

## This winter people have been nutting it out.

Our local community is full of people with great ideas, interesting projects, and the very best intentions to invest themselves in a better future, for us all

Make a Change Australia has been supporting us to make stuff happen for 6 months now, recently hosting *Let's Nut It Out* to include people from Romsey, Lancefield and Cobaw regions.

'Nutting it out' is taking focused time to work out what's needed, married with the support of local experts who can help us through the 'road blocks'.

People attended with all sorts of projects; a story telling project to address mental health issues, a literacy program for young people in justice systems, an arts register so that aged-care centres can find creative people, a community owned emergency plan and a plan to engage young people in history projects.

Local mentors attended to assist in the *nutting* out of project challenges. Mentor skills ranged from small business start-up, marketing, getting more people involved, funding, and working with volunteers

*Expand Your Impact* - the next event on the schedule - is the last chance to get this free support, training and inspiration to move your projects forward. It offers free professional, community and personal development for people who want to make stuff happen for themselves, their communities, or at work.

This essential day for people who want to make things happen, is taking place on Saturday the 13<sup>th</sup> of August.

Here are some pearls of wisdom from each of the *Let's Nut It Out* mentors—for you to consider when you come across a challenge on a project you are working.

### Jill Rivers, Writer, Producer, Arts Advocate

Be sure of your own goal. What is it you want to achieve, and what is the problem you are trying to solve? When you are really clear on this, you can break down the project into smaller tasks that aren't so overwhelming.

### Debra Lawry, Ray White Real Estate

Spend time thinking about what your project is; talk about your goals to others—it will help you work out how to achieve it. Adopt the motto, "Do what you say."

### Andy Moore, Lancefield Mercury

Papers will be excited to publish your story. Tell people what has been happening or the 'why' of what you are trying to achieve—rather than just advertising a date for people to attend. Make sure you take care; presenting your project with photos and making it interesting for your audience.

### Michael O'Gorman, Bendigo Bank

Great partnerships are essential for getting things to happen. Get involved in the community, talk to different people to find out about all the different projects happening and find synergy together.

### Caroline Sara, Cobaw Community Health

Change needs to be sustainable. Sometimes, no matter how great your idea is—if your timing and execution is out, then the project won't work. You need to look after yourself and know what is required of yourself to make ideas happen. It takes self-care to be an effective leader of change.

Everyone will gain valuable skills to assist them in their work, projects and events; at *Expand Your Impact*. Taking place on Saturday the 13<sup>th</sup> of August from 9.00am to 5.30pm, places are limited and reg-



### ROMSEY WALKING GROUP

Romsey Walking Group was formed 29 years ago and is still going strong.

The Group is made up of folk with many and varied expectations and abilities, mainly, to get some exercise and to socialize. We find much joy in our beautiful country and each other's company. One may walk at one's own pace, there is always someone who prefers to amble along or to stride ahead with you.

We like to venture further afield occasionally so you may find us, having driven to points beyond, enjoying a walk in a new, or favourite area and then sharing lunch and cuppa. 'Lunch to share' gives us a delicious range of edible delights, although one time all foods were 'egg'! Quiche, stuffed eggs, egg sandwiches etc., etc. With much laughter we tucked into our 'eggy' feast.

With our amazing seasonal changes we are often drawn back to special locations so we can, again, experience, and photograph, nature in all her glory. Importantly, we usually continue our social interaction over a coffee/tea/hot chocolate at a local café after our walks.



We love to celebrate members' 'Big 0' birthdays and recently, for 2 Big 0s, we car pooled to Watergardens and walked along the birdlife rich waterways. We were lucky enough to have a brilliant sunny day and were entertained by a flock of rainbow lorikeets feasting in flowering gums. (Jay's beautiful photos may grace next year's birthday cards.) We returned to the Watergardens Pub and all 16 of us enjoyed a hearty meal at their buffet. **Come and join us.** We meet every Tuesday at 9.10am. at the laundromat. Our walkers are from in and around Romsey area, everyone is welcome. We'd love to meet you. No need to book, no fees. Just turn up or ring me for any queries, Leonie Armistead, on 0439968168.

# THE ROMSEY RAG

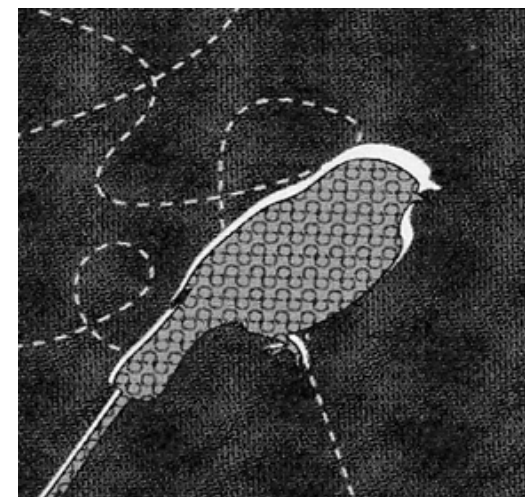
Issue No. 347

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 2016

THE AUGUST EDITION OF THE ROMSEY RAG IS PROUDLY BROUGHT TO YOU BY  
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**The closing date for copy for the September 2016 edition of the Rag is August 15th 2016.**

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

Please email your copy to the Romsey Rag email address: [romseyrag@romseyyps.vic.edu.au](mailto:romseyrag@romseyyps.vic.edu.au) We require submissions to be in Word document format, and for graphics to be in Jpeg format. Please ensure that you have permission to use photographs of people depicted in your article.

