Romsey Rag VOLUME: 42 | EDITION: 04 | MAY 2024

You Just Missed the Last Train - by 68 Years.

THE ROMSEY RAILWAY STATION IN THE 1900S

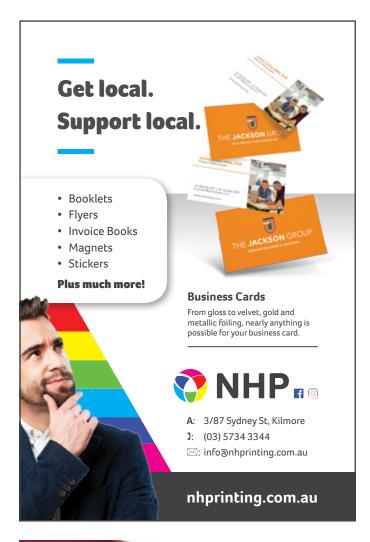
The Lancefield branch line off the main Melbourne to Bendigo (Goldfields) Rail Line at Lancefield Junction (now Clarkefield) ran the 14 miles (24 km) to Lancefield via station stops at Bolinda, Monegeetta, North Monegeetta, Romsey, Tickawarra siding, Lancefield Racecourse, and Lancefield.

It was a broad-gauge rail track (1600mm) like that which covered Melbourne and took 2 years to complete, opening in 1881. The line was the pivotal transport infrastructure improvement for the 1880s economies of townships that formed the early Shire of Romsey. However, patronage began to dwindle in the 1930s in the face of growing competition from road transport. Despite public meetings in the 1950s to support reinvestment in the line it was becoming uneconomic and faced with a major financial burden in refurbishing the Bolinda timber trestle bridge the line was finally closed on the 13th of August 1956.

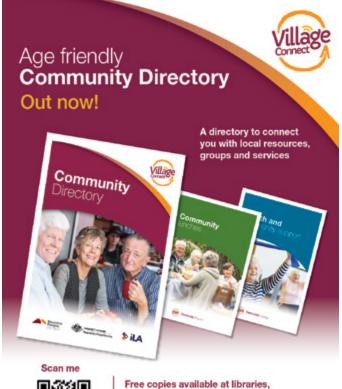
A further article can be found inside this edition with additional historic photos and explanatory maps can be found on page 14 of this edition.











neighborhood houses and Macedon Ranges Shire Council customer service centres Alternatively call (03) 5422 0333 or visit mrsc.vic.gov.au/VC-community-directory



Power of Attorney

www.mrfl.com.au

Child Arrangements

Level 1, 45 Hamilton Street, Gisborne

Asset Division

P: (03) 5428 8711

ROMSEY MECHANICS INSTITUTE

LIVE & LOCAL IN COMMUNITY HALLS: The live music in community halls got off to a great start at Lancefield Mechanics' Institute on Friday April 5th. There were over 90 people in attendance and just about everyone got up to dance to the music of "Jarrod Shaw" and "The Whisky Rogues". At the time of writing the RMI performance, "Cupid's Irony" & "The Whisky Rogues", had not been held. Thank-you to all the people who bought tickets to support this community event. We would like to thank:



ESTABLISHED 1865

- The Shire & Festivals Australia for their support
- Terry Moore who worked so hard to get this program up and running.
- Hesket Estate Winery & the Romsey Golf Club who looked after the refreshments.
- The CWA who took such great care with the catering.

STAINLESS STEEL TABLE: We would like to thank the Lancefield Mechanics' Institute for their donation of a brand new stainless steel ,wheeled table. This table will come in very handy for user groups as well as event caterers. We will get around to peeling the plastic cover off the two bottom shelves.

HALL WINDOWS; the top windows in the main hall need attention so that they stay closed on inclement days and keep any rain and wind out. Our thanks to local builder Danny Skinner who has visited the hall and prepared a quote for the works. The CoM will be applying to the Shire 's Community Funding Scheme for funds to assist us to do this work. Our thanks also to Dannielle Orr (MRSC Heritage) and Lipi Patel (MRSC Town Planning) who have also visited the hall to discuss these and future plans.

PO BOX 130, MOB: 0458 726 106, ABN: 99 340 024 758

presidentrmi@gmail.com, secretaryrmi@gmail.com, rmibookings@gmail.com www.romseymechanicsinstitute.com



OUR new, wheeled table.

MAY IN THE GARDEN

Melanie Kinsey, April 2024

The landscaping continues!
Retaining wall installed, fence
fixed, screens installed, dry river
bed excavated, paths laid out and
moon gate purchased. I've also
been to a few different nurseries
tracking down plants on my
list. The Easter sale at Riddells
Creek Nursery was quite timely!
I've also bought some wall pots
to hang from one of the screens
which is made from concrete
reinforcing mesh.

A narrow garden bed on the south side of the house has been edged with steel and topped up with a good soil mix. I tested its pH when it arrived, and it was slightly on the acidic side of neutral which is acceptable. Into this bed I have placed shade loving plants brought from my former garden.

Solomons seal, lily-of-the-valley, small, coloured NZ flaxes, silvery astelia and a variegated dog hobble (*Leucothoe sp*). Dog hobble! What on earth is that I hear you ask? Apparently, its toxic to dogs and cats – like a lot of other plants in our gardens. If you have a fur baby, it is wise to check what you have in your garden or what you plan to have. Nothing worse than a rush to the vets with a sick pet.

The really exciting thing is Trevor is assembling my new greenhouse! Its only small (1.9m X 1.3m) but I've never had a greenhouse before, so I am very excited. Trevor is less thrilled as he assembles, re-reads the instructions, disassembles and reassembles! It's turned out to be a very slow process. Once the hard landscaping has finished, the fun begins with the remainder of the planting – I can't wait!



The Virginia creeper planted in September which didn't start growing till November has reached the top of the verandah supports and started out across the verandah roof. It is colouring up beautifully! The leaves started turning vivid red from the base – slowly working their way up. It looks so amazing!

Committee

President: Tony Lakey

Treasurer: Dianne Irvine

Secretary: Allan Irvine

General Committee: Shauna Martin

Snauna Martin Sonia Martin

Production Assistants & **Proofreading**:

Trish Dunn
Sue Kirkegard
Allan Irvine
Tony Lakey
Shauna Martin

Distribution: Allan & Dianne John Evans

Romsey#Rag

ABN: 80 102 393 407 INC A0102067K

Supporting Our Community.

Just about everyone is well aware of groups such as the Food Bank, the churches, sporting clubs, the Neighbourhood House, and schools that all provide a little of the glue that helps keep our community together. One group that is possibly a little less well known is the Romsey Lancefield Senior Citizens' Club.

A few years ago this group celebrated their 50 anniversary. The "Seniors" live at the back of the RMI in what was once "The Billiards Room". RMI minutes (1865 - now) show that "illegal" use of this room by some of the younger members of the town was often an issue that took up a great deal of meeting time.

During those 50 years this group has provided the older members of both our communities with a place to meet, enjoy a meal and a chat or a card/board game. In recent years they have branched out offering monthly bus trips (sponsored by the Bendigo Bank) to various parts of the state. All have been welcome on these trips.

This group has provided and continues to provide a very worthwhile service for our community a service that all of us may well use in the future.

If you know someone who might like to investigate joining this long term group please contact current president Helen Gugala on 0409 064 303



Community Newspaper Association of Victoria - the voice of the community

The Romsey Rag is proud a member of the CNAV. It is the peak body representing not-for-profit community newspapers across Victoria.

www.theromseyrag.com.au

Send us your thoughts and ideas for what you think could happen in Romsey.

FOR ALL CORRESPONDENCE: <code>email@theromseyrag.com.au</code>. Please note articles should be restricted to <code>300-350</code> words plus/minus a picture. Articles will be edited as required. The editorial committee reserve the right not to print inflammatory or unsuitable materials.

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Youth Mental Health First Aid course

Learn how to help young people experiencing mental health problems by participating in Council's award-winning Youth Mental Health First Aid course commencing 15 May at Manna Family and Children's Centre, Gisborne

The four-week program teaches participants first aid skills to give initial help to young people who are in a mental health crisis situation or in the early stages of a mental illness and covers various mental health problems experienced by young people.

Participants must attend all four sessions to qualify as a first aider. Cost is \$31.50 for Macedon Ranges residents, and \$210 for non-residents. Bookings are essential. Visit, *mrsc.vic.gov.au/youth-mental-health* or call 5422 0333.

Did you know 3 and 4 year old kindergarten is free? Register now for 2025 kindergarten and give your child the best start to their learning journey at one of Council's 8 kindergartens in the Macedon Ranges. Our kindergartens have highly qualified and experienced early childhood Teachers and Educators and, with their beautiful natural features and outdoor play areas, are rich in nature-based and creative learning experiences.

Register online by 31 May 2024 and go into the draw to WIN a 6 month family swim

pass or 12 months swimming lessons!

