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0488957090****Romsey Golf Club – Women's Report  
17<sup>th</sup> June**

There was a large field for the first round of the Singles Knockout. The course was soft but well mown on a cloudy morning with a couple of excellent scores returned. It was a day of gobblers with Wendy Gosden scoring 2 and Pam Drummond and Elaine Scanlon one each. Elaine lead the first round 102/30/72 on a count back from Pam 104/32/72. Lyn Robinson and Kath Jekabsons were placed 3<sup>rd</sup> and 4<sup>th</sup>.

**Thursday 18<sup>th</sup> June**

Wendy and Lorraine Robb enjoyed the drive to the Euroa Tournament with the intensity of the rain increasing towards their destination. On arrival they discovered the tournament wouldn't be cancelled as the greens were not under water. Most of the players decided to give a donation and head home.

**Monday 22<sup>nd</sup> June**

Wendy and Lorraine headed to Alexandra to play in the Dalhousie District Foursomes, leaving behind a very cold and windy day in Romsey and believing it was a lot warmer than the 1 degree when playing, as there was no wind. They played some good shots but insufficient to put them in contention for winning any prizes.

**Wednesday 24<sup>th</sup> June**

Players experienced a perfect day for golf - an autumn day in winter, except the scores didn't reflect the weather. Kath was the June monthly medal winner 101/23/78. Qualifiers to play off in the finals of the Singles Knockout were: 1<sup>st</sup> Elaine nett 157 on a count back from 2<sup>nd</sup> Pam, 3<sup>rd</sup> Pam nett 161, 4<sup>th</sup> Kath nett 165.

**Thursday 25<sup>th</sup> June**

Finally Lorraine's wish came true in playing golf at Nagambie, when she played with Pam in the 4BBB competition. They both had a great day enjoying the friendly atmosphere, a lovely lunch, lots of run on the course and a few memorial golf shots.

**Wednesday 3<sup>rd</sup> July**

A large field presented for the par 3 competition with Lorraine winning the competition with 72/9/63 from Neryl-Lea 78/14/64. There was a close match in one the semi finals of Singles Knockout competition, Kath defeating Elaine on the 19<sup>th</sup> hole.

**Wednesday 8<sup>th</sup> July** was a cold frosty morning and difficult to leave warm beds, but some brave souls turned up to play. A duck and a gobbler were part of the day and Kath was the winner. Thank you to Kath and Lyn for repairing the divot damage on the fairways.

**Recipe**

Chocolate Brownies  
125 g butter  
1 1/2 cups caster sugar  
1/23 cup cocoa powder  
2 eggs  
1 tsp vanilla essence  
1/4 tsp salt  
1 cup plain flour  
1 tsp baking powder  
1 cup small white (or milk/dark) chocolate bits

**Method:**

Melt the butter in a medium saucepan, stir in cocoa, vanilla and salt. Remove from heat and allow to cool slightly. Quickly whisk in the eggs, fold through sifted flour and baking powder. Mix in choc bits. Spoon the mixture into a greased and lined 18x28cm slab tin. Bake at 170 degs for 25-30 mins. The mixture will seem soft but the outside will harden on cooling. Allow to cool in tin before removing. Thank you to Lyn for supplying this delicious recipe

**Romsey Net Set Go**

In Term 2, the Romsey Junior Football Netball Club held their first Net Set Go program. The club was extremely pleased that there were 30 girls who participated in the program. The Net Set Go program is designed to teach children aged between 5 and 10 years, the basic skills and rules of Netball. It was great to see the children enjoying themselves and having fun whilst playing sport. The girl's skill level and confidence significantly improved throughout the 10 week program. I would like to thank Hope Hamilton and Helen Coughlan who volunteered to Co-ordinate the program with me. I would also like to thank the parents who assisted during the course of the program. We look forward to seeing the children again next year. For further enquiries please contact Hope Hamilton 0439 344 411, Helen Coughlan 0401 016 503 or Belinda Osmond 0418 401 764

**THE ROMSEY RAG**

Issue No. 338

2070 copies produced each month at Romsey Primary School as a service to our community and proudly supported by the Macedon Ranges Shire Council

AUGUST 2015

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**We cannot guarantee inclusion of copy received after this date.**

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**THE ROMSEY RAG IS PROUDLY PRODUCED AT ROMSEY PRIMARY SCHOOL AS A COMMUNITY SERVICE**

## Editorially Speaking

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We prefer articles to be submitted electronically or on disc. Legible typed or handwritten items may be accepted. All material submitted for publication must be named and have contact details.

Articles can be sent via e-mail to: romseyrag@romseyps.vic.edu.au

Please ensure that any text is sent as word documents and logos / photos are sent as .jpg files.

Views expressed are not necessarily those of the Editorial Committee. All contributions remain the responsibility of the author.

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## Romsey Rag Publication Deadlines 2015

Edition	Closing Date for Copy	Collating Date
September 2015	Saturday August 15th	Thursday August 27th
October 2015	<b>Friday September 11th</b> <i>Note amended closing date</i>	Thursday September 24th
November 2015	Thursday October 15th	Thursday October 29th
December 2015	Sunday November 15th	Thursday November 26th

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## Change to Romsey water supply

Bore water has been reintroduced to Romsey water supply this month.

Western Water General Manager of Customer and Community Relations Graham Holt said the Romsey supply had been 100% surface water since March, using water made available through the Romsey-Lancefield pipeline connection to Western Water's broader supply network.

"However, poor inflows in 2015 have seen the surface water levels drop in local reservoirs. Using some bore water in the Romsey supply system will preserve local surface water until the reservoir levels recover."

Mr Holt said the amount of bore water in Romsey's supply will be around a quarter of the overall supply.

With low proportions of bore water in the supply, it is unlikely that customers will notice any changes to the taste or odour of their water, Mr Holt said.

Low levels of fluoride, from water in storage reservoirs, may be found in town supplies until reservoir levels recover.

All water supplied by Western Water is safe to drink and is fully compliant with the Australian Drinking Water Guidelines.

If you have any concerns about your water supply, please contact 1300 650 425.



## Romsey Golf Club – Men's Report

<http://romseygolfclub.net>

### Saturday July 18th - Stableford

And now for something different, very cold, some casual water, inconsistent wind, soft fairways and fast greens, well, here we go again. A good field took to the course with all the previously mentioned conditions but the saving grace was a promise of sun, the forecast said it would come! The wet surfaces again saw a handspan's relief given on the fairway played. All players found the conditions challenging; hitting a green in regulation was a real bonus and par on any hole was considered a very good score. About half-way through the sun did peep out but obviously decided it was too cold and quickly ducked back behind the clouds leaving players well rugged up and eager to finish a very tough round and get into the rooms for some warm food and a quiet drink. On another tough day the results were;

**Winner;** Les Gaunt (6) - 33 pts from Scott Williams (19) - 32 pts and Andrew Laing (18) - 29 pts

**Women's winner;** Elaine Scanlon (29) - 27 pts  
**NTPs;** 16th - Les Gaunt

### Saturday July 11th - Par

A surprisingly good field, given the weather forecast, took to the course for the club's par competition. The thermometer was sitting on 6C, there was an inconsistent westerly wind blowing and after the first few holes rain and hail began to fall. Well, water in the dams but at this time of the year golfers really do need to be a hardy breed. About an hour into the round the rain stopped and the temperature rocketed up to 7.5C, players put away the umbrellas but, not trusting the sky kept their jackets on. The cold air and soft fairways again saw all players lose distance off the tee, forcing longer than usual approach shots. The greens, whilst a little wet, putted very truly and were again much faster than in Romsey's recent history. On another "tough day at the office" the results were;

**Winner;** John Freestone (20) -1 from Les Gaunt (6) -3  
**NTPs;** 1st; Les Gaunt, 16th; Tony Freeman

### Saturday July 4th - Stroke, Final W. E. Tom 4BBB

Cold air, soft fairways and a flukey north-westerly wind made for a challenging day on course. Only a few players were able to adjust to the conditions early; many golfers had very ordinary front nines before settling down and recording much more presentable back nines however the damage had been done. The soft greens were very receptive to well played pitches and generally putted very true however all greens were quicker than in the past and only a few showed the movement players have come to expect. This caught many out with numerous putts holding their line and rolling past the cup. The day also saw the final of the W. E. Tom 4BBB. The final was a see sawing event with one team jumping away before things evened out then the team of Walker/Freestone showed just why they are such a formidable match-play combination. On another very cold but enjoyable day the results were;

**Winner;** Keith Hocking - 100/29/71 from Bob McLennan - 84/10/74

**Women's winner;** Lyn Robison - 1-4/28/75

**NTPs;** 1st Pat Chisholm

### W. E. Tom 4BBB Final

John Freestone (1)/Ron Walker (3) **D** Scott Williams (0)/Steve Poulton (4) - **5/4**

It was also wonderful to see 1995 RGC Champion Daniel Gaunt finish 9th in last week's German Open and make the cut in the current French Open.

### Saturday June 27th - Monthly Medal, Stroke & Putts

A strong field teed off in the June Medal, it was another cold, clear day with a variable westerly wind. The heavy dews had kept the fairways soft so relief, to a handspan on the fairway played was again given. With the cold air and the soft fairways holding up many shots pitching and chipping to the green were most important if a good score was to be posted. Many players had a run of solid holes before finding themselves in trouble under a tree or a duffed chip saw them over the back of a green, only one golfer was able to play consistent golf for all 18 holes and come in under his handicap. Bob McLennan, fresh from a tour of Canada and Alaska showed all the value of a good break. The day's results were;

**Winner & June Medalist;** Bob McLennan - 79/11/68 from Dave Richardson 96/23/73

**Women's Winner;** Lyn Robison - 105/30/75

**NTPs;** 1st - Michael McCarten, 15th - Bob McLennan

**Least Putts;** 25 - Bob McLennan c/b from Michael McCarten

### Saturday June 20th - Stableford, Semi-finals W. E. Tom 4BBB Shield

The field hit off on another cold, relatively still afternoon, the fairways had good cover but the whole course was wet so balls would pick up mud. The cold air pulled up all but the most cleanly struck shots and each player had to think carefully when selecting a club for any shot. Approach shots had to be very accurate however just about everyone found themselves short having no hope of running up on to the green. As the round progressed many players had a run of excellent holes before they fell foul of a few trees or badly played chip shots ate into their score. The semi-finals of the W. E. Tom 4BBB shield were also being played. On another tough day the results were;

**Winner;** Mal Mottram (12) 35 pts C/B from Anthony Lakey (21)

**NTPs** - 15th - Les Gaunt, 16th Mal Mottram

### W. E. Tom 4BBB results;

Steve Poulton (4)/Scott Williams (0) **D** Tony Freeman (0)/Michael McCarten (0) - **1 up**  
John Freestone (14)/Ron Walker (16) **D** Les Gaunt (0)/Pat Chisholm (6) - **6/7**

Our security cameras, put in place with the assistance of the Bendigo Bank, came into play during June when the club's machinery/work shed was broken into. We were able to provide the police with a number of photos of the offender; we hope this will certainly shorten his criminal career.