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

## Editorially Speaking

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Contributions:  
Articles should be left at the Romsey Post Office (fax 5429 5134) or Romsey Primary School by 12 noon on the 15th of the month.

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.

Advertising:  
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Front page sponsorship: \$175  
Business card: \$35 per issue  
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Quarter page: \$65 per issue  
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Line ads: e.g. - For sale, births, deaths, marriages, engagements - \$15  
**For invoicing** please include name & address details.

**Cheques must be made payable to Romsey Primary School Station Street, ROMSEY 3434**

Distribution:  
2070 copies delivered to the Romsey community at the commencement of each month.

 **Macedon Ranges Shire Council - Generous supporters of the Romsey Rag**

## Romsey Rag Publication Deadlines 2016

Edition	Closing Date for Copy	Collating Date
September 2016	Monday August 15th	Thursday August 25th
October 2016	Thursday September 15th	Thursday September 29th
November 2016	Saturday October 15th	Thursday October 27th
December 2016	Tuesday November 15th	Thursday November 24th

### 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

### "ATTENTION CITY COMMUTERS"

The Lancefield Romsey Commuter Bus offers a Mon-Fri return service direct to the CBD at the cheapest rate available in the shire. **Only \$50.00 per week** for permanent travellers. We also cater for casual travellers.

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Seats currently available.

Contact Michelle Hocking on 0437 358 544



### Congratulations to 2016 Bendigo Bank Macedon Ranges Business Excellence Awards



Macedon Ranges Shire Council and the sponsors of the 2016 Bendigo Bank Macedon Ranges Business Excellence Awards would like to congratulate the 112 local businesses who have entered this year's awards.

The awards have reached the first milestone and it's now up to the judges to decide who should go forward and become a 2016 finalist.

The judging panel is made up of 11 independent business professionals who do not work or live in the Macedon Ranges. The judges will review each submission and make a shortlist of businesses for the site visits, which will be undertaken from 1-5 August.

The finalists will be announced on Tuesday 9 August and we look forward to celebrating with all finalists at the Awards Gala Dinner at Kyneton Town Hall on Wednesday 14 September.



## Romsey Region Business and Tourism Association (RRBATA) UPDATE

### RRBATA Annual Business Breakfast

The Annual RRBATA Business Breakfast will be held on **Friday 19<sup>th</sup> August 2016** at The Grange Cleveland Winery Lancefield. RRBATA is proud to announce that this year's guest speaker will be **Jamie Evans**. At the height of his career, former champion jumps jockey Jamie Evans was worth a small fortune riding winners around the world. In 1997 he won the Coral Cup riding for the Queen Mother and could have never imagined the hell he was about to endure for the next 10 years! Following his brother's suicide and some horrific injuries, Jamie became addicted to heroin and alcohol, and plummeted from a dynamic career and million dollar home to the unthinkable. Heroin addiction saw him lose his freedom, his family and temporarily his sanity. Jamie's story of going to the gates of hell and back is truly moving and inspirational, also carrying a powerful message of how quickly someone's world can be turned upside down by making the wrong choices. This special event is an opportunity not to be missed.

*Jamie Evans appears by arrangement with Saxton Speakers Bureau*

Bookings: Eventbrite.

Further enquiries: Jenny Stillman (Ph. 0412 349849, jennystillman@optusnet.com.au)



### Romsey Streetscape Project Community Forum No. 3

Romsey Streetscape Project Community Forum No. 3 was held on **Thursday 21<sup>st</sup> July 2016** at the Romsey Community Hub. Concept plans for the project were presented by RRBATA and Macedon Ranges Shire Council. Jenny Stillman (RRBATA) explained the project's background so far and emphasised the great work of the working group members who have worked hard in the concept development phase. Geoff Caddick and Yvonne Caddick (Caddick Designs) were present to answer questions relating to the plans on display. Leanne Davey (Economic Development and Tourism) and Shane Power (Manager Engineering Infrastructure and Projects) spoke about the works undertaken so far and including the development of the plans. MRSC Mayor, Cr. Graham Hackett, explained Council's budget allocation and the process for the Regional Development Victoria (RDV) funding application currently underway.

An additional opportunity will be available to peruse plans and chat with Romsey Streetscape working group members on the morning of Saturday 30<sup>th</sup> July outside the Romsey IGA. The plans will also be available for perusal and comment as follows:

- At the Romsey Community Hub
- Romsey Community Bank (Bendigo Bank)
- Verdure Bistro

Romsey Online ([www.romsey.org.au](http://www.romsey.org.au))  
Facebook

### Light Up The Sky 2016 – RESCHEDULED TO OCTOBER 15<sup>th</sup> 2016

DON'T FORGET : This event has been reconvened to **Saturday 15<sup>th</sup> October 2016 from 6pm at the Romsey Lions Reserve (Skate Park).**

Community groups or sporting clubs wishing to conduct a food-focussed stall on the night should contact Jenny Stillman [jennystillman@optusnet.com.au](mailto:jennystillman@optusnet.com.au) Ph. 0412 349849.