Visit mrsc.vic.gov.au/kinder-rego

or call our Enrolment Officer

on (03) 5422 0239

conditions apply.

*Terms and



ROMSEY LANCEFIELD ROTARY CLUB INC

Farewell to Adam and Mel Soltan

The Romsey Lancefield Rotary Club's current President Dr Diane Powell presented a Georg Jensen stainless steel vase to Adam and Mel Soltan in

recognition of their outstanding support over 19 years for our club and its community programs.

There have been hundreds of Rotary meetings, special Melbourne Cup nights, Sports Nights, Trivia Nights, and Moira Kelly Special events. The support that Adam, Mel and their family have given to Rotary as well as to the local community is immeasurable.

The Soltan Pepper Restaurant has been embedded into the Romsey township and has been instrumental in employing dozens of young people over the years. The success of Soltan Pepper Restaurant has been their willingness to work hard, their professional approach, their support of the local township communities, as well as providing a restaurant cuisine that has provided flexibility and choice for diners.

We wish Mel and Adam a restful break as they plan their next adventure with their family.

The Romsey Lancefield Rotary Club Inc. meets every fortnight on Thursdays (7pm - 9pm) at Soltan Pepper Restaurant. Community members interested in becoming Rotarians are very welcome to join us.

For further information please contact our Club Secretary - Anne Collins via email anne.collins@outlook.com.au

I Dr Greg Powell (Past President)



Lancefield Cemetery

Open Day and Mothers Day remembrance at Lancefield Cemetery will be held at the rotunda rose garden on Sunday May 12th between 10·00am & 1·00pm.

Come and visit the Cemetery and have a cuppa with the Trust members who will be there to discuss any enquiries you may have and provide information about the Cemetery. We will also have plans for the proposed Memorial Chapel to view that we are currently fundraising to build in the grounds of the Cemetery for the use of the community. We look forward to seeing you there, if you have any enquiries please call our Secretary on 0477 092 946 or email lancefieldcemeterytrust@gmail.com.



WOODEND WARBLING IN CRESWICK

On Saturday 6 April in Creswick, the streets were alive with the annual CresFest celebration of music and arts, a weekend of dancing, busking, international musicians and a variety of choirs - including the Macedon Ranges' own much-loved Warblers.

The Woodend Warblers have performed many public gigs before, but this one was considered by many to be their best ever. Sung to the crowd from the steps of Creswick's historic post office, their repertoire ranged from the gentle "Won't Let You Drown" to a lively performance of the Beach Boys' "Fun Fun Fun" which had audience members smiling and dancing. A particular favourite was "Freedom is Coming", a gospel song written by those committed to ending apartheid in South Africa.

One of the Warbler's original sopranos, Trish said "I immediately felt at home in Creswick on finding the pub full at ten in the morning, with the strains of an Irish jig flowing out onto the street!". Another soprano, Rachel, commented afterwards: "CresFest was such a special event for us. The crowd was so engaged and warm – just a delight to perform for!"

The Woodend Warblers have been in existence for six years now, growing from a small group of beginners who swore they couldn't sing and would definitely never perform in public to a confident choir of thirty regular members who love nothing more than showing off their latest songs to anyone who'll listen.

A member from another choir commented: "The Warblers really are a cut above: so professional and solid in their songs". And an audience member expressed delight that a community choir could sound so good – "fabulous variety of songs and really good harmonies." These comments are a credit to the hard work that Andrew Price, choir director, puts in to teaching the Warblers every week. They meet at 7:30 pm on Wednesdays at the Norma Richardson Hall in Woodend. Andrew reassures new members that no singing experience is required, that "if you can speak, you can sing". Plenty of mistakes are made, but Andrew has an endless amount of patience and is very encouraging: rehearsals are full of laughter and everyone is made to feel an important part of the choir.

Bass singer Max became quite poetic in his praise of the day: "Music in the country is the road to happiness, and singing is the highway to enjoyment". As a finale and a surprise to the audience, the Warblers "interrupted" another choir (run by Melbourne director Sue Johnson) performing a brand-new song which the Warblers had been practising in secret. Singers were astonished to suddenly find a flash mob of Warblers joining them on stage for a dramatic performance of "Laid Bare", written by Sue only a few months earlier.

The Woodend Warblers have members from as far afield as Northcote and Castlemaine and welcome new singers. The first session is free, and term fees are \$10 per week (or \$12 for a single week). Ring Andrew Price for more information 0419 604 444 – or just turn up!

The final word goes to tenor singer Marina, who has been with the choir since its early days: "You couldn't find a better or friendlier mob of people to sing with. To be honest, Warblers literally changed my life."

Rainbow Shopfronts

Sunbury and Cobaw Community Health and Macedon Ranges Shire Council are calling on Romsey businesses to display the rainbow flag in the lead up to this year's International Day Against Homophobia, Biphobia, Interphobia and Transphobia (IDAHOBIT) on 17 May. The Macedon Ranges will join thousands of organisations, schools and individuals across the country in a display of colour to celebrate the **LGBTIQA+** community.

"We are encouraging local businesses to decorate their shop windows in rainbow colours in the leadup to IDAHOBIT to show solidarity and to celebrate the LGBTIQA+ community," says WayOut Project Worker, Mez Lanigan.

Also being offered is an online education session for businesses on how to create a safe, welcoming and inclusive space for LGBTIQA+ staff and customers. The workshop takes place on Tuesday 7 May at 6.30pm.

IDAHOBIT is celebrated on 17 May each year around the world to raise awareness of the discrimination LGBTIQA+ members of our community face every day.

To register your business to be part of this year's competition, or to join the training, go to www.sunburycobaw.org.au/idahobit-2024 or contact Sunbury and Cobaw Community Health on 5421 1666/email healthpromotion@scchc.org.au.



COBAW COMMUNITY HEALTH

BY TELEPHONE: 03 9744 4455

BY FAX:

03 9744 6777

EMAIL:

admin@scchc.org.au

BY MAIL:

PO Box 218, Sunbury 3429

OPENING HOURS:

Monday-Friday 9:00am-5:00pm

ON AVERAGE

The average bank teller loses about

The Mount Players

THE MOUNT PLAYERS

Keeping You 'In The Loop' at The Mount Players In May

The Mount Players 2nd production for 2024 opens 10 May and runs till 26 May.

Based on a real event, Looped a comedy by Matthew Lombardo, takes place in the summer of 1965, when an inebriated Tallulah Bankhead needed eight hours to redub or "loop", one line of dialogue for her last movie. Though Bankhead's outsized personality dominates the play, the sub-story involves her battle of wills with a film editor named Danny Miller, who has been selected to work that particular sound editing session. The Playwright uses a great deal of theatrical licence, offering us a hilarious yet sympathetic guesstimation as to what may have happened in that room on that day. Fun, funny and seductive this play is sure to appeal to so many.

A special Mother's Day matinee on Sunday May 12 - offers complimentary bubbles for all the mums and delicious treats at interval.

- Tickets via our website.
- AUDITIONS For JASPER JONES (our 3rd Production) will be held at the theatre on 4 & 5 May. Bookings essential with the Director, David Runnalls. For full details about this beautiful, Australian play and to book a time go to our website www. themountplayers.com or call 5426 1892 for assistance.

See you at the theatre!

I By Karen Hunt





\$250 every year.



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COMMUNITY HEALTH

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LEARN NEW COOKING SKILLS

Romsey residents are invited to learn to cook easy and healthy meals during a free six-week program brought to you by Sunbury and Cobaw Community Health, Macedon Ranges Health and the Romsey Neighbourhood House.

OzHarvest's NEST program teaches new skills for better health and easy, affordable cooking in a friendly and fun environment.

The program offers local residents the opportunity to save money on their food budget, learn how to store food safely, understand food labels, plan meals and reduce waste as well as cook simple healthy recipes.

The program will run every Friday for six weeks from 24 May to 28 June at the Romsey Hub. Sessions run for two and a half hours and include fun interactive activities, practical cooking classes, and the sharing of a meal together. Every participant will receive a free copy of the OzHarvest Everyday Cookbook which is packed full of budget-friendly, delicious and nutritious photo-based recipes all of which cost less than three dollars per serve.

If you are interested, register your details at www.surveymonkey.com/r/RomseyOzHarvest



Romsey - Lancefield Probus - Welcome to friendship

Having Fun, Making New Friends, and Catching-up with Old Ones!

The Romsey/Lancefield Probus Club is for active retirees or semi-retired people to meet, relax and enjoy the welcoming company of those at the same stage of life. There is a regular monthly meeting with guest speakers, morning tea and time to socialise with the other members. Each month there is a regular outing for lunch held at different venues around the region as well as short and longer trips throughout the year. There is a coffee morning at 10 am every Friday at the Lancefield Corner Store where members meet for a chat and a bit of fun.

Since last month the club has been to Merry Melodies at Kyneton and were entertained by Noel Pearson. Great entertainment and good value for money with morning tea included in the \$5.00 charge. Many members stayed on for lunch with a good choice of seniors and main menu meals.