As a direct result of the improvements stemming from the re-cycled water works (A partnership between Western Water, the Macedon Ranges Shire and Romsey Golf Club) we will host the 2015 Dalhousie District Golf Association Bowl. This event will see teams from many of the Dalhousie clubs competing on Sunday August 9<sup>th</sup>. The course is in great condition, a tribute to many hours of work our members give to help maintain and improve both Romsey Park and the Romsey Golf Course.

**HISTORICAL SOCIETY: FROM THE COTTAGE**

July/August 2015

June: The winter is cold outside, but two fires keep the Cottage cosy and inviting inside and a great place to chat over a cuppa. (Thanks here, to Robyn Miller and John Green for firewood and kindling.) Our June Craft Day saw a beautiful display of handcrafts including patchwork, beading, knitting, crochet, soft toys – you name it! Such care and skill have gone into these crafts, which so brighten the corners of a home. Thanks to Lorien Bestel and Robyn Miller for great arrangements and demonstration. We enjoyed a cup of homemade soup – and some of us made toast, using the handmade old toasting fork to varying degrees of success ( or blackness)! I had a lovely bunch of violets, picked from the garden, presented to me. Many of you will remember when winter was Violet Time and you could always buy a bunch; indeed, there were stalls which sold only violets. Such an unforgettable perfume. And to top a good day for me, I won the raffle for a Calla Lily corm!

July was our focus on the Arum (plants) Family, following the suggestion of expert Stephen Ryan. More about that next time.

August is Spring at the Cottage and we are keen to document the flowering bulbs for the records. There were careful plantings when the Cottage was handed over to the folk of Romsey, so it will be interesting to see what comes up.

And September will be a treat! 'Cottage Friend' Brenda suggested we could look at some of the local districts from time to time – and Springfield was her first choice. We already have a couple of Springfield residents to come along and chat – and we'd love more. And the Historical Society Archivist is already looking up interesting facts re Springfield. If you have anything to contribute, please let us know so we can copy (and acknowledge, of course) for display.

You'll find us in Palmer Street (look for the blue Heritage Plaque on the gatepost on the left/north side) from 11:00 – 2:00, on the last Sunday of the month.

We are always delighted to add genial folk to our 'Cottage Friends' and would love to hear from you if you have any information about this heritage listed home which has been called Seymour Cottage - though originally handed to the people of Romsey as 'Barton'.

*The Cottage and grounds lend themselves to a wonderful range of interests (apart from being a unique record in themselves) and the calendar we have developed celebrates some of this diversity. We'd love to have you join us! And if you have a special celebration coming up – then the Cottage might be just the place in which to celebrate!*

Warm regards,

Ruth Green 0415 256 911

CALENDAR: AUGUST 30<sup>TH</sup>: Spring in the Garden!

SEPTEMBER 27<sup>TH</sup>: Spotlight on Springfield! Find out a little about this old district if you are a newcomer – and old timers can enjoy meeting with other locals.

OCTOBER 25<sup>TH</sup>: We'll celebrate World Children's Day with some old-fashioned children's pastimes.

NOVEMBER 29<sup>TH</sup>: Photography – and this is your chance to see some wonderful photos of the district and purchase copies for a unique Christmas gift.

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Term 3 started on Monday the 13<sup>th</sup> of July with a very cold blast. The students and staff have come back to school ready for a very busy term.

**ROMSEY PRIMARY SCHOOL NEWS****150<sup>th</sup> Celebrations**

The preparations for the 22<sup>nd</sup> – 24<sup>th</sup> of October are now well underway, with the children starting to research a decade in the past 150 years. Each class will be learning about one decade and will be presenting a timeline to the community. The timelines will include events from local, state, national and international history as well clothing and popular items of their time. The children are also writing invitations to the Romsey community inviting them to personally attend activities over the 3 day event.

We were successful in receiving a \$5000 grant from the Macedon Ranges Shire towards our 150<sup>th</sup> event. I would like to take this opportunity to thank Mrs Robyn Moore for all of the work she put in to applying for this grant. Well done! I would also like to thank the Macedon Ranges Shire for supporting our school as we celebrate this significant milestone. The money allows us to provide many of the activities free to the community and for us to ensure that this is a very successful event.

Other highlights from the celebrations will include a dress up day, bush dance, Bendigo Bank Romsey Primary Art Show, cook book and 150<sup>th</sup> History book launches, minimarket, school tours, student performances and official ceremony. We hope to see many people visit the school over the dates, Thursday 22<sup>nd</sup> to Saturday the 24<sup>th</sup> of October 2015. Please come along and celebrate with us.

**Glenys Petran Retirement**

On a sad note for the school, we said farewell to Mrs Petran on Thursday the 23<sup>rd</sup> of July. Mrs Petran retired after 29 years of teaching, the last 16 at Romsey PS. We held a special farewell assembly on Thursday 23<sup>rd</sup> July at which the whole school community demonstrated their appreciation of Mrs Petran and her dedication to not only Romsey PS but to education as a whole. Mrs Petran had a wonderful final week and was overwhelmed by the presents, flowers and cards she received. We wish Mrs Petran all the best in her retirement, she will be greatly missed by the school.

**Alice In Wonderland**

The Year 5/6 children have been rehearsing over the last months for our biannual production. This year *Alice In Wonderland* is being performed. We have 2 casts and they perform twice in one week. Cast A performed on Wed 29<sup>th</sup> and Thurs 30<sup>th</sup> of July and Cast B will perform on Wed 5<sup>th</sup> Aug and Thurs 6<sup>th</sup> of Aug. Break a leg!

**New Flag**

On Monday the 20<sup>th</sup> of July, Rob Mitchell, the Federal Member for McEwan presented the school with a new Australian flag at assembly on

Monday as well as with some books on flags and national emblems.

**Preps 100 Days of School**

On Friday the 24<sup>th</sup> of July the Preps celebrated their first 100 days of school. Congratulations Preps on a wonderful start to your school learning journey.

**Loren Peavey**  
Principal



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### ANZAC SPIRIT AWARD 2015

The Romsey-Lancefield RSL Sub-branch is proud to announce the annual Anzac Spirit Award.

Nominations are requested of local adults, youths, children, or community groups who have carried out voluntary deeds to the benefit any section of the local community within the last 12 months.

The RSL is seeking to reward examples of exceptional commitment, unselfishness and enthusiasm.

This award is an annual event made possible each year by a donation from a member of the Romsey-Lancefield RSL Sub-branch. The winner will receive a cheque for \$150 and a medal. The winner's name will be inscribed on the base of a 20 cm high bronze statue held on display, in perpetuity, at the Romsey Community Centre.

The RSL selection panel will decide the winner and its decision will be final.

Nomination forms have been printed and will be distributed throughout the community. If you wish a nomination form to be either posted or e-mailed, please contact

the Secretary **Trish Vowles** on 54293456 or e-mail [pavowles@bigpond.com.au](mailto:pavowles@bigpond.com.au)

Nominations for the award close on 14th August, 2015. The award will be presented on Wednesday, 9 September at 6.30pm at the Romsey Community Centre (the Hub). Refreshments will be served.



## Bolinda Spring Fair

Bolinda Hall, 5 Mullaly's Rd Bolinda  
Sunday 13<sup>th</sup> September 2015, 10:30 to 3:00

Support our hundred year old community hall, and have some fun for yourself and the kids at the same time.

The annual daffodil competition highlights the show. Additionally, there will be competitions for cut flowers, pots, floral art and arts and crafts displays for kids and adults.

Sell your local produce or pre-loved goods.

Stalls and car boot sales are available.

#### Activities

Hayrides, Vintage cars and motorbikes, Barbecue, Devonshire teas, book stall, plant stall, Footy handball competition (Brand new Sherrin signed by Gold Coast star Danny Stanley), CFA Truck and more.

Entry to the fair is by donation and to the hall exhibitions by gold coin donation. Many activities are free while some attract a small individual charge.

Enquiries, Ed Stanley 0419 373 010, Tuula Ferraro 0409 406 900, Glenn Langdon 5428 5262

### FILM SOCIETY MOVED BY A MOTHER'S PLIGHT

It is hard to imagine a film role that Dame Judi Dench can not perform and once again, she pleased audiences of the Macedon Ranges Film Society when at the July meeting, the 2013 film Philomena Lee was shown. Judi Dench comes to the screen with equal amounts of gravitas and humour as she navigates her way through a difficult subject - finding the child she had when a teenager and who was given up for adoption.

In August, a lighter touch is expected with a Ken Loach film, The Angel's Share. Members will be entertained by this Scottish comedy-drama which tells the story of a young Glaswegian father determined to set his life on the straight and narrow after a brush with the law. This touching film won the third most-prestigious prize at the Cannes Film Festival in 2012 - the Jury prize.

The Macedon Ranges Film Society meets on the second Wednesday of every month at the Woodend Community Centre. Film notes and an informal supper are part of the evening. MRFS is a membership-based club so initial enquiries must be made by emailing [mrfilmsociety@gmail.com](mailto:mrfilmsociety@gmail.com) or by phoning Lorraine on 5427 0921 or Christine on 5427 1011.





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

### Tourism operators urged to participate in the Hanging Rock Review

The Victorian Government describes Hanging Rock Reserve as "one of Victoria's most iconic tourist destinations". Tourism Macedon Ranges (TMR) agrees and is preparing to be closely involved with consultations as part of the review of the management of Hanging Rock Reserve being undertaken by the Victorian Government. TMR is seeking feedback from tourism operators in the Macedon Ranges about their priorities for Hanging Rock.

It is such an important and beautiful natural feature of our shire and it also contributes a large amount to our local economy and employment," says Helen Relph, Chair of Tourism Macedon Ranges. "I urge tourism operators to contact me to discuss how TMR will contribute to the review." TMR is also encouraging tourism operators in the Macedon Ranges to contact the consultants, PPB Advisory, directly for more information about how they can be a part of the consultation process. Please contact Catherine at PPB Advisory on 03 9269 4206.