**RRBATA wishes to acknowledge the Romsey Community Bank branch of the Bendigo Bank as being a major sponsor of the planned fireworks display.**

### 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:** Sharyn Ede (Secretary)

Phone: 0403 429161

Email: [sharynede\\_associates@y7mail.com](mailto:sharynede_associates@y7mail.com)



Follow RRBATA

## Romsey Football Club Men's Health talk

"Look after yourself, your family and friends". With those words, Dr Paul Grinzi from Romsey Medical Centre ended his address to Romsey Football Club's annual CFA Cup lunch, held on Saturday 2nd of July.

Dr Grinzi's presentation revolved around 3 'hidden' but important parts of health:

- skin cancer and remembering to have regular skin checks,
- mental health and the need for awareness in the local community of suicide risk, and
- the risks of Hepatitis C infection.

Romsey Medical Centre are part of a project targeting Hepatitis C in the Macedon Ranges. Individuals concerned about their risk of Hep C infection are being encouraged to see their GP to arrange a simple test. Since March 1st 2016, curative treatment is now available and during the Football Club talk, Dr Grinzi stated that with this new treatment "together, we can get rid of Hep C out of Romsey altogether".

Dr Grinzi also provided advice aimed at keeping Romsey's community healthy; referring to good nutrition, encouraging regular physical activity, low risk alcohol consumption, and smoking cessation. He described this aspect of health as the Romsey Medical Centre's "bread and butter stuff".

Belinda Carra, Romsey Medical Centre's practice manager, supported Dr Grinzi's presentation by printing and handing out wallet cards with Men's Health Checklist reminders: R U ok?; Spot Check; Hep C cure; Know your GP.

Romsey Football Club President, Mr Wayne Milburn, said: "It was good to have a local GP here today. It makes men (and women) aware of our own health and start looking ourselves in our older years. It's important to pass on to our children to be aware of anything unusual in our bodies and go to talk to our doctor, because it can be intimidating.

It's not only physical health, it's mental health and other issues as well."

Dr Grinzi concluded with an encouragement for the members to get to know their own community GP. He said "we would like men to be coming to see us proactively. Find a GP you're comfortable with, someone qualified as a specialist General Practitioner. We are your local way of making sure your own health, as well as that of your family and friends is ok."

## Romsey & Lancefield Medical Centres



**Men's Health Checklist**  
**R U ok?**  
**Spot check**  
**Hep C cure**  
**Know your GP**

## BIGGER THAN TEXAS

Newham Garden Club Plant SALE (Nr. Hanging Rock) Saturday November 5.

The Newham Garden Club is once again holding its renowned plant sale to raise funds for Newham & District community projects. This unique biennial event attracts plant lovers from far & wide.

This year we have expanded the plant range on offer as well as added some beautiful garden related goods; handmade cards, unique gifts & locally made preserves.

Plants are locally propagated and all products are made by a hardworking group of volunteers. There will be a "Newham Pig Grotto" set up in Wesley Park next to the Newham Hall for our younger gardeners as well as a plaster pig painting workshop on the day.

So if you are after a special Christmas gift or just some bargain priced natives, flowering plants, vegetables and herbs, come along and join the fun.

Tea /coffee/cool drinks, scrumptious scones, slices & savouries will also be available at the Garden Café.

Saturday 5th November 2016 at Newham Mechanics Institute Hall, Rochford Road, Newham. (Near Hanging Rock) 9.00-3.00pm.

For further details contact Fran Spain, Newham Garden Club Member on 54270661.

## ROMSEY PRIMARY SCHOOL NEWS 100 DAYS OF PREP

On Friday the 22<sup>nd</sup> of July preps of Romsey Primary School celebrated 100 days of prep. The preps prepared for the celebration by making a big banner with lots of painting on it, learning maths around the number 100 and writing on big sheets of paper 100 words they have learnt throughout the year. Their families came along to celebrate too. They did lots of different activities, the teachers baked cupcakes and the children decorated them. The children were very excited because they dressed up in costumes to look like they are 100 years old. They also wore crowns that they have made in class. They were very thrilled because they had a party in the gym and afterwards they had afternoon tea. Make sure you look out for our preps in the Free Press newspaper.

## AEROBICS COMPETITION/FUNDRAISER

On the 19<sup>th</sup> of August the aerobics girls are going off to the state competition at the State Hockey and Netball Centre. The girls have been practicing very hard these past few months. If the girls qualify they will be going to the National competition. The girls are very excited and can't wait.

On Saturday the 2<sup>nd</sup> of July there was a BBQ fundraiser for the aerobics girls. They raised \$1,300. They would like to thank James Collins and Ruth Collins for organising the day. They sold sausages in bread, soft drink and egg and bacon sandwiches. The fundraiser went from 8:00am to 4:00pm. All the aerobics girls who fundraised helped out at the BBQ.



## NEW STAFF

Romsey Primary School has had some new additions through the last month, the new teaches consists of Ms Van, Mr Szydowski and Mrs Officer. We did interviews on Ms Van and Mrs Officer.

We asked questions about their careers and if they liked teaching at Romsey Primary School.