For our April meeting one of our members Jay Brooks shared her research done during COVID lockdown on a quilt made after the First World War that was signed by Mark Twain but with many links and connections to families from our local area.

In May the Speakers are locals from Chin Chin Farm in Chintin-Sonia and Stewart Whiteman. . Chin Chin Farm is a mixed farming enterprise with a philosophy that begins by looking after the soil and remediating the land.

The resulting lush grass and adjoining native forests work in harmony ensuring that everything grown on the farm is enhanced with flavour from the ground up. Located in the charming countryside of Chintin, the Farm Gate Shop sells lavender, honey and bushfood products. Over the summer, the farm also run Lavender Sensory Farm Experiences.

They also run ad-hoc workshops during cooler months incorporating bushfoods.

In May there is a one day bus trip to the historic Maryborough Railway Station on Thursday $16^{\rm th}$ which will involve a presentation on Saffron and a visit to the Café.

In June we are booked into the Bendigo Gallery to see 'Paris Impressions of Life 1880-1925.' with lunch at the Lakeview Hotel.

In October the club is planning a 10 day tour to the South Island of New Zealand with another trip in November to Canberra and the Snowy Mountains.

CONTACT:

PRESIDENT: Noreen 0401 579 180 SECRETARY: Betty 0409 359 048 VISIT OUR WEBSITE: www.rlprobus.org.au

We are a friendly, welcoming group from diverse backgrounds with a variety of interests and we'd love to meet you! Feel free to attend a meeting as a visitor.





COOKING WITH PETER RUSSELL-CLARKE

Sure, tomatoes are commonplace - but have you tried Black Russian Tomatoes? They're terrific, in size, colour and taste.

They really are well worth the effort of seeking them out.

Tomatoes on toast, (the bread being Ciabatta), toasted on one side, then both sides wet with very little olive oil, topped with either sliced raw or semicooked tomato with garlic, splashed

with good olive oil and sprinkled with oregano or basil and a little basil. If you're flash, call the dish BRUSCHETTA.

Most recipes tell us to "discard the pips" of the tomato. This is (they mention) to rid the recipe of the water which would bugger the result. (Actually, it throws out the lycopene which is the healthy bit of the tomato.)

Anyway, dear cook, no doubt you have your favourite tomato recipes, be they boiled, baked, grilled, stewed or stuffed.

The other day someone praised Carpetbag Steak. Good on 'em! The steak is good-oh, oysters terrific too, but personally I'm not a fan of them together. Which made me think of tomatoes, which I know are good for me, as well as tasting terrific. I know many good people stuff tomatoes, usually for dinner parties (and often they do stuff them!). So back to the Carpetbag Steak.

Let's forget the oysters and replace them with chopped tomatoes. (*Pips too.*). Don't pre-cook the tomatoes (*they're a fruit by the way*), simply get a thick piece of steak, slash a pocket in the side of it, stuff that pocket with garlic flavoured raw tomato (*some will spill out*).

Now cook the steak to your liking - I suggest medium rare - more on the rare side of medium, but make sure it's cooked through, yet still moist. (*The tomato will help this.*) Don't worry that some of the tomato spills out. Serve the steak with a little garlic salt and baby spinach leaves.

The tomatoes won't be cooked, although they will be warmed, which helps promote their flavour.



Or, if you want the traditional -

STUFFED TOMATOES.

INGREDIENTS

- 4 large tomatoes
- 1/4 cup cooked green peas or drained canned chickpeas
- 1/2 cup chopped spring onions
- 1/2 cup cottage cheese
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped fresh basil
- freshly ground black pepper
- 1 tablespoon freshly grated Parmesan cheese.

METHOD

 Cut the top off each tomato and scoop out the insides being careful not to break the skin. Chop the flesh and drop it into a small saucepan together with the juice from the tomatoes and cook till it thickens. Mix together the cooked tomato, peas, spring onions, cottage cheese, mustard and basil and a little ground black pepper. Spoon this mixture into the tomato shells, sprinkle with Parmesan cheese and bake in the oven at 180c for 10 minutes.

Try using Black Russian Tomatoes - they have a great flavour!

What a Busy Month of March We Have Had with Many Tournaments Taking Place!

Starting with the Trans-Tasman Tournament in Perth against New Zealand and we, Australia, managed to bring home the cup! Our representative from the Woodend Hanging Rock Petanque Club was Shirley Marshall, a local of Woodend, with many years of petanque experience.

Many of our members travelled to Avoca, for their annual Doubles Tournament, which has been running for over 20 years. It's a great 2-day event attracting 44 teams from all over the state and beyond! We had new members Maria Eisel and Danny Simmonds, who made it to this their first tournament, and loved it!

Later in March some members travelled to Camberwell Petanque Club to play in the Victorian Doubles Championship, with two of our members, Ruth Giddings and Rod Gell in the top three, over 60's category.

Over the Easter weekend it was a trip to Adelaide for some of our members, to play in the Australian National Championship. They all played well and love the experience of these big tournaments to put their petanque expertise into practise. The season has formally finished now, until we start up again in October. But that doesn't mean there is now no more play. We have several tournaments with other clubs in the state, in the meantime.

Travelling to Maldon, Avoca, Ballarat, the Mt Macedon Club in Gisborne and Smythesdale for the Golden Boule, during the months of June, July and August.

So, if you think you would like to join in the fun of petanque, think about joining us at the Old Racecourse and Hanging Rock, in the first week of October.

Ring Louise at any time 0438 302 218 for more information.







During March my young broccoli plants attracted a lot of Cabbage White Butterflies (cabbage moths). I applied some Derris Dust which I have used since I was a kid and I know it works, but, then I had second thoughts. Yates, the maker assured me that the powder is safe, however, a quick search quickly confirmed my concerns.

The active compound in Derris Dust is rotenone, "Rotenone is moderately hazardous to humans and other mammals, as well as being highly toxic to insects and fish. Epidemiological evidence also suggests that rotenone exposure may be a risk factor for Parkinson's disease. Rotenone is banned in the EU, Switzerland, and the UK, and in the USA is only permitted for use as a pesticide for the control of fish uses."1 No more poisons for me! I should have learnt the lesson when I did a high school assignment on the evils of DDT as exposed by Rachel Carson in her famous book, Silent Spring, published in 1962! My solution; a piece of cheap white netting kept the White butterflies from laying their eggs on the broccoli leaves.



I never thought about the possible effect of using Derris Dust on insects such as

Ladybirds. Ladybirds are good; they love to eat aphids, mites and scale insects that destroy a lot of common garden plants like roses, so they are great to have in your backyard. Ladybirds can eat 20-25 aphids a day while their larvae have been known to consume over 200 aphids a day. Planting herbs like coriander, fennel and dill will help to attract ladybirds. Ladybirds also like to live in well-watered gardens because they need to drink frequently.

Headlines such as: "Ladybirds trained to eat invasive tomato potato psyllids in bid to protect WA crops."2 and "Ladybird Army Deployed"3 caught my attention. Farmers in Western Australia are hoping the humble ladybird will prove a valuable ally in the fight against an invasive insect that targets crops. A researcher at Murdoch University has trained two species of ladybird to hunt down and eat the tomato potato psyllid (TPP). First identified in WA in 2017, TPPs are wasp-like pests that can halve yields when it infests tomato, potato, capsicum, chilli, eggplant and sweet potato crops. The insect can also spread zebra chip, a serious bacterial disease that has spoiled potatoes in New Zealand since 2008. PhD researcher Shovon Chandra Sarkar said the psyllid was relatively new to the state and that ladybirds needed to be trained to recognize them as food. "I found that if I train them, their babies directly start eating psyllid."2

Up in Darwin the government is deploying the "ladybird army" to combat the recent arrival of the papaya mealybug. The exotic pest, originally from Central America, was confirmed in Australia in July 2023. It has since spread across Darwin and is a threat to papaya production, hibiscus and frangipani. There is a global trend towards biological control using natural enemies as regular spraying is expensive and many pest species are developing a resistance to pesticides. However, using beneficial insects in food production means that we need to be prepared to accept evidence of insect activity. Blemishes from insects are part of the natural order of things. The fruit and veg might not look quite as good but I know what I would rather eat!

Deep Creek Landcare Group has nesting boxes for bats, birds and phascogales for sale from \$30. We also have Myna bird traps to lend out. Annual Landcare membership is \$20 per family. You can follow us on Facebook, contact our President, Phil Severs (0476 324 000) catch us at the Lancefield Farmers' Market or attend our monthly meetings in the Lancefield Mechanics Hall. We would love to see you!

- 1. "How safe is "natural"? Taking a look at four plant-based pesticides from nature's arsenal." Environmental Protection Authority (NZ)
- 2. ABC Just In News 26/03/2024
- 3. ABC Just In News 07-04-2024

COMMUNITY BANK CONNECTIONS

Team News

We are thrilled to introduce the newest member of our team, Tyeisha Lupson, who joins us as a Customer Relationship Manager. Tyeisha brings a wealth of experience and dedication to her role, having spent six years with Bendigo Bank, progressing from teller to home loan specialist.