Tary-Anne Thomas, the Labor Member for Macedon, has said, "We want to hear from members of the community and key stakeholders about their concerns and their vision for the future of our area." The information received from the community through the Hanging Rock review will be used to develop a range of options that provide for sustainable long term management



## Calling all businesses

Sign-up today and have your say!

Register your business in our free online business directory before 14 August and complete our biennial business survey\* for a chance to WIN a 12 month double pass to our business training and network calendar (valued at \$700).

\*The survey will be emailed during August to all businesses that are listed in the directory. To be eligible to register in the online business directory, businesses must be based in the Macedon Ranges.

Visit [mrsc.vic.gov.au/business-directory](http://mrsc.vic.gov.au/business-directory) or call 5422 0207.

## Macedon Ranges Running Club

Spring into Shape by Running

At Macedon Ranges Running Club we are proud to announce the Spring Start Running Group (SRG) commences on Monday August 31 for Lancefield-Romsey & Woodend and Tuesday September 1 for Gisborne, Kyneton, Macedon & Riddells Creek. We would like to give our new Kyneton branch a warm welcome to the club's recreational running network.

As an 8 week program, the SRG is aimed at people who wish to take up running and are unsure of how to begin or may need help or support to achieve their goals. The Lancefield-Romsey group meet three times a week, at Lancefield Park, to help you develop your running ability from a walk/run at a comfortable pace with the goal of completing a future 5km run in a non-competitive social environment. Being structured, the program is ideal for a wide range of ages and a great way to get into shape for summer, improve health and enjoy an outdoor lifestyle while making friendships along the way. On completion of the 8 weeks, the program extends to a 13 week program for those who relish a challenge of building up to run 10km.

Our club would like to thank Macedon Ranges Shire Council and Cobaw Community health for their support in the community, helping make our programs a year on year success.

Starting out on your fitness adventure or merely returning from a break? Then give Macedon Ranges Running Club a look to help you achieve your running or walking goals. Find your local branch and meeting times at our website [www.macedonrangesrunningclub.com](http://www.macedonrangesrunningclub.com).

Stephen Ingram



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## ARE YOU A RESISTANCE FIGHTER?

No, we're not talking about terrorism, politics or even parenting toddlers, but your health. It is to consider how fighting off a menacing resistance can keep us healthier in the long run.

You may have recently come across media reports of 'super bugs' plaguing our hospitals and potentially threatening our lives, should we become infected. Whilst these scary stories focus upon bacteria that currently seem untreatable, there is a much more common version of the same problem here in Romsey; antibiotic resistance.

Since penicillin was first discovered last century, antibiotics have played a major role in the health of our community. Prior to this, in the 1920s for example, the most common cause of death was pneumonia – an infection of the lungs usually caused by bacteria. Penicillin and other subsequent antibiotics have helped ensure bacterial infections such as pneumonia, bladder infection, whooping cough, and cellulitis can be effectively treated in the community without the need for hospitalisation.

Over time, we have become used to using antibiotics for many infections, and a lot of these were not caused by bacteria but by viruses (such as for sore throats, colds, the flu, gastro), where antibiotics actually have no effect. To be honest, that last statement isn't exactly true – whilst the antibiotics have no effect on the illness, they do have an effect on our health. In addition to common side effects such as nausea, diarrhoea, allergy and thrush, we are developing more bacteria that are becoming resistant or 'immune' to the antibiotics that once effectively killed them. As a result bacterial infections that were once easily cured with antibiotics are becoming harder to treat.

So what can be done?

One of the first steps is to become better informed. The National Prescribing Service has some great information. You can find this here: [www.nps.org.au/medicines/infections-and-infestations/antibiotics](http://www.nps.org.au/medicines/infections-and-infestations/antibiotics). See your GP if you have symptoms of high fevers, along with difficulty with, or painful, breathing – these symptoms may suggest pneumonia. If you are prescribed antibiotics, it is important that you follow your GP's advice on when, how, and for how long to take them, in addition to whether alcohol will affect your antibiotics.

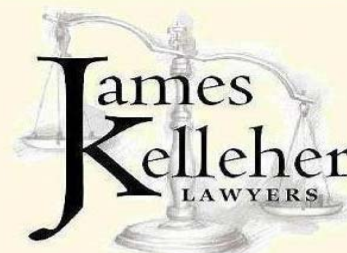
If you have a cold (runny nose, tiredness, sore throat, cough, headache, body aches) then your GP will be able to ensure there's (hopefully) nothing more serious and reassure you. Antibiotics for these symptoms will not help, and are harmful for all of us in the long run. More information on colds and how to treat them appropriately can be found online: [bit.ly/1ghtciv](http://bit.ly/1ghtciv) & for some entertaining brief videos on the subject: [bit.ly/1GZUqj9](http://bit.ly/1GZUqj9) Antibiotic medications are important. Let's avoid them when they aren't necessary, so we don't run of options when we really need them.

Dr Paul Grinzi; Fellow, RACGP

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## Romsey Region Business and Tourism Association (RRBATA)

### UPDATE

#### "Project Romsey" Update

The first "Project Romsey Update No. 1" is available for viewing on Romsey Online ([www.romsey.org.au](http://www.romsey.org.au)), with Streetscape Community Forum No. 2 to be held on Wednesday 19<sup>th</sup> August 2015 to be held, again, at the Romsey Community Hub. Master Plan works are under way for discussion at the Forum. It is anticipated that this Forum will result in interested community members joining subcommittees/working parties to address the specific focus areas of streetscape development as identified at the first Forum.

RRBATA committee representatives are due to meet again with MRSC's CEO Peter Johnston, Sophie Segafredo (*Manager Strategic Planning and Environment*) and Dale Thornton (*Director Assets and Operations*) ahead of Forum No. 2 to follow up on the earlier meeting. Likewise, another meeting with MRSC's Economic Development and Tourism Unit is also scheduled ahead of the next Forum.

RRBATA invites all community members interested in enhancing Romsey's amenity to be in attendance on 19<sup>th</sup> August or, if unavailable to do so and/or would like to be added to the mailing list for regular updates, please contact Jenny Stillman ([jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au) ph. 0412 349849).

#### An Evening with John Marsden- Christmas In July

RRBATA's inaugural Christmas in July event, An Evening With John Marsden, was held on Thursday 16<sup>th</sup> July 2015 at The Grange Lancefield. An enjoyable Christmas themed dinner was served whilst the appreciative audience listened to the renowned author and educator discuss the notion of "Childhood". Not surprisingly, John's passion for the nurturing of language by encouraging curiosity and creativity in childhood was emphasised. Although he acknowledged the importance of language conventions, he warned against discouraging (intentionally or accidentally) children from exploring fantasy worlds without the constraints of language conformity to enable them to make more sense of their surroundings.



RRBATA is grateful for the support of Councillors Henry McLaughlin, Graham Hackett and Ian Ellis (all from the East Ward) and Councillor John Connor who were in attendance.

#### RRBATA Annual Business Breakfast

The Annual RRBATA Business Breakfast will be held on **Friday 28<sup>th</sup> August 2015** at Cope Williams Winery, Romsey (7am for 7.30am start). This event is a feature on the local business and community calendar.

This year's guest speaker is *Ms. Lisa Stribley* a partner at Deloitte Private. Lisa has over 20 years experience in providing accounting, taxation and business advisory services. In recent years, she has had a major focus on working with her clients to better manage business through improved and more timely information utilising cloud based applications. Before joining Deloitte, Lisa's firm was the first accounting practice in Australia to take her business clients into the cloud with the Xero online accounting software solution. She has run her own business 'in the cloud' and transitioned businesses across multiple industries into an online environment. Lisa will give insight on the the rapidly evolving



role of information and communication technology as it applies to businesses (small and large) in the 21<sup>st</sup> century. Bookings can be made through Eventbrite ([www.eventbrite.com.au](http://www.eventbrite.com.au)). Cost is \$35 pp + booking fee (*Early Bird before 12<sup>th</sup> August*) or \$40 pp + booking fee (*after 12<sup>th</sup> August*).

RRBATA proudly acknowledges the support of **Romsey Community Bank** and **Macedon Ranges Shire Council** for this event.



#### Romsey Online

Don't forget, *ANYONE CAN BE A REPORTER!* Whether it is sporting results, photos, reports on events etc, the website is waiting for your "news". Please ensure a note of consent from people featured in any photographs accompanies your submissions. Remember, the website is only as good as the information fed to it at [info@romsey.org.au](mailto:info@romsey.org.au).

#### Membership Enquiries:

Wendie McLaughlin (*Acting Secretary*)

Phone: 0408 360857

Email: [wendie@mclaughlinbc](mailto:wendie@mclaughlinbc)



## THE ANGLICAN PARISH OF CHRIST CHURCH, LANCEFIELD AND ST. PAUL'S ROMSEY



### CHOICES A TALE OF TWO CITIES SODOM & JERUSALEM

SODOM. (Jerusalem, next month). Abram (Abraham), now very prosperous, and his nephew, Lot and their families had settled in Canaan and their numbers had so increased the land was unable to support the two family groups. Abram graciously asked Lot to choose where he preferred to go - Lot chose the plain of Jordan "which was well-watered and like the garden of the Lord".

Lot pitched his tents near the city of Sodom. "Now the men of Sodom were wicked and sinning greatly against the Lord." (Genesis 13:13.) The people of the Jordan plain, because of their vile and corrupt life-styles, had become detestable in God's eyes, His judgement fell upon them, despite His long-suffering and mercy over a very long period, yet they still did not repent of their despicable ways. Judgement came in the form of an earthquake which destroyed the entire region, only Lot and two daughters escaping, gone was the "garden of the Lord" leaving only the desolate area around the Dead Sea. Did Lot make a right choice? His life ended in ignominy - his two daughters, fearing the end of the family line, after getting him drunk, committed incest with him. Their two sons, Moab and Ben-Ammi - the father of the Ammonites - growing down the years became bitter enemies of the Israelites. (Genesis 19). God's judgement came down on Sodom and the region for their sinful, wilful ways even though, "the Lord is gracious and compassionate, slow to anger and rich in love."

Psalm 145.8.

God has said, "Be you, holy, as I the Lord am Holy." 1Peter1:16.

Holy, Holy., Holy is the Lord God of Hosts, Heaven and earth are full of your Glory,  
Glory, be to Thee, O Lord, Most High.

#### JULY 2015 in RETROSPECT

As the bitter winter cold set in, activities have been limited. Rev. David Farlie gave an interesting review of his return visit to Morpeth NSW where he had studied theology in the College there and which is now a home for the elderly at the AMS meeting. The highlight for the month was the Ecumenical Service when the Churches of Romsey and Lancefield united in worship at St. Paul's Church Romsey.