Ms Van is Romsey Primary School's new art teacher for the rest of the year. Ms Van is loving work at Romsey Primary School and working with the children. She loves seeing new faces and learning new names. During the rest of the year RPS will be doing a Muriel with Neighbourhood house. She will be giving out prizes for great art work.

Mrs Officer is teaching one of our prep classes for the rest of the year. She has been teaching for 3½ years and loves working with preps. She started as a Casual Relief Teacher and when she saw the job she was so excited because prep is her favourite unit.

Mr Szydowski is acting Assistant Principal while Mrs Emond is acting Principal at Woodend Primary School. He will be here for the rest of the term.

## The Romsey Netball girls do it again.

On Wednesday the 13<sup>th</sup> of July the Romsey Primary School girls netball team went to compete in the Goldfields district netball competition in Bendigo. All the girls had a great day and successfully won against the teams that they played against in their division. The teams consisted of Carisbrooke, Maldon and Maryborough. They are now successfully going on to the next stage to compete in Swan Hill



## 5/6 Hands on Science Incursion

On Monday the 20<sup>th</sup> of June, the 4/5/6 unit had a visit from Liz, from Hands On Science, to come and speak to students about natural disasters.



She first spoke about natural disasters like volcanos and how they occur. Then everyone got into groups of 4 and our first experiment was on the evaporation cycle of water. After that students had to put salt water in a cup and an island (mini glass cup) in the water. Next they put glad wrap and an elastic band on top with an ice cube. The group let that sit till the end of the session. Student's favorite experiment was the volcano. Liz used a mini container with water in it, she then put a tablet in the container with a lid on top. After 30 seconds the volcano popped the lid off and it went

## Peer Mediation

On the 22<sup>nd</sup> of April, Mrs Wood and Mr. Monrose ran peer mediation training in the well-being room. The students willing to be peer mediators were trained to help other students in the school yard.

This month all the students that were trained went out and helped students in the yard. They find their job fun and exciting, are happy to help others and don't mind a challenge. Most students and teachers are grateful to have the peer mediators around. They find them helpful and inspiring.

The peer mediators have different parts of the school to go and help solve problems, in conjunction with the yard duty teachers.



flying! It gave This month's reporters. all

**Enrolments for 2017 are now being accepted at Romsey Primary School. For information, a school tour or enrolment pack please phone 5429 5099.**



Email: [romseyplaygroup@gmail.com](mailto:romseyplaygroup@gmail.com)

Facebook: Romsey Playgroup – Message

Mobile: Leighann: 0405 507 805

## Playgroup Fees

**Per Term: \$50 or \$35 (Concession: HCC, Pension)**

**Insurance: \$40 or \$30 (Concession: HCC, Pension)**

**(Arranged through Playgroup Victoria)**

**Call 03 9388 1599**

**online: [www.playgroupvic.org.au](http://www.playgroupvic.org.au)**

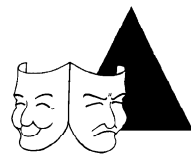
**Romsey Playgroup ID: 17445**



Fundraisers and Working Bee's during the year.

Falling From Grace by Hannie Rayson (the writer of Hotel Sorrento and Life after George). Opens 19th August - 10th September.

This is a play with a bright comic surface and mysterious depths. It is about four women; one in medicine, and three in the media. The three women are best friends in and out of the professional world, they are witty, passionate as they juggle careers, children and lovers. They are forty and their friendship is about to be tested - one with her ex husband and new lover, one with her impending first pregnancy, one with being stuck in the middle of her two friends' differences. The fourth woman a doctor, will battle for her research project with a male colleague and try to reconcile her marriage.



The Mount Players

The show runs for 2 hours 10 minutes which includes a 20 minutes interval. They also have a licensed bar!! (Free tea / coffee at interval as well.)

Tickets are \$30 and can be booked via trybooking <https://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=156324> or via phone Box Office Manager, Cherry Servis, please call 5426 1892 between 9am - 6pm.

Mountview Theatre 56 Smith St Macedon.



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## COMPARE AND SAVE ON ENERGY BILLS THIS WINTER

Labor Member for Macedon, Mary-Anne Thomas, has encouraged people to use the Victorian Government's independent website, *Victorian Energy Compare*, to save money on their energy bills this winter.

"It's a staggering fact that nine out of ten Victorians actually pay more than they need to for their electricity," Ms Thomas said.

"The average Victorian household spends about \$2,800 on energy bills every year, which is about 2.3 per cent of average household income and up to about 7 per cent of income for lower income households".

"Despite the fact that regularly reviewing energy plans is one of the most effective ways to save on energy bills, one in three (32 per cent) Victorians have never switched electricity or gas retailers".

"Energy retailers have hundreds of different pricing plans for customers to choose from. Comparing them is complex and time consuming resulting in many Victorians paying more than they need to - which is especially bad for people on a fixed income," Ms Thomas said.

To empower consumers, the Andrews Government has established an independent website, *Victorian Energy Compare*, which provides an easy-to-use, online comparison tool.

The website makes it easier for Victorians to review their electricity, gas and solar plans and save money on their bills.

"All you need is a recent electricity or gas bill and a few minutes of time to switch and start saving money," Ms Thomas said.