A graduate of Assumption College, Tyeisha has deep roots in the local community, residing in Wallan before settling in Lancefield in 2021 with her husband and adorable 9-month-old son. Welcome Tyeisha!



COMMUNITY INVESTMENT PROJECT UPDATES

Many of the projects from our 2023-24 Community Investment Program are wrapping up ahead of the new financial year and next round of grants, set to open in Spring.

You may have seen some of the changes that have taken place at the Lancefield Park Recreation Reserve thanks to grants awarded to the Park Committee and several of the park user groups. The Community Bank Canteen at the Laurie Green Pavilion has been completed, there have been updates to the Equestrian Facilities, and you'll soon see the installation of a new verandah at the Lancefield Cricket Club.

In Romsey, we've seen the Mechanics' Institute kitchen fitted out with a commercial dishwasher to make the kitchen more user friendly, the Romsey Cricket Club have made initial improvements to their training nets with the larger improvements to be completed later in the year ahead of next season. The Romsey Neighbourhood House are also well underway on creating another community space – stay tuned.

For more information on our Community Investment Program and how your community group can apply for a grant in our next round, please email cip@lrcfsl.com.au

SMALL CHANGE GRANTS

We understand not every group needs a large grant to make a big impact. That's why we're offering easy access to smaller funding amounts for your next event or project.

We still have several \$500 grants available for not-for-profit groups and clubs in Lancefield and Romsey. The application process is simple - just a one-page form available for pickup at our branches. As always, we encourage grant recipients to spend the funds within our community, further supporting our local businesses and initiatives.

Supporting your local community

Community Bank - Romsey 5429 5526



Bendigo Bank

Clean Up Australia Day

As we continue to tackle our national waste challenges and protect our environment, Clean Up Australia is calling on all Australians to join with their local communities and take more immediate action by registering now for Clean Up Australia Day 2024 on Sunday 3 March.

In 2023, over 760,000 Australians pulled on their gloves and gathered for the iconic Clean Up Australia Day. This year, Clean Up Australia is hoping to see a similar, if not better response, as generations come together to help tidy our local communities while seeing first-hand why need to work together to prevent litter from entering our environment in the

Registrations for Clean Up Australia Day 2024 are now open. All volunteers receive a free clean-up kit containing gloves, bags and other resources, with packs for individuals, families and community groups available (businesses are asked to pay a small fee to cover costs).

For information and to register, visit cleanup.org.au

Just say when

Your time, your place, your convenience.

First home, second home, refinance or lending for investment properties, Bendigo mobile lenders are experts at home lending. They're also experts at customer service, so you know you'll be taken care of from open house through to settlement.

And because they're mobile, they can meet you at a time and place that's convenient to you – your home, your office, your favourite café, or evenings online – just say when!

Bendigo Bank – the better big bank.

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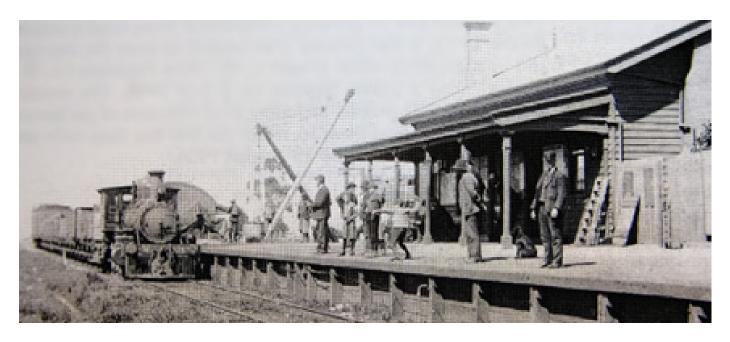
Chris Smith Customer Relationship Manager 0411 435 561

chris.smith@bendigoadelaide.com.au





Terms and conditions, fees and charges apply. All information including interest rate is subject to change without notice. Full details available on application. Lending criteria apply. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit License 237879. (1611442–1666524) (10/21). OUT_36665649, 11/04/2024



The Romsey Railway Line and Station - in Service 1881 to 1956

Before the Clarkefield to Lancefield railway was opened in 1881 covered wagons meandered from farm to farm collecting produce which was carted across country taking many days to Sydney Road for transfer to a passing bullock wagon travelling to or from the Goldfields.

GENTLE EXERCISE CLASSES

At St Marys Church Hall, Romsey

Mondays at 10.30am Wednesdays at 10am

\$8 PER CLASS

Call Justine on 0412 999 822 email outsidetheboxt@gmail.com

A Fun, Friendly and Gentle approach to exercise to exercise for all levels of fitness. Build and maintain your strength and joint health.
Optional use of light weights, a strength band or a small ball.
All equipment supplied, standing and chair based exercises



Travel by horse and cart and dray was very rough and at times dangerous as there were very few made roads just rutted tracks with many bogs and dangerously steep creek crossings.

The advent of the railway for the Romsey Shire townships was greeted with much excitement and provided a boost. Many residents looked forward to their nightly walks to Romsey Station to meet the train, pick up parcels and meet friends. It is recorded that people then followed the mail bags to the Post Office which opened for a short period for residents to collect their letters.

A pair of the railway gates are still in existence used as fencing on Barry Street between Railway Cres and Station Street at the Lions Club Senior Citizens units.

There are still senior local residents like the Rev Tom Morgan who clambered aboard the rail motor in the 1940s and early 1950s to commute as a school-boy and later as a railway apprentice. Tom's reminisces with fellow senior Romsey residents can be viewed on YouTube at https://www.youtube.com/watch?v=OuJaP7w_Fb8&t=78s

Steam enthusiasts made movies films of the train operations of Clarkefield-Lancefield railway before the line was closed. Have a look at this old movie film converted to digital 'Lancefield Railway Highlights' is available on YouTube at https://www.youtube.com/watch?v=6fwNOOJ15a4

The railway track and line equipment was dismantled in 1957 and the effected adjacent land owners were required to buy back their portion of the former railway land.

ROMSEY GOLF CLUB REPORT

THE 2024 ROMSEY CHALLENGE BOWL; this annual competition sees clubs enter teams of three players. For the first time this was an "all combinations" event and several men were in the teams. The individual Stableford scores are combined for a team score. A field of 43 players from around the Dalhousie District clubs, Goonawarra and Kyneton participated in the 2024 Romsey Challenge Bowl. This year the format of the Bowl was an any combination team from the same Club. The course was in excellent condition and the weather was good until late in the round when the N wind blew up. The Club would like to thank TJ Scott & Son Funerals who sponsored the day.

THE 2024 WINNERS: Seymour G. C. – Glenda Woods (21) – 34 pts, Paula Britton (17) – 29 pts & Shelley Dowling (33) – 33 pts – 96 points

C GRADE: Wendy Krapywnyj (45) – 34 pts (Goonawarra).

B GRADE: Jen Hunter (25) – 35 pts (Woodend)

A GRADE: Mary Campbell (18) – 38 pts (Broadford).

NTPS: 3rd – Terri O'Callaghan (*Trentham*)

ALGIE MITCHELL SHIELD: The semi-finals of this shield saw Andrew Laing - D D Steve Wilkins - 2/1 & Mal Mottram D Shaun Scales ³/₄. The final, Andrew Laing (12) Vs Mal Mottram (00) will be played on Saturday April 20th.

PENNANT GOLF: The Sunday Pennant teams have played three matches, so far the results are Scratch – 2/0 and Handicap – 0/2. Mid-week Pennant have played one match, all square. RGC is proud, that with a few clubs being unable to host their rounds of pennant, Romsey has been chosen for those rounds. RGC will host four weeks of pennant golf this season.

2024 DDGA JUNIOR TOURNAMENT: 30 junior golfers played in the Dalhoousie District Junior Tournament on Sunday April 7th. Local Josh McCarthy took out he 9-hole event with 40 off the stick. Joyce Zhu took out the 18-hole event with 77/11/66. Great to see so many talented male and female junior golfers out on the course.



Park Lane, Romsey (PO Box 200, Romsey 3434) PRESIDENT: 0417 088 891 SECRETARY: 0400 768 040 mail@romseygolfclub.net www.romseygolfclub.net



2024 RGC BOWL CHAMPIONS: Glenda Woods, (Kelly Scott), Paula Britton, & Shelley Dowling.

ROMSEY BRANCH OF C.W.A. INC.

CWA is a Volunteer Organisation

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.

Volunteering - Top 8 Benefits.

- · Make new Friends
- Build a new Network
- Expand your resume
- Improve your confidence

For more information please call:

President: Dianne Purtill M: 0409214520 Secretary: Wendy Foster M: 0409175 667; cwaromsey@gmail.com

- Develop emotional stability
- · Feel happier
- Learn something new
- Explore your interest



Understanding the Oral Health Risks of Vaping: Romsey Dental

At Romsey Dental, we stay vigilant about the emerging trends that affect oral health, and recently, the spotlight is on vaping. Although it's often advertised as a safer alternative to smoking, vaping can still pose serious risks to your oral health.