#### AUGUST 2015

Thurs.13th 8pm...A.M.S. (Anglican Men's Society) meets Christ Church Lancefield.

Max and Betty Dansey will share their "Wanderings In Wales." Enq.Max..5429-1597.

Sun. 16th..7pm..HEALING SERVICE. Christ Church Lancefield .. Rev. David Farlie

Thurs.20 1.30pm..The GUILD meets Christ Church Lancefield. Enq.Glenice 5429-6418.

ORDER NOW..TONY'S PIES & other winter warmers.. Glenice 5429-6418. Romsey. Betty..Lancefield .. 5429-1597.

Orders in by 9th Aug. Collect. Sunday 16th August.

Service times: Holy Communion: 9am St. Paul's Romsey:10.30am Christ Church Lancefield

Minister:Rev. W. Carroll

Mrs. Doreen Morgan Office5429-1380 : MOB 0427-918-607 Correspondent

Editorial disclaimer applies to the above article.

## ROMSEY LICENSED POST OFFICE



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## The bloke's backyard is back!

Terry Moore's unique garden Teldorado will be opening again as part of the Daffodil Festival's Open Garden Scheme.

This year Terry will be launching "The Two World's Project" and "The Positive Poles Project". Both projects have been put together by Terry, his friends and neighbours. Teldorado now has an outdoor wood fired pizza oven and will be cooking bread, pizzas and Sunday roasts both weekends. This year there will be live music from Max Lay, Jarrod Shaw and Sarah Wilkinson, a chess tournament (\$100 first prize), beer and wine tastings and plants for sale. There are heaps of things for children to enjoy, pool table, air hockey, outdoor table tennis, bocce, trampoline, etc.

Teldorado opens Friday 4 September 2015 10am – 4pm (Wood fired pizzas all day), Saturday 5 September 10am – 4pm (Max Lay 12pm & Jarrod Shaw and Sarah Wilkinson 2pm), Sunday 6 September 10am – 4pm (Chess tournament, \$5 entry 10am, \$100 first prize, Kyneton Art Group & Sunday roast 2pm).

Food is available from the Road Kill Café serving BBQ, nachos, pizzas and Sunday roasts at 2pm.

The second weekend we are opening Friday 11 September 10am – 4pm (bring our own dough and we'll bake it), Saturday 12 September 10am – 4pm (60's, 70's & 80's disco day), Sunday 13 September 10am – 4pm (Pre & Post parade party and Sunday roast at 2pm).

Entry: Gold coin donation

Address: 311 Taradale Road, Drummond North.

Carparking: Opposite in Belltopper Reserve carpark. All access parking on site.

Dogs: Must be on a lead.

**All donations will be used to fund mental health first aid training for young people in Hepburn Shire. Total cost \$6,000**

**DIRECTIONS:** Take the Malmsbury exit of the Calder Freeway, drive through town turn left into Malmsbury Daylesford Road drive for approx 2km turn right into Zig Zag Road, follow all the way to the end of the sealed road to a crossroad intersection turn right into Taradale Road parking in Bell Topper Reserve carpark opposite Teldorado.

Lots of photos available contact Terry Moore 0439 559 587 or via email [tmoore@mrsc.vic.gov.au](mailto:tmoore@mrsc.vic.gov.au)



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Victoria

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ABN: 99 340 024 758

## Romsey Mechanics Institute

[rmibookings@gmail.com](mailto:rmibookings@gmail.com)  
[secretaryrmi@gmail.com](mailto:secretaryrmi@gmail.com)

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

The Committee of Management has been hard at work finalising application for funds to assist with scaffolding and repairs to rendering. If we are successful these render repairs and painting works will certainly give the building a new lease of life making it more noticeable and more attractive to locals and visitors alike

We are pleased to welcome the Romsey Garden Club to our group of regular users. The garden club membership has been steadily growing and they now meet in the supper room of the RMI.

Plans are afoot for a system to raise and lower chairs to and from the hall to the balcony. Once we have connected power we will be able to use a small electric winch to assist with the stacking of the chairs. Having over 200 chairs stacked at the rear of the hall has taken up a deal of space and has made cleaning more difficult.

The recent drainage works on the northern side of the hall have been very successful. Heavy rain gave everything a real test and the new path and piping certainly did the job to get the water away from the buildings and out into the stormwater drains. Well done to all involved

The RMI CoM is always looking for interested community members who have time and/or expertise to give to assist us to run this wonderful institution. We welcome interested people to attend our monthly meetings so they can get a feel for how the committee works and to find out exactly where the CoM is headed. For more information please contact; [secretaryrmi@gmail.com](mailto:secretaryrmi@gmail.com)

If you have a function coming up please consider the RMI. Bookings and inquiries can be made at; [rmibookings@gmail.com](mailto:rmibookings@gmail.com)

## Romsey Recreation Centre Winter Activities

Get out of the chill of Romsey's winter months and into some of the activities on offer at Romsey Recreation Centre.

**Junior basketball and soccer skills—Shooting Hoops and Goal Kick.** Give your child the opportunity to learn the skills they need to progress into our extremely popular U12 competitions by joining a development program for boys and girls aged 5 to 10 years. New players wanted, no experience needed. These are school term programs, with Shooting Hoops held on Tuesdays, 4pm-4.45pm and Goal Kick held on Fridays, 4pm-4.45pm.

**U12 competition indoor basketball and soccer.** What a brilliant season so far with close scores in most of the games held. The children are excited to be getting back into their competition for the remaining half of the season after the school holidays. U12 basketball games are held from 4pm Mondays and U12 soccer games from 4.50pm Fridays.

**Indoor teen basketball and soccer.** Competitions have commenced for boys and girls aged 13 to 16 years. The teens have enjoyed an indoor competition consisting of competition games and skills sessions. Basketball games are held Tuesdays, 6.30pm-8pm and soccer games are held Fridays, 6.30pm-8pm.

**Birthday party venue.** Looking for a local birthday party venue? Indoor stadium and birthday party room hire is available at the centre. The party room has access to a covered outdoor play area. Come and utilise the local cen-

tre for your child's next birthday party. Please enquire at the office or go online to submit a hire form.



**Staying strong.** Held three times per week, these group circuit classes are for the mature adult who wants to build muscle and cardiovascular strength in the company of like-minded individuals. Mondays, Wednesdays and Fridays at 10.30am.

**Squash.** Macedon Ranges Squash Club caters for all levels of players from beginners to experts. With a Tuesday night Social Hit along with competitions on Monday and Thursday across our two sites in Kyneton and Romsey, all players are catered for. Contact us at [macedonrangessquash@gmail.com](mailto:macedonrangessquash@gmail.com) and/or follow us on Facebook at [face-book.com/macedonrangessquash](https://www.facebook.com/macedonrangessquash). Free coaching for juniors and beginners offered from mid-July.

**In2 Strength & Fitness.** These 50 minute group exercise classes are offered four nights a week and on Saturday mornings from the upstairs studio at Romsey Recreation Centre. Suitable for all fitness levels. Classes range from Thump Boxing to Interval Circuits and offer the ideal workout for active adults. Contact Debbie Beltrame for further enquiries on 0412 051 002.

**Romsey and District Netball Association.** Season commencing July for girls and boys aged 8 to 12 on Thursdays, and girls and boys aged 13 to 17 on Wednesdays. Ladies comp play Mondays. Enquiries contact Christine on 5429 5582.

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

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Parish Priest:	Fr. Arnold Heredia	Presbytery:	5429 2130
Parish Secretary:	Mrs. Tammie Dalgleish	Presbytery:	5429 2130
School Principal:	Mr. Anthony Falls	St. Mary's Primary:	5429 1359

#### MASS TIMES

##### Saturday:

6.00 p.m. Lancefield

##### 1<sup>st</sup> & 3<sup>rd</sup> Sunday of the month:

8.00 a.m. Lancefield and 10.00 a.m. Romsey

##### 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sunday of the month:

8.00 a.m. Romsey and 10.00 a.m. Lancefield

#### RECONCILIATION

Saturdays 9:45am Romsey & 5:45pm Lancefield.

#### BAPTISMS

August, October, December 2015.

February, April, June, August, October, December 2016.

For more information, please phone 5429 2130.

#### REGULAR EVENTS

**St. Mary's Drop-In:** First Thursday of each month, 10:00 a.m. Mass – Romsey Church – all welcome. 10:30 a.m. to 4:00 p.m. – St. Mary's Church Hall, Romsey. All welcome to come for a game of cards/chat and free lunch.

#### CHRISTIAN MEDITATION GROUP

Monday - 8.00 p.m. – held at private a residence during winter months. Contact Stephen Holgate for further information. 0411 781 695

#### RCIA (Rite of Christian Initiation of Adults)

Anyone wishing to know about the Catholic faith is invited to contact Fr. Arnold 5429 2130.

## Macedon Ranges Physiotherapy

Ben will now be at Romsey full time & Lauren will be at Lancefield Wednesday's & Fridays.

Patients can see whichever Physiotherapist they prefer.

Once your care plan is arranged, simply call the medical centre of your choice for an appointment.

Ben Gidley Romsey Medical Centre 99 Main Street Phone: 5429 5254	Lauren Matthews Lancefield Country Practice 17 High Street Phone: 5429 1362
---	--

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### Lancefield Agricultural Show – be part of it!

Agribusiness is back on the menu, recognition of the key role it plays in the State and National economy. Locally it has re-invented itself as a cornerstone in the fabric of the community. Show time is back with us again, Spring is just around the corner, timely rain has lifted the spirits of all things Agricultural.

**The Lancefield Show** Committee is seeking producers willing to promote – showcase – their valued businesses and passions. The Show, on Sunday 18 October, is an opportunity to engage and interact with other livestock, foodies, consumers and any other people keen to value add our primary resource – land, climate and proximity to urban growth acres in a sustainable manner.

Events and entertainments to highlight and enhance the Show include the ever popular Tractor Pull and Wood-chop. A major new drawcard will be the chainsaw sculpting of two ancient stumps at the Showgrounds, the theme of the carvings will be Megafauna as part of the Extinct Festival which will begin it's week long series of activities at the Show.

Old favourites such as craft displays, rides, animals, horse events, children's activities and food will fill the day along with information on all things Agricultural and environmental.

The emphasis is always fun with rides for young and old. Extinct – the Megafauna Festival, a vibrant new initiative, aimed at reconnecting with the past will include bone displays from Museum Victoria and experts on hand to explore the past.

