available to help you stay home and wait for your test result.

STAYING
APART | KEEPS
US | TOGETHER

To learn more of Sarah’s story go to
vic.gov.au/CORONAVIRUS

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