More than 70,000 Victorians have used the Victoria Energy Compare site since it was launched three months ago, with data showing 70 per cent of users can save at least \$220 on annual electricity bills and at least \$150 on annual gas bills.

"Winter is a good time to make sure you're getting the best deal from your energy retailer because this is when our energy consumption goes up".

To get the best deal visit [www.vic.gov.au/victorianenergycompare](http://www.vic.gov.au/victorianenergycompare), answer a few questions about your



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## Barton (Seymour) Cottage c. 1855 20 Palmer Street Romsey



## FROM THE COTTAGE...

July 2016

(Palmer Street - look for the blue Heritage Plaque on the gatepost on the left; open on the last Sunday of the month, from 11-2. Barton (Seymour) Cottage is a heritage listed dwelling built around 1855.)

**THE FRIENDS OF THE COTTAGE ARE LOOKING FORWARD TO WELCOMING VISITORS AGAIN TO THE COTTAGE ON JULY 31<sup>ST</sup> - AND THE LAST SUNDAY OF EACH MONTH THROUGHOUT 2016.**

*Another very cold day for the Cottage opening, but a warm and cosy atmosphere inside. Lots of local reminiscing over a cup of hot soup by a warm fire... there are advantages to winter, with the opportunity to slow down and catch up on times past.*

The Cottage grounds, which are well sheltered, are changing with the season; the sky-blue winter iris are blooming and will continue through the cold months; even snow does not deter them. The lovely flowering currants are budding and their clear pink looks beautiful with the

blue iris. The old jonquil, 'Straw' is beginning to flower and ground covers of Arums and Hellebores are emerging. We have continued to meet for light working bee activities on the 2nd and 4th Thursdays in the month to work at the Cottage. Just an hour's work - from 10 to 11 - and then a coffee at one of the great cafes Romsey has to offer. Eeping the work time short makes it all very enjoyable. You would be very welcome to join us - no experience required. Just enthusiasm! We are continuing with the Accession Register (identifying and checking our artefacts against the Register and identification number) and the gardening (just a little light weeding, mulching and pruning). All in keeping with making sure our volunteers are enjoying helping out. Just phone to check if you are coming along for the first time, in case we've had to change plans. We'll trial this for July and August.

*In regards to the Masterplan, we are continuing to identify what records we already have, and what we need - and the best way to present the information when we have verified it. All very time-consuming, but necessary so that we can be sure we have an accurate picture of the Cottage.*

*So - we look forward to seeing you on the last Sunday of the month. AND don't forget that Greg (Longinus Rare Plants) brings an excellent selection of rare plants to each of our open days. It is a good chance to purchase unusual plants that are grown locally and therefore acclimatised to local conditions. Greg is also excellent at identifying plants, so feel free to bring along any such mysteries to test his skills.*

Warm regards,

Ruth (0415 256 911; [jandrgreen@hotmail.com](mailto:jandrgreen@hotmail.com))  
on behalf of the Cottage Friends



## Romsey Streetscape Project CONCEPT PLAN DISPLAY

Community members are invited to peruse and provide feedback on the Romsey Streetscape Project concept plans. These have been prepared after almost a year of collaboration between RRBATA, community and Macedon Ranges Shire Council.

The plans will be available for perusal and comment as follows:

At the Romsey Community Hub  
Romsey Community Bank (Bendigo Bank)  
Verdure Bistro  
Romsey Online ([www.romsey.org.au](http://www.romsey.org.au))



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**Spring into Shape with Running**

Macedon Ranges Running Club (MRRC) is pleased to announce the start of its Spring running program in August. Starting at all MRRC branches including, Gisborne, Kyneton, Lancefield/Romsey, Macedon, Riddells Creek and Woodend, the 'start running program' is an ideal way to begin running, shed the Winter kilos in preparation for summer and meet new friends in a friendly social environment.

**Riddells Creek Start Running Group**

As part of club membership, the 13 week program is available at Lancefield/Romsey, beginning on Monday 29 August 2016. The Start Running Group (SRG) group meets every Monday & Wednesday at 7pm and 8am Sunday at Lancefield Milk Bar (corner of High st. & The Crescent), Lancefield. Over the first 8 weeks, you will be eased into running with the club's popular plan to achieve a non-stop milestone celebration 5km run. On completion you will have the chance to take your newly gained fitness to the next level, as there is an option to extend another 5 weeks to complete the full 13 week program with a milestone 10km non-stop run. From completing the 10km run, you can still build on your running fitness by enjoying further club programs which are designed to help runners enjoy external events at various distances. The choice is yours and you will be surprised at what you can achieve.

**Benefits of MRRC Membership**

As a unique network of community branches, Macedon Ranges Running Club can offer its members choice of six locations, days and times to meet up and run with a group. Club membership is great value at only a nominal \$10 for individuals or \$15 for families. Not only do members receive access to the club's popular seasonal running programs; membership also provides a support network for runners through a Facebook page, a monthly newsletter and generous discounts available to members from the clubs sponsors/partners.

**Come along get Involved!**

The club welcomes all levels and abilities; whether you are new to running or a seasoned athlete the club is here to help you reach your goals. You can join the club either by simply registering online or in person at one of the branch sessions.