Last but not least a celebration of food and family and a sense of place –the Park as always a wonderful venue to showcase and enjoy all things local.

For livestock and craft entries and for all details about this year's events visit the website

www.lancefieldshow.org.au

Applications to have a stall at this year's Lancefield Show are available on 0409 386 875 or  
Email: lanshow1@hotmail.com.



*Dine with us amongst the  
vines this Father's Day*

#### FATHER'S DAY BRUNCH (Sun from 8am – 1pm):

Full Country style breakfast including pancakes, bacon, sausages, freshly cooked eggs any style, hash browns, and the lot.

#### FATHER'S DAY LUNCH (Sun from 12pm – 3pm):

A la carte and Fresh Wood Fire Oven Gourmet pizzas.

#### FATHER'S DAY DINNER (Sun from 6pm):

Choose from our a la carte menu or enjoy a sumptuous 3 course dinner.

Can't make it on Sunday, our restaurant is also open for Dinners on Friday, Saturday and Sunday nights.

Bookings essential. Call: 5429 9000 today!

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## ST PAUL'S ANGLICAN GUILD ROMSEY PIE DRIVE

We have organised with *TONY'S PIES* of *ESSENDON* to conduct a Pie Drive.

There is a wide range of freshly baked pies, pasties, sausage rolls, quiches, lasagne rolls, spinach and cheese rolls etc. Variety of pies, savoury and fruit.

#### ORDER FORMS NOW AVAILABLE -

Contacts:

Glenice 5429-6418 (Romsey)

Betty 5429-1597 (Lancefield)

CLOSING DATE FOR ALL ORDERS: **Sunday, 9 August 2015**

ORDERS TO BE COLLECTED:

**Sunday 16 August 10am at St Paul's Church Hall, ROMSEY**

**Sunday 16 August 10.30am at Christ Church Hall, LANCEFIELD**



*Now with winter upon us, you will welcome a TONY's TASTY PIE (or two)!!!*

### Romsey & Lancefield Historical Society From the Cottage

Remember, Seymour Cottage opening days are generally the last Sunday in the month. The winter months are a great time to look around the Cottage and then to sit and chat by the open fire and enjoy a mug of homemade soup. There's nothing quite like that sort of cosy atmosphere in which to reminisce about times and social habits and gadgets of past years and past childhoods. You'll find us at 16 Palmer Street from 11:00 – 2:00.

We are always delighted to add genial folk to our 'Cottage Friends' and would love to hear from you if you have any information about this heritage listed home which has been called Seymour Cottage - though originally handed to the people of Romsey as 'Barton'.

The Cottage and grounds lend themselves to a wonderful range of interests (apart from being a unique record in themselves) and the calendar we have developed celebrates some of this diversity. We'd love to have you join us! And if you have a special celebration coming up – then the Cottage might be just the place in which to celebrate!

Warm regards,

Ruth Green

0415 256 911

#### CALENDAR:

AUGUST 30<sup>TH</sup>: Spring in the Garden! The introduction of our exciting new Garden Project – building on the advice of Australian expert Stephen Ryan!

SEPTEMBER 27<sup>TH</sup>:

OCTOBER 25<sup>TH</sup>: We'll celebrate World Children's Day with some old-fashioned children's pastimes.

NOVEMBER 29<sup>TH</sup>: Photography – and this is your chance to see some wonderful photos of the district and purchase copies for a unique Christmas gift.



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### ROMSEY & LANCEFIELD SOCIAL CLUB

*Inviting men and women 55 to 105 who are retired, lonely and helpful.*

We meet **Every Monday** in the back rooms of the Romsey Mechanics Hall from 11am to 3pm for lunch and afternoon tea. Hot soup, rolls, nibbles and biscuits and cake. Cost \$5.

Some groups play cards, others sit and chat or play indoor bowls.

For those who don't drive, we have a council bus that will pick you up and drop you off in the afternoon.

**Once a month** we have professional cooks who come in and give us a 2 course lunch. This meal is \$10.

We also have a **Bus Trip** to some very interesting places on the first Wednesday of the month with a 2 course meal and morning tea. Trips are \$40 which includes your lunch.

For more information please contact:

Rae Hooke 54291602 E. Parks 54291314

Come along and give us a try!

#### Tai Chi Classes

Saturdays at 11am.

Beginners are most welcome at any time. Passive exercise & meditation for all ages that offer balance of mind & body for health, vitality and wellbeing.

Come and try a complimentary class.

#### Traditional Goju Ryu Karate

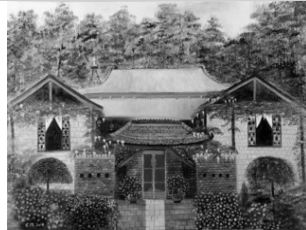
Children & Adult beginner classes for self-protection, fitness, discipline and confidence. Tuesdays & Thursdays.

#### Traditional Chinese Medicine

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Oil painting "Wu Lin Retreat" by Shou Mei Sumarac

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Mob: 0417 350 398

Email: [james@jamesumarac.com](mailto:james@jamesumarac.com)

#### COMING EVENTS

##### FASCINATING FORMOSA

24<sup>th</sup> March - 7<sup>th</sup> April 2016

Cost: \$3950.00

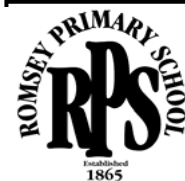
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## Romsey Primary School Celebrating 150 years of education in our community



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Bendigo Bank Romsey  
Primary School 150th  
anniversary Art Show.



These are some of the many photos that will be on display at our 150th celebrations.

Top: Alfred Thomas Nash and his wife and son. Mr Nash was one of the earliest and longest staying principals at the school.

Top right: Coming to terms with the computer age—when Apple computers were used at the school.

Bottom left: The stars of Superkids—one of the first musical productions performed by the students under the direction of Mrs Christine Rowlands.

If you have any photos of activities at the school please let us know so that we might borrow / copy them for our display and our archives.

#### #THURSDAY OCTOBER 22nd: BENDIGO BANK 150th ROMSEY PRIMARY ART SHOW & BOOK LAUNCH

Enjoy the art works of our students, perhaps purchase the History of Romsey Primary School by Trevor Turnham or the 150th Cook Book prepared by our Parents & Friends, and enjoy supper.

#### #FRIDAY OCTOBER 23rd: OLD TIME DAY AT SCHOOL AND FAMILY BUSH DANCE

Students and staff will dress in old time costumes and experience some of the school activities from times gone by. There will be a Bush Dancing Workshop for all students, and families are invited to join in the Family Bush Dance and Spit Roast Dinner from 5.30pm.

#### #SATURDAY OCTOBER 24th: OPEN DAY AND MARKET DAY AT ROMSEY PRIMARY

All students, families and staff (past and present) and any other interested members of the community are invited to the school to explore the students' presentations on the last 150 years of history, student performances, displays, visits to the old school site, market day, and more! From 10.00am

*And don't forget there will be a special screening of "Dusty" at the Mechanics Institute on Saturday night, and many local restaurants will be offering special deals over the weekend. The historic Sydney Seymour Cottage will celebrate World Children's Day on Sunday October 25th.*



# Romsey Uniting Church

## celebrating 150 years

### Christian Worship



We are all looking forward to meeting up with past Ministers and friends who will be attending the 150th Anniversary of the Blue Stone Church at 25 Pohlman Street, Romsey, on Sunday the 16<sup>th</sup> of August. The Church service will commence at 10.30am including Communion followed by a soft roast luncheon in the Mechanics Hall at 12.30pm.

The church has had an interesting history dating from the mid 1800's, when the Presbyterian and Methodist pioneering people began settling in the Lancefield-Romsey area.

To satisfy their spiritual needs, two clergymen, Rev. James Forbes, Rev. William Waterfield and later Rev. Peter Gunn, rode their horses around the bush. Services were held in homes and later, as numbers increased, in farm barns.

The earliest recorded meetings of the general committee was on 3rd March, 1862. In October 1863, a Kirk session was formed with Peter Mitchell, James Ochiltree, Joseph Andrew and James Stewart as Elders.

In 1864, a grant of land to build the church was received. The foundation stone was laid on 3rd March, 1865 by William Campbell, and the church opened in July of the same year.

Peter Mitchell was secretary of the building committee and the stone was quarried locally from his property. Mr. Mitchell was secretary and treasurer of the church for fifty years.

On Pentecost Sunday 29<sup>th</sup> May, 1977, a celebratory service was held in the already merged Romsey Presbyterian – Methodist church, to celebrate the beginning of the Romsey Uniting Church.

All who wish to join with us to celebrate in this momentous time of Christian presence in the Romsey area, are most welcome to contact the **Romsey Uniting Church : PO Box 264, Romsey.** or any members of the committee as follows:

Margaret Mitchell : 5429 5447 p.mitchell2@bigpond.com ;  
 John Clement: Phone: 5429 6522;  
 Hazel Allen : Phone: 5429 5395  
 John Laing : Phone: 54295 231 curl10@internode.on.net;  
 Andrew Laing: 5429 5231  
 Sandra Strack : Phone: 5427 0472; strackhesket@hotmail.com



#### STRONGER COMMUNITIES GRANTS PROGRAM – FOR GRANTS UP TO \$20,000

The Stronger Communities Grants Program has been established to allow Members of Parliament to work with their communities to recommend important local capital investment projects.

Up to a total of \$150,000 of funding will be available in the electorate of McEwen in this financial year for small capital projects that improve participation and contribute to the vibrancy and viability of our communities.

Individual grants of between \$5,000 and \$20,000 are available for capital projects but to be eligible the program requires matched contributions, in cash or in kind on at least a dollar for dollar basis.

The program is open to community based not-for-profit organisations that are not owned by a state or territory government. All applicants must operate as a legal entity with a current ABN.

Unfortunately the Abbott Government's guidelines specifically state that applications from schools, hospitals and technical colleges will not be accepted.

Expressions of interest are due by 31 August 2015 and EOI forms can be obtained by emailing me on [Rob.Mitchell.MP@aph.gov.au](mailto:Rob.Mitchell.MP@aph.gov.au) or by calling my office on (03) 9333 0440.



#### Employment opportunity for Marketing Coordinator – Lancefield & Romsey Community Bendigo Banks

Lancefield & Romsey Community Financial Services Ltd, the company that operates the Lancefield & Romsey Community Bendigo Banks, is seeking an experienced Marketing Coordinator to join its team.

Supporting the Marketing Panel and Board, you will be involved in a wide variety of marketing tasks. A key focus of this role will be coordinating the company's sponsorship and grants program through the Banks Community Investment Program.