The vapor from e-cigarettes contains a mix of chemicals, including nicotine, flavorings, and other substances, which are harmful to your teeth and gums. These components can lead to several dental health issues that we frequently address here at Romsey Dental.

One major concern is the potential for tooth decay and gum disease. The enticing sweet flavors in vape liquids might encourage longer and more frequent use, bathing the teeth in sugars and acids that erode tooth enamel. Additionally, nicotine constricts blood vessels, which can reduce blood flow to the gums, undermining their health and paving the way for gum disease.

Vaping can also cause irritation and inflammation in the mouth. The heat from vaping devices dries out the oral cavity and can cause discomfort, leading to soreness, dry mouth, and potential tissue damage. If vaping is frequent, these issues can become chronic, leading to more severe oral health conditions.

Here at Romsey Dental, we encourage our patients to be aware of these risks and to take proactive steps to protect their oral health. Regular dental check-ups, good oral hygiene, and moderating vaping habits can all help reduce the damage to your teeth and gums.

As your local dental health provider, Romsey Dental is committed to helping you make informed choices about your lifestyle habits and their impact on your oral health. If you have any concerns or questions about how vaping could be affecting your dental health, please don't hesitate to reach out to us. Let's work together to maintain your healthy smile.

Casual Indoor Junior Sports Programs

Stay dry during winter with our casual indoor sports programs every Wednesday and Friday morning at Buffalo Stadium in Woodend during the school term.

ACTIVE KIDS SPORTS PROGRAM

Learn correct sporting techniques and skills to develop confidence and knowledge of sport.

Children use a range of equipment from soccer, netball, hockey, basketball and more. Children learn skills for catching, rolling and throwing in a relaxed, fun environment.

Sessions are held from 10–10:45am on Wednesday mornings at Buffalo Sports Stadium in Woodend for children aged 3–5 years. Parent/guardian participation is required.

KINDAGYM

Held in the stadium, this program is based on developing motor skills, confidence, balance and social skills. Kindagym is a structured class with free play options for children to explore the array of equipment on display. Parent/guardian participation is required.

SESSIONS ARE HELD ON FRIDAYS AT BUFFALO SPORTS STADIUM IN WOODEND:

- 10-10:45am for 1-3-year-olds
- 11–11:45am for 4–5-year-olds

Both programs are casual, no need to book. For class cost and information call *5427 3411* or email *buffalo@mrsc.vic.gov.au*

EASTERN MACEDON RANGES BUSINESS AND TOURISM ASSOCIATION INC (EMRBATA) - UPDATE

Town Centre Action Plan UPDATE – "GO, GO, GO"!

Enthusiastic discussion underpinned the fully booked Romsey Town Centre Action Plan workshop held on 16th April when business operators, community leaders and broader community came together to identify some quick small wins as well as bigger moves aimed to reinvigorate Romsey's town centre and help it to thrive into the future.

A Main Street "walk shop", led by Village Well's Gilbert Rochecouste, engaged participants ahead of the workshop. It identified opportunities such as potential "pocket public spaces", areas for more street furniture, beautification of shop fronts and more.

The workshop discussed current challenges, future opportunities and a vision for the town centre. The final task involved identification of the quick small wins, bigger ideas and "wow factor" initiatives which were voted on by the participants.

All of the discussion will now be collated by Village Well into a Town Centre Action Plan to be released on 7th May. However, many in the room responded to the call to action to move at grass roots level ASAP to help get some "small wins" up and going ahead of that. This action-focused group will now get together and discuss the way forward. The Action Plan will help further inform the steps to a thriving town centre.

This is a project being driven BY the community FOR the community. It will yield benefits for local businesses and the broader community.

It aims to forge a new culture when it comes to effective collaboration between community, Council and other stakeholders to "get things done" to help the TOWN CENTRE to thrive.

Many thanks to the Romsey Golf/Bowling Clubs for the wonderful hospitality, Macedon Ranges Shire Council for support of associated costs, Tourism Macedon Ranges Inc for its initiation of the Macedon Rages Thriving Villages Project and, of course, the wonderful participants who are keen to help moving forward.

If you are interested in more information about this project or helping to "get things done", contact EMRBATA by email contact@easternmacedonranges.au or Jenny (0411 700 464).







EMRBATA'S VISION IS: A vibrant, collaborative and prosperous eastern corridor community which enhances liveability in the region.

FACEBOOK:

Eastern Macedon Ranges - Business and Living

EMRBATA MEMBERSHIP:

https://easternmacedonranges.au/

EMAIL:

contact@macedonranges.au





Stand for Council 2024 sessions

Council Elections are on the horizon for October this year and to support potential candidates, Council is partnering with the Municipal Association of Victoria *(MAV)* to host a Candidate Information Session on Wednesday 15 May 2024 from 6·30pm to 8·30pm at Kyneton Town Hall.

The session can be attended either in-person or online, with registrations essential via the MAV website's Stand For Council section.

If you are unable to attend the session on Wednesday 15 May, the MAV is delivering several other information sessions for the community and prospective candidates.

Council will also hold four informal candidate sessions that will include some recorded material from the MAV. These informal sessions will not be available online.

Dates and locations, along with other election-related information, are available on Council's website (mrsc.vic.gov.au/ Elections). This information will be updated as the year progress.

News from the Shire



Reminder for dogs to be on-leash in public

Council's Local Laws Officers are concerned about an increasing number of reports for dogs off leash when being walked in public places.

Dog owners are reminded that Macedon Ranges is an 'on-leash' shire where dogs must be always on-leash, unless in one of Council's 52 designated off-leash areas. Dogs must also be under effective control at all times, whether in an off-leash area or not.

Council officers patrol for possible breaches, and dog owners not adhering to the requirements may face fines for not complying with Council's Dog and Cat Control Order 2019.

For more information, visit mrsc.vic.gov.au/pets

Fire Danger Period to end

The Country Fire Authority (CFA) announced that the Fire Danger Period for the Macedon Ranges ended at 1am on Monday 15 April.

Residents on land over 2,000 square metres are allowed to burn-off once the Fire Danger Period ends, however they must ensure they are abiding by Council local laws and register their burn-off at *firepermits.vic.gov.*au or by calling 1800 668 511.

Residents are reminded of changes to the Community Local Law in late 2023, including:

- Burning-off is now prohibited on land 2,000 square metres or less.
- A permit is required for burning off on land more than 2,000 square metres and equal to or less than 4,000 square metres.

When burning off, residents are also reminded to:

- ensure weather conditions are safe for burning off and that burn piles do not exceed the size conducive to their land, as set out in the local laws
- check for overhanging branches that could catch fire and ensure there is adequate fire suppression or extinguishing equipment on hand
- check for wildlife that may be nesting in burn piles
- ensure smoke does not cause a hazard to road users or nuisance to neighbours.

Free green waste disposal is also available for residents at Council's transfer stations in Kyneton, Romsey and Woodend.

For detailed information on burning off and permit requirements, visit mrsc.vic.gov.au/burning-off or call *5422 0333*.

Council grants now open

Council's Community Funding Scheme and Events and Festivals grant programs are now open!

If you have an idea for an event or a project that will benefit the community in the Macedon Ranges, we would love to hear from you.

For information, visit mrsc.vic.gov.au/grants or call 5422 0333.

Grant Troubleshooting Clinic

• Wednesday 9 May, 10am-12pm, Romsey Hub, 69 Main Street, Romsey.

Council will also be running a free troubleshooting workshop to support community groups interested in applying for funding through Council's grant programs. This will be an opportunity to better understand the grant guidelines to strengthen your application and seek support and advice on any areas you may be struggling with.

Bookings Essential. Visit mrsc.vic.gov.au/grant-workshops

Stay Well This Winter

This winter, keep your kids well with a flu shot. Getting their flu shot every year is just as important as other routine childhood vaccines. The flu shot protects children from serious illness caused by the flu and can be given at the same time as other routine childhood vaccines.

If your child is aged between six months and five years, you can book them in to receive the flu vaccine for free via Council's monthly immunisation program.

In addition, Council will be holding some evening sessions for free vaccines under the National Immunisation Program (NIP). During these sessions, Council will offer infant vaccines for children aged between six weeks to five years, high school vaccines, and flu vaccines for individuals aged between six weeks to five years.

The evening sessions will be run from 5-7pm on Wednesday 8 May at Woodend, and Thursday 30 May and Thursday 27 June in Gisborne.

To book into one of Council's immunisation sessions at mrsc.vic.gov.au/immunisations

ROMSEY LIBRARY

ROMSEY LIBRARY (THE HUB)

98 Main Street, Romsey
P: 5429 3086
E: romsey@ncgrl.vic.gov.au
FACEBOOK: Macedon Ranges Libraries

OPENING HOURS

Please refer to our website www.ncgrl.vic.gov.au

Facebook page or contact us for information regarding up-to-date opening hours in February.