For further information simply email the club [macedonrangesrc@gmail.com](mailto:macedonrangesrc@gmail.com) or visit our website

[www.macedonrangesrunningclub.com](http://www.macedonrangesrunningclub.com) for session times/dates/contacts. Alternatively, contact Lancefield/Romsey

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# 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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[www.macedonrangesphysio.com](http://www.macedonrangesphysio.com)

## Romsey Wild Pokemon Hunt

At Cope-Williams Winery

13th-14th of August

With *Pokemon Go* quickly becoming the most popular game in mobile app history, it didn't take long for kids of all ages to get hooked like a *Magikarp*. The aim is simple, to be the very best trainer and catch all the Pokemon that exist. The game is not without its hazards though!

What if, just like Ash in the original series, everyone could walk around green fields and forests catching Pokemon and meeting other trainers in a safe area away from the city? In the protected surrounds of the Cope-Williams Estate at Romsey you can let the kids (whatever their age) run free while you view the brand-new gallery curated by Neil McLeod, sip on award-winning sparkling or mulled wine by the log fires or enjoy a bistro lunch in the dining room.

All weekend our resident Pokemon trainer will be lighting the incense, mapping the best spots to catch 'em all on the cricket oval and amongst the vines and making sure the first Romsey Wild Pokemon Hunt is a fun, relaxing and safe event for kids and adults alike, with special prizes for capturing rare and powerful Pokemon and Pokemon hunt badges. It's a very short trip to the main street of Romsey where stops and gyms are waiting to be challenged!

Find the event on Facebook, Meetup and Google or just come along on Saturday and Sunday the 13th and 14th of August at Cope-Williams Winery and Gallery, 160 Glenfern Road, Romsey 3434.

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## DEEP CREEK LANDCARE GROUP

Covering Lancefield – Romsey and Monegeeta Districts

### Celebrating 30 Years of Landcare

Landcare is celebrating 30 years and Deep Creek Landcare was one of the original groups. Established after a public meeting was arranged by local councillor Kevin Tully and a founding member Robert Green. Since its inception it has been an active group in the communities of Lancefield, Romsey, Goldie and more recently Monegeeta. Originally the group's area encompassed Rochford, Newham, Cobaw and Darraweit Guim who later established their own groups.

Key projects included "Rabbit Busters" in the early 1990's.

Weed identification and education workshops and publications to assist landholders and community members to get on board with pest and weed control, which included the "dung beetle release" projects to assist livestock farmers to control nutrient runoff into waterways.

In repairing land degradation and adopting better farming practices, the importance of the Deep Creek – which is a major tributary of the Maribyrnong catchment, helping restore biodiversity to areas whose loss and fragmentation of habitat due to land clearing and overgrazing.

A partnership was formed between DCLG, Melbourne Water and Western Water aimed to preserve the endangered pigmy perch fish species in the Deep Creek and to survey isolated populations and target habitat protection and revegetation to protect the vulnerable species.

DCLG's main aim are to protect and enhance the integrity of remnant vegetation, protect and expand the intrinsic value of wildlife corridors, establish along the creek to protect water quality and to identify pest plant and animal species and develop control programs.

Tens of thousands of trees and shrubs have been planted in extensive revegetation projects on both public and private land. A significant portion of these plant species have been purchased thru Tree Project which is a non for profit organization.

Much of our support funding is from Melbourne Water stream frontage projects that assist both private landholders

and the group's projects on public land along the Deep Creek and its tributaries. We gratefully form Port Phillip and Western Port CMA, Western Water, Melbourne water, Macedon Ranges Shire Council and Bendigo Community Bank.

Recent Projects include:

Annual Lancefield Show.

25 years of Landcare Anniversary Garden at Lancefield Park.

Western Water /Salesian College and DCLG memorandum of understanding to revegetate 230ha at the Romsey waste water treatment

Continued support of Junior Landcare.

**Community Education Workshops.**

Threatened species of *Dianella amoena* project.

**Next meeting** Monday 8<sup>th</sup> August 2016

**Next Working Bee** Sunday 18<sup>th</sup> September 2016

**Lancefield Show** Sunday 16<sup>th</sup> October 2016.

**Myna Bird traps are still available for**

Lancefield : Pat Danko : p.danko1@bigpond.com

Romsey : Cathy Phelps : cathy.phelps@bigpond.com

**Contact Details for Deep Creek Landcare:**

Ken Allender Hon Secretary Deep Creek Landcare 0404 8865 80

kenallender@bigpond.com

## Playgroup Committee 2016:

Leighann – President

Tash – Vice President

Joni & Tamara – Secretary

Mel – Treasurer

Kylie - Purchasing Officer

Joni – Marketing & Advertising

Shanae – Art & Craft

Emma – General Members



**'Many Hands  
Make Light Work'  
AGM: October 2016  
All Welcome!**



## Macedon Ranges Community News

### It's not too late to enrol your child at kinder

Are you considering where to enrol your child at kinder in 2017? Openings remain at several Council kindergartens throughout the shire.

Vacancies currently exist in our three and four-year-old kindergarten programs at Kyneton, Lancefield, Macedon, Riddells Creek, Romsey, Gisborne and Woodend.

Kindergarten supports a child's early development and programs provide children with opportunities to be part of a group and to listen to and respect others. Behaviour and skills learnt at this age assist children with their move into primary school.