Ideally, you will have a generalist marketing background, possess excellent communication skills and be self motivated.

Hours are flexible and are expected to average about one day per week. Applications and enquires should be sent by email only to Andrea Knight via [marketing@lancefieldromseybank.com.au](mailto:marketing@lancefieldromseybank.com.au).

A complete copy of the Position Description is available by email request to [marketing@lancefieldromseybank.com.au](mailto:marketing@lancefieldromseybank.com.au)

Applications close at 6.00pm on Wednesday Monday 10th August, 2015.

#### ROMSEY KINDERGARTEN NEWS

##### Kinder Open Day Raised \$1,700!

The Romsey Kindergarten Open Day was a huge success raising a total of \$1,700, a tribute to the hard work of the Parent Committee, and of course the families who supported the event with their attendance and help on the day. The Kinder Committee would also like to thank sponsors who made this event possible:

Newnham Earthmoving	Romsey Fish N' Chips
Bendigo Bank Romsey	Amcal Chemist Romsey
Back To Business	McCull Property
Jets Gymnastics	James Kelleher Lawyers
Romsey Butcher	Romsey Auto Care
IGA	Romsey Beauty Spot
Forbes Automotive	Kyneton Lion's Club

The other big news from Term 2 was the announcement that the Macedon Ranges Council will spend \$120,000 on a playground redevelopment at Romsey Kinder. Families are very excited and eagerly anticipate the commencement of works.

##### Upcoming Events

**Sunday 2 August:** The Kinder will be holding a pancake sale at the Romsey Football Ground Clubrooms from 8am – 4pm. Please come along and purchase a pancake to help raise funds towards our childrens' education.

**Saturday 17 October:** A popular event last year, we are excited to be hosting yet another trivia night and silent auction. Kinder families and locals are invited to attend. Great prizes!

##### Earn & Learn

Residents who shop Woolworths are invited to collect stickers (1 sticker for every \$10 you spend) to help purchase equipment and resources for Romsey Kindergarten. Earn & Learn sticker cards can be picked up at Woolworths when you shop and once you have filled the card with stickers, it can be dropped off in the Earn & Learn box at Romsey Kinder, Main Street Romsey. The more points we collectively earn, the more resources we can buy.

#### Romsey restaurants join Choose Tap program

When you consider that a thousand litres of water from the tap typically costs less than \$2, drinking tap water really is the best choice for your health, the environment and your hip pocket.



For this reason, Western Water has developed an exciting new hospitality partnership program with cafes and restaurants across our service region as part of our Choose Tap program.

General Manager of Customer and Community Relations Graham Holt said he's been delighted with the support Western Water had received for the Choose Tap program from customers.

"Almost 50 cafes have signed a partnership agreement with us to provide and promote tap water in their premises."

Mr Holt said two Romsey restaurants had already become partners in the program; Soltan Pepper and The Bay Tree.

"Next time Romsey residents are visiting one of these local businesses, look out for the Choose Tap sign, the glass bottles on the table as well as other information about why you should choose tap."

Mr Holt said the program was open to any hospitality business in the region and plans were also underway to expand the program into all local businesses to encourage workers to drink more tap water during the day.

If you would like to become a Choose Tap hospitality partner or find out more about the program please call 1300 650 422.

**Macedon Ranges Shire  
Entertainment**



**August events**

**Drowning in Veronica Lake**

This one-woman show will take you on a fantastic ride through the life of 40s starlet Veronica Lake. The show features a well-crafted script and a stunning stage design, complemented by an absolutely brilliant performance from the show's star, Alex Ellis.

"It's a flawless performance by Ellis..." Theatre Press

Thursday 6 August, 8pm

Kyneton Town Hall, 129 Mollison Street

General admission

Full: \$30, Concession: \$25, Groups 8+: \$25

Phone: 1300 888 802

Website: [mrsc.vic.gov.au/arts/buytickets](http://mrsc.vic.gov.au/arts/buytickets)

**For more information on this show**

**Grigoryan Brothers**

The Grigoryan Brothers are coming to Kyneton for one night only to perform a selection of works from their vast repertoire. Together, they have released five albums, all of which have been nominated for ARIA awards.

Friday 14 August, 7.30pm

Kyneton Town Hall, 129 Mollison Street

General admission

Full: \$30, Concession: \$25, Groups 8+: \$25

Phone: 1300 888 802

Website: [mrsc.vic.gov.au/arts/buytickets](http://mrsc.vic.gov.au/arts/buytickets)

**For more information on this show**

**Viennese Masterworks for violin & piano**

Friday 21 August, 11.30am

Enjoy a superb performance of masterworks by Beethoven, Schubert, Kreisler and Strauss in this program of elegant gems from Vienna, the music capital of the world.

This performance will navigate you through a century of sublime music from some of the world's best composers.

"A splendid display of technique by both artists." Hobart Mercury

Kyneton Town Hall, 129 Mollison Street

Flat floor seating

Complimentary coffee, tea and scones from 10.30am

Full: \$18, Groups 8+: \$15

Phone: 1300 888 802

Website: [mrsc.vic.gov.au/arts/buytickets](http://mrsc.vic.gov.au/arts/buytickets)

**Braemar Beat**

**Duke of Edinburgh Awards Presented to Young Leaders**

Three Braemar College students from Woodend and Riddells Creek were proud to be presented with their Duke of Edinburgh Awards recently.

Amelia Eddy from Woodend received her Silver Award, and Bronze Awards were presented to Nicholas Hanlon from Riddells Creek and Tess Williamson, also from Woodend.

So far this year, 16 Braemar College students have received Duke of Edinburgh Awards - 12 Bronze and four Silver.

Romsey resident Elizabeth Orritt achieved her Silver Award last term.

The Duke of Edinburgh Award is designed to encourage people aged 14 to 25 to get up, get out and get involved in different aspects of the community, gaining many new and exciting experiences, a range of opportunities and lasting life skills.

The program aims to encourage personal discovery, growth, resilience, perseverance, responsibility and service to the community.

The Duke of Edinburgh Award has five major components; Physical Recreation, Skill, Service, Adventurous Journey and Residential Projects.



**DEEP CREEK LANDCARE GROUP**  
Covering Lancefield - Romsey Districts

A successful working bee was held on Sunday 21<sup>st</sup> June to cleanup the roadside as part of the Keep Victoria Beautiful campaign. 2 ute loads of rubbish were collected on the Kilmore road from Lancefield for approximately 1 kilometre on each side of the road. 8 members attended with morning tea afterwards to Farewell John Blamey. Members also attended the planting with Western Water and Salesian College in early June.

For June 65 myna birds have been trapped in the Lancefield area, anyone wishing to obtain a trap please contact Pat Danko at [p.danko1@bigpond.com](mailto:p.danko1@bigpond.com)

Grant Godden the Landcare Area Facilitator is available to advise landholders in the area. Please contact the Secretary Ken if interested.

Working bee on 16<sup>th</sup> August meeting at Doggetts Bridge at 9.00am to for a roadside cleanup.  
Next meeting Monday 11<sup>th</sup> August.  
Anyone wishing to contact the group can do so thru Secretary Ken 0404 886 580

**REVISION TO MEDAL REPLACEMENT RULES A WIN FOR VICTIMS OF FIRES**

Labour Member for McEwen, Rob Mitchell, today welcomed a move to allow easier access to replacement Defence service medals if they are lost in circumstances outside the control of their custodians.

Since 2003 service awards of deceased individuals could only be replaced if they were lost in specified natural disasters. Now, the revision of this policy means that medals of deceased individuals can also be replaced in the following circumstances:

- The loss, damage or destruction of the medals occurs in circumstances beyond the control of the holder of the medals; for example as a result of a house fire or theft.
- The loss, damage or destruction occurred after 1 December 1974.

Service medals will only be issued to the holder of the deceased individual's medals.

The medals cannot be replaced in circumstances where an individual has died and the medals cannot be found.

"It's an unfortunate reality, particularly in the areas in which we live, that fires can and do occur," Rob Mitchell said.

"The heartbreak brought on by these types of disasters is tough enough without having to deal with the loss of your family's service medals. I have seen the situation all too often when families have lost this valuable connection to the past. This easing of the circumstances in which medals can be replaced means that more families will be spared this heartache."

Medals replaced by Defence will be engraved with the initial "D" to denote "duplicate"

Anyone requiring assistance to replace damaged or lost service medals can contact Rob Mitchell's office on 03 9333 0440.

**Attention Romsey Rag Contributors:**

For the October edition of the Romsey Rag we will require all copy by Friday September 11th as the editorial team will be taking a well-earned break in the September school holidays and will therefore not be available to produce the Rag at the normal time. We apologise for any inconvenience this may cause but it is unavoidable.

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### Romsey Recreation Centre Term 3 update

#### New to RRC—Pixie dance comes to Romsey

A fun and imaginative introduction to classical ballet  
Dance classes for pre-school aged children ( 18 months to 5 years)

No registration fees

No big expensive concerts

This program will run depending on numbers, to register your interest please email [info@pixiedance.com.au](mailto:info@pixiedance.com.au), call 0412632623 or visit [www.pixiedance.com.au](http://www.pixiedance.com.au)

#### Junior basketball and soccer skills—Shooting Hoops and Goal Kick

Development skills program for children aged 5 to 10 years  
School term

Shooting hoops Tuesdays, 4pm-4.45pm

Goal Kick held Fridays, 4pm-4.45pm

Register your child now online [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure)

#### U12 basketball and soccer competition

Indoor competition

U12 competition indoor basketball and soccer

U12 basketball games are held from 4pm Mondays

U12 soccer games from 4.50pm Fridays

Summer season starts Term 4. Register your child now online [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure)

#### Indoor teen basketball and soccer

Competitions have commenced for boys and girls aged 13 to 16 years.

Indoor competition games and skills sessions.

Basketball games are held Tuesdays, 6.30pm-8pm

Soccer games are held Fridays, 6.30pm-8pm

Summer season due to start Term 4. Register your child now online [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure)

#### Staying strong circuit classes

Group circuit classes are for the mature adult

Increase muscle and cardiovascular strength

Mondays, Wednesdays and Fridays at 10.30am

For further information call 5429 5637 or visit [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure)

#### In2 Strength & Fitness


Classes held upstairs at Romsey Recreation Centre.

Group Fitness Classes Mon -Thurs evenings and Saturday mornings.

Great for all levels of fitness and suitable for ages from 14 +

For further details

contact Debbie Beltrame on 0412 051 002



### Australian Red Cross – Romsey Branch

The Romsey Branch farewelled two of our long standing members, Isobel Hood and Lyn Van Arkel.