SO MUCH TO DO IN AUTUMN AT THE ROMSEY LIBRARY - FOR ADULTS AND CHILDREN!

LIBRARY FILM CLUB

May: Mrs Harris goes to Paris (PG)
 Wednesday 29 May 10.30am – 1.00pm

Based on the 1958 novel by Paul Gallico, Mrs Harris Goes to Paris tells a humorously heartwarming tale about London housecleaner, Ada Harris, who thinks her lonely life might turn around if she can become the owner of a Christian Dior gown.

Bookings required – head to *goldfieldslibraries.com* or phone u s on *5429 3086*.

WHAT'S ON FOR THE ADULTS.

 The Memory Place: documents of long ago Tuesday 30 April 2.30 – 3.30pm

Join us for memories, conversation and fun. Enjoy reflecting on or learning about the past and the stories that objects can tell from our kit of documents of long ago. Refreshments included.

Bookings required – head to *goldfieldslibraries.com* or phone us on *5429 3086*.

ATTRACTING BIRDS AND NATIVE CRITTERS TO THE GARDEN

 Saturday 4 May, 10.00am – 12.00pm

Gardening expert Kerri Mewett has all the tips and tricks to ensure your garden is full of native wildlife and birdsong.

Part of the Macedon Ranges Autumn Festival.

Bookings required – head to *goldfieldslibraries.com* or phone us on *5429 3086*



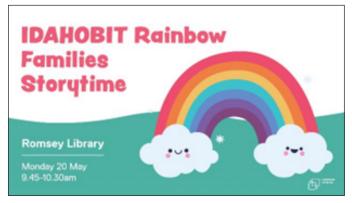
A CURIOUS CIRCLE IS BACK: CARD MAKING PART 1

• Tuesday 4 April, 5.00 – 7.00pm

A Curious Circle is a great way to connect with other women through craft, conversation, laughs and snacks. No experience necessary.

Bookings required – head to *goldfieldslibraries.com* or phone us on *5429 3086*.

WHAT'S ON FOR THE KIDS



 IDAHOBIT Rainbow Families Storytime Monday 20 May 9.45 – 10.30am

Join us for an extra special storytime – a favourite. Performer and storyteller Em Chandler returns to share stories about families and belonging just as you are, with a sprinkling of magic. Wear bright rainbow colours!

• Ages 3 - 6 years

OUR REGULAR STORYTIMES ARE ON DURING TERM TIMES:

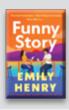
Mondays and Tuesdays 11 – 11:45 (ages 2 – 5)
 Thursday 11 – 11:30 (ages 0 – 2)

New Releases - Order in the Library Now!

To reserve a loan of any of these titles, head to www.ncgrl.vic.gov.au or phone the library - 5429 3086.

New Releases – Order in the Library Now!

To reserve a loan of these titles, head to www.ncgrl.vic.gov.au or phone 5429 3086.









Village Connect events for May

Prevent a Stroke Presentation

 Monday 20 May, 1:30-3pm, Riddells Creek Community Centre, 74 Main Road

Did you know, regional Australians are 17 per cent more likely to suffer a stroke than those in metropolitan area? But here's the good news: more than 80 per cent of strokes can be prevented.

Join us for a StrokeSafe event to learn valuable insights on how to reduce your risk of stroke and potentially save a life.

Don't forget the coffee events in Gisborne, Lancefield, Kyneton and Riddells Creek from 11am - 12pm (various dates).

For information or to register for events, call the Village Connect team *5422 0333*, or visit mrsc.vic.gov.au/ village-connect

Reducing the Wildlife Road Toll Community Forum

In February 2024, Council was pleased to host the Reducing the Wildlife Road Toll Community Forum. Council officers welcomed representatives from the City of Greater Bendigo and Hume City Council amid a crowd of about 60 people, including concerned residents and wildlife rehabilitators from as far away as Ballarat.

Guest speakers included:

- · Lisa Palma, CEO, Wildlife Victoria
- Dr Kylie Soanes, wildlife ecologist, The University of Melbourne
- · Linda Healy, Macedon Ranges Wildlife Network
- Eng Lim, Manager Engineering and Resource Recovery, Macedon Ranges Shire Council

The forum speakers combined to present a valuable overview of the problem, particularly here in the Macedon Ranges. Council is looking forward to working with our partners to progress a key action in Council's Mobility and Road Safety Strategy 2023, namely Strategic Theme 5: Improving Wildlife Safety and Outcomes.

The forum also helped to drive a Notice of Motion endorsed by Council at the March 2024 Council Meeting. At the Australian Local Government Association's National General Assembly in July, Council will submit a motion calling on the Australian Government to include wildlife trauma and fatalities metrics in Federal road safety funding models. Council will also write to a number of relevant Federal and State Ministers advocating this point.

Recordings and a forum report are now available on Council's website at *mrsc.vic.gov*.au/*living-with-wildlife*

Recognising Our Volunteers

In recognition of National Volunteer Week from 20 - 26 May, Council is showcasing volunteers with the aim of encouraging other individuals in the Macedon Ranges to participate in volunteer work within the shire.

We interviewed volunteers from five different villages working in varying roles, highlighting the different volunteer opportunities available in the Macedon Ranges.

You can read the interviews and learn about volunteering opportunities available through Council and at *mrsc.vic.gov.au/volunteers*

ROMSEY LANCEFIELD SENIOR CITIZENS

B Bendigo Bank

Bendigo Bank Monthly Bus Trips

Tuesday May 7th.

Our next bus trip will be a trip down to Sorrento and heading across to Queenscliff on the ferry. We will have lunch at Rosebud hotel before boarding the ferry for Queenscliff. This is always an enjoyable trip.

The cost will be \$50. If you have any questions please ring Helen (0409 064 303).

Pick ups in Romsey (out the front of the Mechanics' Institute) and Lancefield (out the front of the Post Office) from 8:30am

Next trip:

• July 2nd - Christmas in July at Sunbury Bowls



Remember, we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, for just \$10 - everyone is more than welcome.

For further information contact Helen on 0409 064 303.

I Hope to see you soon.

WEAAD & THE TREE OF LIFE

Purple is the colour given to World Elder Abuse Awareness Day. Associated with rarity, insight and wisdom, all to be found in elders.

The United Nations gave the world WEAAD in 2011 as the day where individuals and organisations highlight the

importance of older people, their rights and the value they bring to society. Remembering their value and role in life by showing kindness and respect helps prevent the mistreatment and harm occurring to them in their communities.

We have long relied on elders to fulfil essential roles such as volunteering, caring and providing for other vulnerable members of the community. With their guidance and the giving of our time we can learn new ways for a better world becoming enlightened and inspired through them.

On WEAAD Saturday 15th June join the Girl Guides and Scouts from the Macedon Ranges Shire for a show of kindness and respect as they host 'Stir a Cuppa with an Elder' at Jubilee Hall, Smith Street, Macedon from 10·30 am. Proudly supported by the CWA and Mens Shed everyone is welcome to participate in this day of praise for Elderhood.

 Cakes, cuppas, BBQ, stalls and entertainment until 3.30 pm.



Contact Co-ordinator Lynda Cameron for further information on (0418) 770 366

Join Mindful Moves: Personal Trainers Wanted for Groundbreaking Fitness & Mental Health Program



The Macedon Ranges Suicide Prevention Action Group (MRSPAG) is excited to announce a new

initiative called Mindful Moves, designed to improve the physical and mental well-being of the Macedon Ranges community. As part of this initiative, we're putting out a call for personal trainers and fitness instructors to join our team and contribute to this groundbreaking program.

Mindful Moves is a monthly fitness and mental health program that aims to create a positive impact in the Macedon Ranges community. Each session will feature circuit training led by local personal trainers, along with discussions on mental health and well-being facilitated by MRSPAG members and local professionals. The program will also offer Mental Health First Aid training for trainers, helping them become better equipped to support their clients' mental health needs.

BY JOINING MINDFUL MOVES, PERSONAL TRAINERS WILL BENEFIT FROM:

- · Paid sessions and free Mental Health First Aid training
- An opportunity to engage with the local community
- A chance to be part of a pioneering program that integrates fitness and mental health support

The first session is scheduled for July 2024, with events planned across the Macedon Ranges throughout the year. If you're a qualified personal trainer or fitness instructor with a passion for community well-being, we'd love to hear from you!

For more information, or to express your interest in participating, please contact MRSPAG at *info@mrspag.com.au*.

It's a busy start to Term 2 with ANZAC Day and Mother's Day leading the charge. But first we must share how Term One finished up because it was a flurry of

St Mary's Lancefield and Romsey

activity taking us up to the holidays...

Catholic Education Week

On Friday 15th March our School Leaders (*Ruby*, *Sophie & Emmett*) along with Mrs Thrum, were invited to attend Mass at St Patrick's Cathedral in Melbourne to celebrate Catholic Education Week. Schools from all over the Archdiocese of Melbourne attended. Mass was celebrated by Archbishop Peter Commensoli. The students had a wonderful day with activities in the gardens following Mass. A wonderful way to celebrate Catholic Education!