For more information about kindergarten programs, vacancies, fees and enrolments, please contact Council's Early Years unit on 5422 0239 or visit [mrsc.vic.gov.au/children](http://mrsc.vic.gov.au/children)

### Congratulations to 2016 Bendigo Bank Macedon Ranges Business Excellence Awards

Macedon Ranges Shire Council and the sponsors of the 2016 Bendigo Bank Macedon Ranges Business Excellence Awards would like to congratulate the 112 local businesses who have entered this year's awards.

The awards have reached the first milestone and it's now up to the judges to decide who should go forward and become a 2016 finalist.

The judging panel is made up of 11 independent business professionals who do not work or live in the Macedon Ranges. The judges will review each submission and make a shortlist of businesses for the site visits, which will be undertaken from 1–5 August.

The finalists will be announced on Tuesday 9 August and we look forward to celebrating with all finalists at the Awards Gala Dinner at Kyneton Town Hall on Wednesday 14 September. To find out more about the 2016 Bendigo Bank Macedon Ranges Business Excellence Awards visit [mrsc.vic.gov.au/business-awards](http://mrsc.vic.gov.au/business-awards) or contact 5422 0333.

### Express yourself with YEP's winter holiday program!

Council's Youth Engage Program (YEP!) has an adventurous program of activities planned for young people aged between 12–18 years these school holidays, so they can unleash their inner chefs and art critics!

The fun kicks off on Tuesday 5 July at 8.15am as the YEP group departs from Kyneton railway station bound for Melbourne—spending the day soaking up the colour, energy and inspiration of the city's internationally renowned street art scene.

Following an exploration of Melbourne's laneways and graffiti hotspots, the group will be off to the IMAX cinemas to catch a movie before heading back to Kyneton, returning on the train just after 5pm.

On Thursday 7 July from 10am, keen cooks can don chef's hats for a creative cooking master class with renowned chef Damian Sandercock of Piper Street Food Company.

The program is designed to highlight the importance of healthy eating using fresh, seasonal and local produce, and includes a lunch feast of nibbles, dips and burgers. Class members will also learn about knife skills, preparing dips, dressing salads, and mincing and mixing meat.

The cost is \$35 per person for each workshop, or \$55 to attend both activities. Bookings are essential.

To book your place, visit [mrsc.vic.gov.au/youth](http://mrsc.vic.gov.au/youth)

For more information, call Council's Youth Engage Program Officer, Sarah Cook on 5422 0296 or email

[scook@mrsc.vic.gov.au](mailto:scook@mrsc.vic.gov.au)

**Spark your curiosity for the creative during winter at  
Kyneton Town Hall**

Don't let grey skies and winter chills stop you from seeing something remarkable in July at Kyneton Town Hall.

From a travelling roadshow of comics through to a choir of hard knocks and a devilish troupe of circus-stars—our winter program of events is set to spark your curiosity for the creative. Bold, cheeky and featuring more Aussie rock anthems than a *Countdown* special, *Aussie, Aussie, Aussie* is a high-energy commentary on Australian culture from acclaimed circus company Circus Trick Tease.

The dynamic trio will take to the stage on Friday 1 July at 7.30pm and serve up a mix of acrobatics, comedy, iconic Australian songs and wow-factor circus tricks.

Warning: This show has some adult themes and is suitable for ages 15 years and over.

If laughs are what you're after, the *2016 Melbourne International Comedy Festival Roadshow* has you covered, as funny-makers Rhys Nicholson, Rob Hunter, USA comic Wil Sylvince, Gillian Cosgriff and MC Dave O'Neill will deliver jokes a-plenty on Saturday 2 July at 7.30pm.

Side-splitting, satirical and very, very, silly, this is one show you won't want to miss!

For those seeking a show with heart, make merry on Friday 8 July at 11.30am as the award-winning Choir of Hard Knocks brings its *Hope and Inspiration* tour to Kyneton under the direction of founding conductor Jonathon Welch AM.

The show will celebrate the inspiring journey the choir has taken over the past decade, performing songs from the ABC-TV hit series *Choir of Hard Knocks* along with new, original material.

On Friday 15 July at 7.30pm, award-winning Australian country music sensation Country Conway will take to the stage as star of the musical *Always...Patsy Cline*.

Playing the role of the late, great country music star, *Always...Patsy Cline* brings to life timeless Patsy Cline gems such as *Crazy, I Fall to Pieces, Sweet Dreams* and *Walking after Midnight*.

Dispelling myths and medical quackery, the exhibition *Trick or Treatment* will shine a spotlight on claims made by scammers in the medical profession during the Victoria era.

From the assertion that an electric hairbrush can cure baldness and headaches to other equally outlandish claims, you can discover some extraordinary tales at Kyneton Museum from Fridays to Sundays from 11am–4pm.

And don't forget to pop your head into Kyneton Town Hall before Friday 22 July to catch *Ganagan: Waterways in Koorie Life and Art*.

The exhibition features artefacts, artworks and stories by Victorian Koorie artists and celebrates Koorie traditional and their

continuing connection to caring for Victorian waterways. The exhibition is open weekdays from 9am-3pm.