Both are downsizing for the next chapter of their lives. We wish them all the best.

Romsey Quilt – Jay has finalised stage one of the community quilt. This is a very time-consuming task with many hours already put into completing it. Keep up the good work Jay.

**Meetings are now held at the Romsey CFA Headquarters, 18 Stawell Street, Romsey.**

**Meetings – 2015**  
(1pm on second Tuesday of month)

- 11<sup>th</sup> August AGM
- 8<sup>th</sup> September
- 13<sup>th</sup> October
- 10<sup>th</sup> November
- 8<sup>th</sup> December (Christmas lunch)

<u>President:</u>	Karen Hermann	5429 665
<u>Vice President:</u>	Ann Krstic	5420252
<u>Treasurer:</u>	Leeanne Eames	54295658
<u>Secretary:</u>	Robyn Stephens	57891457
<u>Zone Rep:</u>	Trish Dunn	54296761

**New members are always welcome!**

## Ladies' Night

*Just for the Health of it!*

Be prepared to be pampered!

**\$15 Entry Includes:**

- Pampering sessions
- Mini fitness workshops
- Women's health
- Party plan demonstrators
- Finger food, Drinks
- Prizes, raffles, door prize, bring a friend and win a prize!

**Friday 28th August 2015**  
6.30pm-9.00pm

**Romsey Neighbourhood House**  
96 Main Street, Romsey  
Bookings essential :5429 6724

All proceeds raised goes to supporting Breast Cancer

WOMEN HELPING WOMEN WITH CANCER



## Our environment, our future

Share your ideas and help shape a new environment strategy for the Macedon Ranges.

### Have your say

Call in anytime between 5.30pm-7pm at the following drop-in sessions:

- Tues 11 Aug, Gisborne Administration Centre
- Tues 18 Aug, Kyneton Mechanics Institute
- Mon 24 Aug, Romsey Community Hub

Complete a survey:

- online [mrsc.vic.gov.au/environment-strategy](http://mrsc.vic.gov.au/environment-strategy)
- in person at any Council service centre.

Find out more: phone 5421 9659 or visit [mrsc.vic.gov.au/environment-strategy](http://mrsc.vic.gov.au/environment-strategy)

## Lancefield Fruit Shed

### Fine food emporium & exquisite blooms

How time flies when you're having fun, as unbelievable as it may seem The Fruit Shed is turning 10 in February. We have come a long way since the first day we opened the Big Blue Doors with young Reuben on Kitty's back as we stocked shelves full of fresh fruit and veg. for the Lancefield community.

A fair bit has changed over the years with the Fruit Shed's interior expanding along with the many things we now offer as the business has grown. We have recently turned ten.

We now have Exquisite Blooms with beautiful flowers by the bunch or arranged by Kitty a qualified florist with over 20 year's experience. There is no occasion we can't cater for, we also offer a large range of quality Deli lines, dips, cheese's etc. to help you when your entertaining guests or you just want to treat yourself.

Over the past 6 months we have introduced fresh organic produce as well as a number of subsidiary organic and health lines to complement our premium quality fruit and veg sourced daily by Joe from the wholesale markets. How could we forget our delicious ice cream and gelato, as well as coffee and many other wonderful things to tantalise your taste buds.

We would like to take this opportunity to thank everyone who has shopped with us over the years, taking up the fight for the little guy's against the major food chains.

It has been an absolute pleasure to serve the Lancefield and surrounding communities and the many wonderful people who live in it, many of whom we have become close friends.

We are now on face book so like and follow us for many new and exciting thing's to come.



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**Pastor's Parables**

Encourage Church - Romsey  
Office: 7 Mitchell Court Romsey  
Ph (03) 5429 6327  
Email: encouragechurch@iprimus.com.au

Skippy Was So Thirsty



He wanted a drink, but his dish was dry. There was not one drop of water in it. He went to Lisa and sat up begging and barked. He said just as plainly as he could, "Please Lisa, I want a drink." "You're a good doggie," said Lisa and patted him. "Now be quiet," she added. She did not seem to understand what he wanted. Lisa's sister Ruthie did not understand him either. "Oh, Skippy, you're a nice dog," she said. "You want a dog biscuit, don't you? Well, here's one for you." Skippy took the dog biscuit and then laid it down on the floor. Dad did not understand either. "Sure, Skippy," he said. "There's a bone for you out in the garage. I'll get it for you." But when the bone was laid down in front of Skippy he just looked at it. He did not want a bone either. "I wonder what Skippy wants?" Mum questioned as she turned on the water in the kitchen sink. Skippy walked over to the sink and whined as he looked at the water. "Maybe he wants some water, Lisa. Check his water dish."

Sure enough, Lisa found the dish completely empty. There was not even a drop! Lisa brought the dish to the sink and filled it up. Did Skippy's tail wag! At last he had his drink.

We all know that that there is something that is missing in our lives no matter what we possess, no matter how educated we are, no matter how skilled we are. People who love us often try to fill that need.

The water they gave Skippy took care of his thirst, but he would soon be thirsty again. But there is only ONE PERSON who can give us what we really need! The Lord Jesus Christ will give us the "living water" which will last forever. He is that "living water." He is the only one that can satisfy all our needs. A person who has the Lord Jesus Christ as his Saviour has everything that he needs.

Are you trying to communicate to others that something is missing in your life?

Are you searching for something that will refresh you in life **and Last forever?**

Drugs, alcohol, sex, cigarettes are only temporary masks. But they will never satisfy that inner thirst for fulfilment in life.

Jesus said, "Whosoever drinks of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life" (John 4:14).

We, at Encourage church would see it as a privilege to introduce you to Jesus Christ.

Why not come along and check Him out for yourselves?

\*\*\*\*\*




If you would like to know more about faith in Jesus please contact Pastor Marilyn or our Church office Ph 5429 6327

We would be happy to help you find true peace and joy in life. Encourage Church: "Encouraging one another to be ALL we can be in life and in God".

You are invited to join us at our regular Sunday Service: **10am at 7 Mitchell Court Romsey** or one of our fortnightly Life Groups. Fortnightly Youth events and weekly Children's programs.

We also offer **Kidzone Before & After School Care** | **Vacation Care** | 'mainly music' Program

Pastor Marilyn Hunter - "**ENCOURAGE CHURCH**"



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Wednesday - 9am - 5:30pm  
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Friday - 9am - 5:30pm  
Saturday - 9am - 3pm  
Closed Sunday & Monday

**84 MAIN STREET, ROMSEY**  
**PH: 5429 5300**

**Get a taste of our tourism industry**

To celebrate Victoria Tourism Week, Macedon Ranges Shire Council is inviting tourism businesses to a free 'food and wine' themed networking event at the Woodend Visitor Information Centre.

This is the third year Council has hosted the event, which is an opportunity for tourism businesses to enhance their knowledge of the local food and wine sector and connect with fellow business partners, volunteers and customers whilst enjoying food and wine from across the region.

Businesses will be able to speak with Council's economic development and tourism staff to gain a better understanding of how the region's Visitor Information Centres actively encourage visitation to local businesses.

The event will be held on Tuesday 1 September 2015 at the Woodend Visitor Information Centre on High Street from 6pm to 8pm.

Please register by Tuesday 25 August 2015 at [www.mrsc.vic.gov.au/business-events](http://www.mrsc.vic.gov.au/business-events). Bookings are essential as numbers are limited.

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Email: [info@bluetonguesolar.com](mailto:info@bluetonguesolar.com)



**COMBINED PROBUS CLUB OF ROMSEY and LANCEFIELD Inc.**  
A0042634P  
P.O. Box 280, Romsey. Vic. 3434  
*For Active Retirees.*

**President: Greg Buist 5429 1116**  
**Secretary: Jenifer Clampit 5429 5480**

**Monthly Meetings are held on the fourth Thursday at 10am in St. Mary's Church Hall, Main Street, Romsey.**

**Next meeting Thursday 27th August, 2015 at 10am.**

**Guest Speaker:** Don Gray speaking on 'A Fortunate Life'...

**2 Day Trip for August, Tuesday & Wednesday 18th & 19th August.** Two day self drive trip to Boort and Wedderburn.

Persons interested in this club and wish to have more information please contact the President or Secretary at the above phone numbers.

We meet once a month and we deal with the normal matters of a club, like correspondence, treasury, and discuss the last outing we had enjoyed, and most important, where we are going to next month, a short tour, a long tour, a lunch somewhere. Our monthly meeting always finishes with morning tea, which is followed by a guest speaker with an interesting topic.

A few of our members enjoy 'Ten Pin Bowling' each fortnight at Watergardens (*definitely non-serious*) followed by lunch at a nearby hotel or club.

We also enjoy a monthly musical/film afternoon at a members home and Friday coffee mornings at a local café.

**If you are retired, or close to retiring, come along and join us and learn more about what Probud can offer you to assist you in staying active.**

**All we want to achieve is a day of enjoyment and friendship. Please come and have a look at what we do and who we are.**

Please check out our website for information about the Romsey & Lancefield Probud Club [rlprobud.org.au](http://rlprobud.org.au)

**St Paul's Anglican Church Op Shop**  
**77 Main Street, Romsey**

Open:  
Thursdays 12.30—4.30pm  
Fridays 12.30—4.30pm  
Saturdays 10.00am—1.00pm

Goods suitable for sale may be left under the veranda at the rear of the Op Shop. **We cannot accept** any electrical items including computers, printers etc. Also car seats, prams, cots or any other safety equipment. Owing to lack of space, we cannot accept large furniture.

## TERM 3 PROGRAM 2015

Courses Recommence  
13th July -19th September  
**Now Open: Mon-Fri 10-3pm**  
*There is so much more to RNH!*

## Romsey Neighbourhood House



Be Part Of It!

## Romsey Neighbourhood House Inc.

Office: Mon-Fri: 10am-3pm  
96-100 Main Road Romsey, VIC 3434  
(Old Post Office next to the Hub!)  
Email: romseyhouse@bigpond.com  
**PH/fax: (03) 5429 6724**

Ph/fax: 03)54 296 724

## Let's Get Fit and Healthy!

## Gentle Exercise: (Mondays 10am-11am)

\$5 per class. It's fun and tailored to meet the abilities of each participant! May assist with mobility, balance, bladder control and joint pain. Chair based exercises available. Enquires: Jan on 5428 1223 or 0412 219 900. Join us after class for a cuppa!