National Ride2School Day

Friday 22nd March was National Ride2School Day where more than 350,000 students from across the nation ride, walk, scoot and skate to school! St Mary's participates in this National Day every year with more and more students getting involved. This year we had more than 150 students participate. Students got their whole families involved with mums, dads and grandparents joining the students to actively travel on this day. Families were treated to a grab n go breakfast on arrival with yoghurt, muffins and fruit on offer. It was lovely to see so many get involved and we're thankful that the weather was just perfect for the morning. We'd like to thank all those that participated, a great way to start the day!









Grandparents Day

This year we chose to celebrate Grandparents Day on Tuesday 26th March, leading up to Easter. Grandparents, grand friends, grand aunties & uncles were invited to join us for this very special day. This year we had over 200 'grand' guests join us! Our day began at 10am with the Easter Liturgy, a poignant service which involved all students in the school performing a song and dance as they told the Easter story. The students are to be congratulated for their meaningful performances. Our 'grand' guests were blown away by the beautiful service and student performances and this set the scene for the start of what was a truly magical day. After our Liturgy, students took their grand person out to recess with them while we reset the hall for morning tea. What a fabulous spread for our special guests. Thank you to all who donted a plate. Following morning tea our guests joined the students in the classrooms to create an Easter Hat!

The school was a buzz with laughter, fun, collaboration and genuine happiness to have our grand guests joining us at school! Once the Easter Hats had been created we held our special Easter Hat parade to display the wonderful, colourful and crazy designs. The parade concluded with the Parents & Friends Easter Raffle with over 20 prizes! We'd like to thank all our grand guests for joining us, some traveling great distances to be here. Thank you to the families who provided morning tea and the parent helpers who assisted. Thank you to the PnF for organising the raffle and all our families who donated prizes and bought tickets.

These special days are what make lifetime memories for our students and we are so pleased to not only provide the opportunity but to be part of the day and watch these very special relationships flourish.

I Jo Shannon (Community Liaison Leader)



ENCOURAGE CHURCH ROMSEY

WORSHIP SERVICE:

Sundays @ 10am

SENIOR PASTOR:

Pastor Tim Emonson

OFFICE: 7 Mitchell Court, Romsey P: (03) 5429 6327

EMAIL:

office@encouragechurch.com.au

WEBSITE:

www.encouragechurch.com.au

- · Mainly Music
- · Children's Church
- Before & After School Care
- Youth Activities







FROM THE DESK OF PASTOR TIM

THE PRESENCE OF GOD

I was reading recently about the Latin phrase Coram Deo, which means "in the presence of God" - it literally means being before the face of God.

Yes, God is everywhere (He is omnipresent), but there is a difference between saying "God is everywhere," and saying "God is here."

In Exodus 33:1-3 God gives Moses and the people of Israel some great promises about where they were going, but He also says that He would not go with them. Moses in reply says in verse 15 "If your Presence

does not go with us, do not send us up from here." Basically he was telling God to go shove His promises if God wasn't going to be with them. Moses wanted God's presence more than he wanted His promises.

When we come together for church on a Sunday, people testify how they experience the very real presence of God during the service. Yes, as a Christian we live Coram Deo - in the presence of God - through Holy Spirit with us wherever we go, but there is something about fellowshipping together that amplifies being Coram Deo.

If you want to learn more about being in the presence of God, join us for one of our services at 10am each Sunday at 7 Mitchell Court in Romsey.

Come along to one of our Sunday morning services at 10am and check out our seats - everyone is welcome! If you would like to know more about Encourage Church, come along to one of our activities! You can also check us out on our website www.encouragechurch.com.au or email us at office@encouragechurch.com.au.

Your Local Camera Club

in the Macedon Ranges Region



If you love photography, and would like to join in on the fun, whether you are a complete novice or a fully fledged professional, we would love to hear from you. Interested in Membership?

Go to the membership page for all the details https://macedon-ranges-photography.org.au/about/



CLUB NIGHTS Generally the first Tuesday of the month (General meeting and competition nights) The following Monday night (Technical nights: tutorials and practicals). 7.00pm for a 7.30pm start at Dromkeen, 1012 Kilmore Rd, Riddells Creek VIC 3431 Mail: info@macedon-ranges-photography.org.au Web Site: macedon-ranges-photography.org.au



ANGLICAN CHURCH OF CHRIST CHURCH LANCEFIELD WITH ST PAUL'S CHURCH ROMSEY

Regular Sunday Weekly Service

- Romsey Church Service 9:00am Sunday
- | Lancefield Church Service 10:30am Sunday
- | Prayer Meeting:
 - Church Hall Lancefield Thursday 9:30am Christ Church
- | Bible Study:
 - Christ Church Lancefield Hall Thursday 10:30am

Enjoy a Cuppa While Spending Time Pondering the Bible.

• St Paul's Op Shop is filled with lots of new interesting items and is open Friday 12:30-4:30 & Saturday 10:00-1:00pm. The Op Shop is on the Parish Web site for viewing and each week will display our specials for your perusal.



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

Vicar

Rev Matthew Browne P: 0401 615 099



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



- · General & Cosmetic
- Laser Treatments
- · Same day Crowns & Veneers
- · Happy Gas & Sedation
- · Bridge Work
- Implants
- Same day Emergency Appointments







Dental Radiography

· Children's Dentistry

· Teeth Whitening

Dentures

· Clear Aligners (Invisalign)

41 MURPHY ST ROMSEY | ROMSEYDENTAL.COM.AU

03 5429 3322

STEO STEO

- Back and neck pain
- Headaches
- TMJ Dysfunction
- Sports injuries
- · Tendonitis and bursitis
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THE UNITING CHURCH IN AUSTRALIA MACEDON RANGES PARTNERSHIP

Romsey Congregation

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

Worship Services SUNDAY, 9:30am.

Chairperson

Mr. Noel Shaw **P:** 5429 5509

Secretary

Mrs. Jenifer Clampit **P:** 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.

LEARNING TO WALK AGAIN

"Though we stumble, we shall not fall headlong, for the Lord holds us by the hand."

SCRIPTURE READING PSALM 37: 24

There are many people who have had Hip Replacement Surgery and the recovery from this surgery includes intensive daily physical therapy to retrain the muscles to the weakened hip/leg.

The recovery begins with gentle massage and passive range of motion and then progresses to active muscle-strengthening exercises. Finally advanced to the treadmill, where the rails are gripped firmly, so that you don't stumble. Daily therapy takes time and effort, but it is worth it when you feel a little stronger each day.

We learn that we need the same discipline in our spiritual walk. Limping along is easy, we skip daily devotions when time is short and pray only briefly while rushing from one activity to another. Over time, our spiritual muscles weaken until we are no longer able to walk with confidence through the challenges of daily life.

However, through prayer, devotions, Bible study, and worship we are able to strengthen our walk with God. When difficulties arise and we stumble, God is holding our hand, lifting us up and offering us the opportunity to renew our spiritual journey.

PRAYER: Dear Lord, thank you for being with us through the challenges of life. Strengthen our desire to walk more closely with you. Amen.

THOUGHT FOR THE DAY: When we stumble, God is there to catch us and give us strength.

The Upper Room Daily Devotional Guide





THE ROMSEY UNITING CHURCH

Invites you to join us for an afternoon of music, fun and laughter from Gilbert & Sullivan's The Gondoliers

performed by the Singularity Choir

- Sunday 5th May, 2024 at 1.30pm In the Romsey Uniting Church Hall 25 Pohlman Street, Romsey.
- *Cost*: \$20.00 Concession \$15.00

RSVP

Carol Toy – 0419 350 139 | cajotoy@hotmail.com

Name and Phone Number to be supplied Payment may be made on the day Afternoon Tea will be provided

ST. MARY'S PARISH LANCEFIELD & ROMSEY

| Current Mass Times:

SUNDAY MASS

- Sunday Mass will be celebrated at 9am and will alternate between Lancefield & Romsey.
- 1st & 3rd Sunday's of the month in Romsey, 2nd, 4th & 5th Sunday's of the month in Lancefield.

SATURDAY HEALING MASS

 The Healing Mass will be celebrated at 10am in Romsey on the 1st Saturday of each month.

BAPTISMS

• Baptism's are held on the 4th Sunday of the month. Please contact the office for the next available dates.

SACRAMENTS - 2024

Bookings are now open for parish children to register for Sacraments due in 2024. Holy Communion available to Yr 4 & above and Confirmation available to Yr 6 and above in 2024.

Please contact the office if you would like to register your child.

Should a parishioner want to go to Reconciliation, please contact Fr. Martin directly at Woodend on *5427 2690* or Fr. Brian directly at Lancefield on *5429 2130* to make arrangement.