**Reiki: (Mondays 11am-3.00pm)** \$10 per 45min session. Bookings essential on 5429 6724.

**Yoga: (Mondays 6.30pm-8:00pm)** \$15 per class when paid in full at the commencement of the term. \$20 casual rate. Enquires: Leisa Kirk on 0408 934 656.

**Tai Chi: (Tuesdays 1pm-2pm)** \$10 per class. Come along and enjoy the energising benefits of Tai Chi. Enquires: Jan on 5428 1223 or 0412 219 900.

**Konga: (Tuesdays 7pm-8pm)** KONGA is a mash-up of boxing, dance, cardio, toning & everything in between. Easy to follow, for any fitness level. Set to real music you know. Get fit the fun way! It's the one class that really does have it all, don't miss out! Great for whole family! \$10 class. Bookings essential: Lauren 0431 314 157.

**Dance & Movement for Children: NEW! (Wednesdays 4pm-4.30pm - Under 5's, (Cost: Casual \$10) 4.30pm 5.15pm - Over 5's (Cost: \$12 Casual) \$8 Term payment upfront.**

Join in this fun, creative dance class where kids learn the joy of expressing themselves through dance. Enquiries: Claire 0434 419 560.

**Beginners Pilates: (Wednesdays 7pm-8pm, Fridays 10.30am-11.30am)** \$15 per class or 10% discount if Term Fees are paid in full at the commencement of the term. Bookings: Trish

(day) class on 0411 447 392, April (night) class on 0427 150 976.

**Meditation: NEW! (Thursday fortnightly 9.30am-11am)**

Learn to relax, de-stress and renew yourself with simple techniques that you can implement at home. \$10 per class. Enquiries: House

**Meditation for Mums: NEW! (Thursdays 11.15-11.45am)**

Learn easy techniques to unwind, de-stress and get more out of your day. Register your interest in this 1/2hr class for busy mums on the go! Child care an issue? Join Romsey Playgroup and do a 1/2hr session swap, take it in turns to attend and mind each others kids.

**Yoga: (Thursdays 7pm-8:30pm, Saturdays 8am-9.00am)**

\$15 per class when term is paid before end of week 1. \$18 casual rate. Enquires: Lisa Moore on 0448 345 338.

**Zumba GOLD: NEW! (Fridays 9.30am-10.30am)** Come join

in the fun dance fitness program suitable for all ages. Low impact, move at your own pace, learn a variety of dance steps, easy to pick up. Bookings: House 5429 6724 Enquiries: Karen on 0432 807 682.

**Konga BURN: (last Friday of Month 7.00pm-8.30pm)**

BURN!® is a combination of Konga and a dumbbell workout which uses 1.5-2.5kg dumbbells & fuses dance inspired movements which will shape, sculpt & improve your muscle tone. Bookings: Lauren on 0431 314 157.

**Self Defence for All Ages: NEW! Register your interest now for this course to go ahead. Cost: \$12 p/h**



## Let's Get Creative!

## Art Group: (Mondays 7pm-9pm) \$Gold coin.

Do you love Art? Then whatever your medium is bring it along to this social group and create! ... And talk art of course. Enquires: Dot on 0419 547 064.

**Art In Company: (Tuesdays 11am-2pm)** \$2 Gold coin.

Bring your work in progress and join like-minded people for 3 hours of creative stimulation. Enquiries: 5429 6724

**Craft Group: (Tuesdays 12pm-3:30pm)** \$Gold Coin. Bring along your latest project and craft away in the company of others and maybe pick up a new skill or two! Contact: Leanne Menzies: 0407 053 806

**Art Classes for Children: (Tuesdays 3:45pm-4:45pm)**

\$80 for a 10 week course. Numbers limited. Bring an A3 Visual Arts Diary & basic acrylic paints. Enrolments and payment in advance essential prior to week 1. Contact: House on 5429 6724 to book.

**Learn to Crochet: (10am-11.30am Wednesday 22nd, 29th July, 5, 12 & 19th August)** 5 week course \$100 includes ALL materials and kit. Bookings required 0408 506 283.

**Crochet Tutoring and help with crochet projects. NEW!**

**(Wed 22, 29 July, 5, 12 & 19 August 1145 am- 1245 pm)** \$5 per session. NO BOOKINGS required.

**Learn to Knit: NEW!** 5 week course \$100 includes ALL materials and kit (payable at first session). **(Wed 22, 29 July, 5, 12 & 19 August 1 pm- 2.30 pm)** BOOKINGS REQUIRED 0408 506 283.

**Watercolours for Beginners-Intermediates: NEW!**

**(Fridays 1pm-3pm)** Learn to develop your skills and techniques in using watercolours with helpful guidance in this tutor-based class. Bookings: 5429 6724 Enquiries: 0455 131 659 Cost: \$10 session.

**Furniture Restoration Classes:** Learn how to bring an old piece of furniture back to its former glory. Hands-on tuition covering paint stripping, basic timber repairs, staining, finishing techniques. Day and evening classes individual or small groups. Off-site location. Book now at the House.

**Scrapbooking & Card Making: NEW! Capture those treasured memories forever in designing your own unique album or personalised gift cards. Register your interest at the House for this class to go ahead.**

**Tatting - Learn to Make Lace: NEW! Learn the lost age old art of lacemaking. Register your interest now!**

**Bus Trip to Craft & Quilt Fair- Thursday 23rd July**

Melbourne Exhibition Centre. \$20 for day including entry & travel. Book now. Limited places.



## TERM 3 PROGRAM 2015

13th July -19th September  
**Now Open: Mon-Fri 10-3pm**  
*There is so much more to RNH!*

## Romsey Neighbourhood House



Be Part Of It!

Office: Mon-Fri: 10am-3pm  
96-100 Main Road Romsey, VIC 3434  
(Old Post Office next to the Hub!)  
Email: romseyhouse@bigpond.com  
**PH/fax: (03) 5429 6724**

## Let's Get Informed!

## Italian lessons for Beginners-Inter:

**(Fridays 12pm)** \$160 for 8 week course plus \$43 for the book. Learn Italian with a tutor passionate about all things Italian. Contact Anita on 54270262 or 0447 249 709.

**Bali for Beginners: NEW! Register now and learn useful tips when travelling to Bali including the language! \$10 per session.**

**First Aid Level 1 & 2: NEW! HLTAID003 (Sat 22nd August 9am-3.30pm)** Cost: \$85. Update your First Aid with this Nationally Accredited Course which includes HLTAID001- Provide CPR.

Complete the theory component online at your own pace and then complete the accelerated 1 day practical component. Or undertake your annual refresher. Bookings essential: 5429 6724.

**RSA: NEW! Responsible Serving of Alcohol: Register your interest now!**

**Chainsaw Maintenance: NEW! Register your interest now for this class to go ahead.**

**Health & Wellbeing Workshops: NEW! Register your interest in the following workshops: (All include refreshments Date: TBA)**

**Workshop 1: Recognising Anxiety and Depression and How to Manage It. 2.5 hrs \$30.**

**Workshop 2: Learn to De-stress and Relax. 2 weekly sessions X 2.5 hrs \$20 per session.**

**Workshop 3: Understanding Trauma, Loss and Grief. 3 hrs \$30.**

**Workshop 4: Supporting Your Children through Loss and Grief. 2.5 hrs \$25.**



## Let's Get Together!

## Morning Tea Group: Come along every

**3rd Friday of month** for a cuppa, chat and a great morning tea. Meet with others in your community and enjoy great company, conversation, and food. All welcome!

**Garden Club: (3rd Tuesday of month) \$2**

per meeting. This vibrant club with over 75 members visits gardens and nurseries, shares gardening knowledge, swaps cuttings, and assists members with gardening dilemmas! Enquires: Allan on 5429 5427 or John on 5429 5990 for exciting excursions coming up....this year!

**Wednesday Social Afternoons: (Wednesdays 2pm)** Beat

the mid-week boredom and get together with others for this fun, weekly, social afternoon. Self-directed, play cards, games, chess, have a cuppa and chat, listen to music in company.



**FOOD PARCELS NOW AVAILABLE! Need a helping hand now and then? Discreet & Confidential. Enquire RNH.**

## Let's Get Cooking!

## Cooking for One: NEW! Commencing

**Monday 3rd Aug. 10am - 11.30am.** The ever popular Cooking for One 5 week series. Learn to make and take home nutritious, low budget meals for one or two. Cost: \$10 session. Register your interest now! Limited places available. Includes sharing lunch and take home meal.

**Divine Italian Cuisine on a Low Budget:** Register your interest now and get creative in the kitchen with these mini 45min workshops. Learn to create cost effective tasty meals for the individual or family. Cost: \$20 Date to be confirmed. Why not join playgroup and take it in turns to have your children minded whilst you attend this workshop?

**Cooking for All Seasons Series: NEW!** Join us each term in tantalising our tastebuds with this seasonal cooking series. 3 hour workshops using local and in-season produce to create delicious 3 course meals. Then enjoy the meal over a glass of wine.

**Workshop 3 - Winter Mediterranean Cuisine (Sunday 10-1pm Date to be confirmed)** Cost: \$45 Bookings essential. Limited places.

**The Art of Cheesemaking: (19th July, 16th Aug, 20**

**Sept)** Join these workshops and take the mystery out of making cheese. Learn how to make Camembert, Feta, Ricotta and Greek Style Yogurt ...just to name a few in your own home! Cost-effective, 100% hands-on fun. Morning tea, lunch and cheese tasting provided. 10am - 4pm. Spaces limited. Bookings essential via House. Enquiries: 5429 3637/ 0451 031 300. Off site location.



## Let's Get Involved!

## Ladies Nite In - Friday 28th August

Ladies, enjoy a night out with the girls and be prepared to be pampered! Experience a range of pampering, mini workshops, women's health, food, drinks, laughs, prizes and lots more. \$15 Entry. All proceeds raised goes towards Breast Cancer. Set aside **Friday 28th August** for a night not to be missed! Book now! Also if you'd like to showcase your group, health or pampering business we'd like to hear from you!

## Locals Supporting Locals Initiatives

**We need YOU!** Join in to see these new initiatives happen in Romsey! Register your support or interest in being involved in the following:

**Romsey Village Vegie Tubs! - Edible Neighbourhood Project** We need helpers to get this initiative up and running, particularly those with a green thumb!

**Mentor Garden Project** - Interested in being a garden mentor to help in setting up a vegie patch for residents at Karinya?

**Days for Girls International** - Interested in joining this initiative to help get washable feminine hygiene kits to girls across the globe?

**Knitting Knockers** - Are you a knitter? Romsey join us in this community initiative to support those with breast cancer.