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 or Fr. Brian on 5429 2130 or by email at lancefield@cam.org.au



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PRESBYTERY OFFICE HOURS:

Wed & Fri 8am - 5pm

- E: lancefield@cam.org.au
- **P:** 5429 2130

Parish Priest

Fr. Martin Fleming
C/- Woodend Presbytery

P: 5427 2690

Assistant Priest

Fr. Brian Muling

C/- Lancefield Presbytery

P: 5429 2130

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Romsey Rag

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As your local Member of Parliament, I'm here to represent you and our community.

I'm keen to hear about the issues that matter to you.





Authorised by MA Thomas, Shop 14, Nexus Centre, 9 Goode Street, Gisbonne



Saturday Mornings from 10am till 11am







About Us

We are a small Ukulele group taking members from across the Macedon Ranges and meeting at the Mechanics Institute in Romsey

Contact for more info: Allan on 0418 581 885

New members

No experience necessary. We are self taught but will gladly give you a few tips. You will get our songbook for just S5 and this includes free updates as our list of songs grows.

We are very keen to hear from singers who wish to exercise their vocal chords.

Only \$2 a visit



New Players are very Welcome

Romsey Mens Shed

Working on Friendships



ROMSEY MENS SHED-BUILDING ON FRIENDSHIPS!

Membership. A national Mens Shed statement of objectives includes "friendships" and this also means community involvement, in one way or another. Our membership, at around 63, is probably the largest in the Macedon Ranges Shire and social interaction and friendships are our main objectives. New members from the district are welcome to join us at the Shed, 47 Barry Street. We also meet quarterly with other Mens Sheds to exchange ideas.

Hobbies: Members with hobbies can do woodwork, metal work, welding and automotive activities. Even glass cutting work by arrangement. Some basic training – focusing on "how to" and WH&S - is also conducted for the hands-on members.

Some members work on community-based activities, such as building boxes for wildlife, or smaller repair or restoration work for like community bodies. We also make novelty items for the Romsey Co-Op. A key Auto project is restoration of the 1925



PHOTO caption. The 1860 where thirty-seven members enjoyed their April "bub-raffle" lunch.

T model Ford truck, which has historical relevance as the first of the Henry Ford mass production process and widespread use of vanadium to harden steel.

Self-sufficiency: We are an incorporated body responsible for our own management and use our own membership resources as far as possible, to improve the shed and currently are lining the recently built Mezzanine floor, with donated wall lining sheets. Donations of tools, machines and various materials from the community have been very helpful in getting us viable.

Our membership fees are kept at a minimum to cover mandatory outgoings like insurance and utility services: We have light lunches at \$5 on Thursdays for members and their guests who often stay on as members. Our traditional "pub-style meat raffle" subsidises an occasional outing, such as we had in April, when 37 members turned up at the 1860 in Romsey.

Excursions: About four times a year we have bus excursions to places of interest such as museums and workshops of particular interest and recently a glider club, with a federal government grant subsidising trips and making them more accessible.

Thursday \$5 **BBQ/Light lunch day:** The Thursday \$5 barbeque/light lunch at 12 is well attended. Members guests are welcome. 9⁻³⁰ to about 2pm is the usual Thursday opening time. Occasionally we have a guest speaker, such as from the SES or a motor vehicle safety expert.

Tuesday and Wednesday open times: Tuesdays from 9 to 4 while the Woodwork group usually gather on Wednesdays, with open times depending on their projects. Other times can be arranged.

Future expansion: We are still negotiating with Macedon Ranges Shire Council for pre-approvals to expand our Crown Land lease a few metres to the East. Funding to build an extension to cater for our growth can then be sought.

OUR FACEBOOK PAGE IS: Romsey Mens Shed Inc. We have a GO FUND ME for the T model project. **SHED TIMES:** Tuesdays 9am - 4pm and Thursdays 10 am - 2pm. Open other days by arrangement. **MEMBERSHIP APPLICATIONS: SECRETARY:** *romseyms@gmail.com* or drop in at Barry Street, Romsey.

Register Your Burn-Offs as Fire **Danger Period Ends**

The Fire Danger Period for the Macedon Ranges has now concluded (as of 1am on Monday 15 April), following notice by the Country Fire Authority (CFA).

Residents on land over 2,000 square metres are now allowed to burn-off, however they must ensure they are abiding by Council local laws and register their burn-off at firepermits. vic.gov.au or by calling 1800 668 511.



Residents are also reminded of changes to the Community Local Law in late 2023 including:

- burning-off is now prohibited on land 2,000 square metres or less,
- a permit is required for burning off on land more than 2,000 square metres and equal to or less than 4,000 square metres.

When burning off, residents are also reminded to:

- · ensure weather conditions are safe for burning off and that burn piles do not exceed the size conducive to their land as set out in the local laws
- check for overhanging branches that could catch fire and ensure there is adequate fire suppression or extinguishing equipment on hand
- check for wildlife that may be nesting in burn piles
- ensure smoke does not cause a hazard to road users or nuisance to neighbours

Free green waste disposal is also currently available for residents at Council's transfer stations in Kyneton, Romsey and Woodend.

For detailed information on burning off and permit requirements, visit mrsc.vic.gov.au/burning-off or call 5422 0333.



TRAUMA TEDDY PROGRAM

The far-reaching impact of our Trauma Teddy Program.

Thank you to our many knitters who volunteer their time and energy to knit these beautiful little teddies. We recently received this lovely letter of appreciation from a community member:

"Hello, I wanted to write to pass on my thanks to your Trauma Teddy volunteers. I am in the UK but my daughter lives in Australia, she has very recently been widowed (bereaved by suicide) and last week at face-to-face therapy for the first time, she was given a teddy. What an act of love and something to cherish in the most stressful times and forever. Please pass on my appreciation as it meant a

lot to both her and me too, that someone took such care to think of others going through difficult times. I am makingadonation to your work as well."



ROMSEY/LANCEFIELD Branch with their swag of completed teddies.



Smoke Alarm Subsidy

The Victorian smoke alarm subsidy scheme is a Government funded subsidy providing specialised smoke alarms to Deaf and hard of hearing people living in Victoria. The smoke alarm alerts users to fire hazard through sight (flashing light) and tactile (vibrating pad) to ensure safety within your home, particularly when asleep.

To be eligible you must be

- Deaf or hard of hearing with a severe to profound loss or a severe high frequency hearing loss ≥ 70dB (2, 3 & 4kHz) A resident of Victoria
- · Not eligible to other funding services that provide this package eg NDIS, My Åged Care.

The smoke alarm pack retails at \$685. Those who are eligible will receive the pack for a \$50 out of pocket fee. The fee can be waived for those who hold a Pension Concession Card.

To apply for the subsidy, please visit expression.com.au/services/smokealarm-subsidy and complete the application form or contact our team via info@expression.com.au



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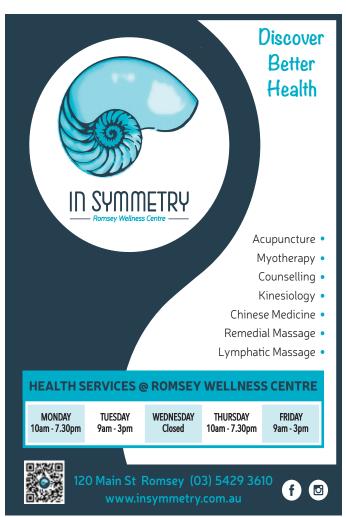








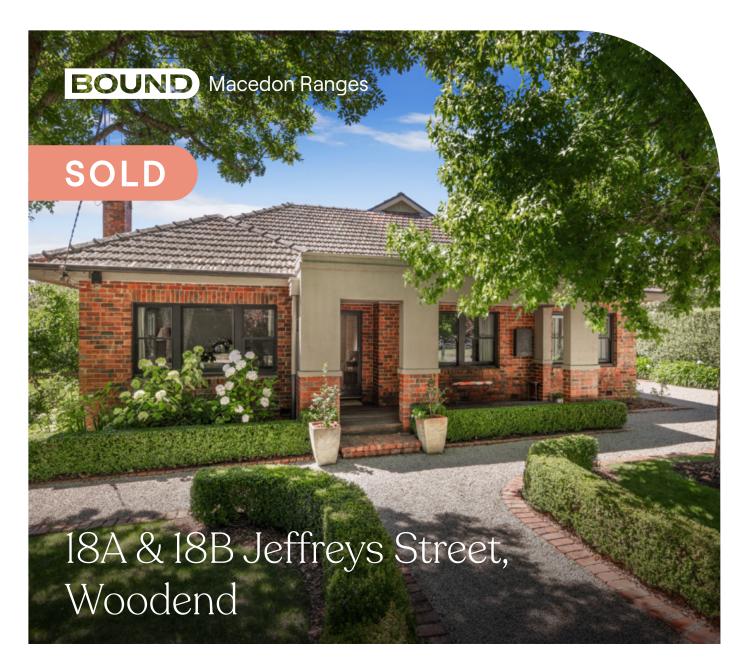
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