**BIKE SAFE** For the first time in our history, the Kyneton Town Hall or not quite the fact, apart from the odd days it is very much **bury tickets**. It's a tough time to be a cyclist and some members of the local cycling community, who don't cycle as a commute, have been retreating to the relative comfort of the shed for a session or two on the indoor trainer.

I've never been a fan and prefer to stay out on our local roads when safe. Conditions that we have experienced recently are a timely reminder to think about your safety.

As primarily a cyclist, I aim to be as visible as possible through contrasting clothing and lights day and night. I also think about the roads I ride on when the conditions are far from ideal.

As a car driver, I too think about how visible I am. Those lights aren't just so you can see your way and with many windy days, could you stop in time if there is a fallen tree on the road around the corner, particularly in the wet?

should all be cautious out on the roads but doubly so in the depths of winter.

Jem Richards

Bike Safe Macedon Ranges



rmibookings@gmail.com  
secretaryrmi@gmail.com

**Romsey Mechanics Institute**

PO Box 130  
Romsey 3434  
Victoria

[www.romseymechanicsinstitute.com](http://www.romseymechanicsinstitute.com)  
inquiries can be made at; [rmibookings@gmail.com](mailto:rmibookings@gmail.com)

Mob: 0458 702 106  
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The wet June and the heavy rains and winds of early July really tested out the roofing and storm water works carried out earlier in the year and the good news is that everything held up very well. Now that the building is weatherproof it will begin to dry out and we can see exactly what has to be done with any damage caused by rising or falling damp.

At the end of June the CoM met to review applications and appoint a consultant to work with us to draw up our Development Plan. The winning consultant, Michelle Read, brings with her a wealth of experience in working with small communities and she has done a deal of work in Romsey and surrounding districts. The CoM will meet with Michelle on a regular basis as she reviews the physical condition of the building, discusses community needs, both current and into the future, with various user groups and other members of the community and what modifications will need to be made to provide for the community into the future. This will require a great deal of time and effort from both Michelle and the volunteer CoM. We hope to have the finished document by December.

Our application to the Bendigo Bank for funds to support a two-stage upgrade to the hall's heaters is well underway and will be submitted on time. We would like to thank all the local tradespeople who have assisted us by visiting the hall, discussing the project and providing quotes for the works. In particular we would like to thank Shannon Wright from Flatstick Roofing for all his work to support us with this project


We recently met with representatives from the RRBATA "Romsey Streetscape Project" to discuss the possibility of night-time lighting of the facade of the RMI and the fountain at the front of the hall. The concept will also be taken into account as part of our Development Plan. This communication is another good example of the various community groups within Romsey working together to achieve mutually agreed goals.

The successful poisoning of blackberry bushes along the southern side of the hall was vital to the recent weatherproofing works. The removal of these weeds and other plants has allowed more air to flow through greatly assisting the drying out of that side of the building. Over the next few months we will concentrate on cutting down large areas of ivy and the removal and cleaning up of the old wood shed. This will also improve the air-flow while also allowing greater access to that side of the building.

If you are planning something, a birthday, an anniversary, an engagement or any other function please consider the RMI our web site gives a good idea as to what we have to offer.


Bookings and inquiries can be made at; [rmibookings@gmail.com](mailto:rmibookings@gmail.com). We are very happy to discuss your function, show you through the hall or supper room and explain the hire process.

Anthony Lakey - Chair - RMI - CoM



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**GRAAP News**  
*Much has been happening recently as GRAAP continues to "ACKNOWLEDGE THE PAST AND CELEBRATE THE FUTURE" at the old Primary School site!*

**Appointment of Landscape Architect**  
The appointment of a landscape architect to undertake the Master Plan process for the Greater Romsey All Abilities Park space at the old Romsey Primary School site is currently underway. Two GRAAP committee members have been invited to be part of the process with Council representatives. Designing the Master Plan will entail extensive community consultation and engagement between the successful architect, Council and GRAAP. The Federal Government funding attained by Council to facilitate Stage 1 of the park development means that these works will commence relatively soon after the community consultation processes and construction of plans have been completed.

**Arborist Works**  
Following an extensive arborist's report, work to implement the recommendations for trees at the park site has been undertaken. Most of the works required has been relatively minor with dead trees and noxious shrubs being removed.

**Signage**  
Community members will soon notice signage on site announcing the future park. This signage has been proudly sponsored by the Romsey Community Bank branch of the Bendigo Bank.

**GRAAP Goes TO ALDI**  
The GRAAP committee was fortunate to secure the Sausage Sizzle spot at the Annual ALDI Ski Sale Saturday in Sunbury recently. Later in the year, on October 9<sup>th</sup>, GRAAP will be doing yet another Bunnings sizzle which is always a big day.

**Further Information:**  
**Raelene Mottram** (President)  
Phone: 0428 928908  
Email [graapinc@gmail.com](mailto:graapinc@gmail.com)  
P.O. Box 53, Romsey, 3434.





**ROMSEY BOWLING CLUB NEWS**


With the bowling season fast approaching, the club is looking to increase its membership. Gone are the days when lawn bowls can be considered a sport for the elderly only. The club currently has members in age ranging from the mid twenties up into the mid eighties and next season we are expecting a young lass of primary school age to take up the game and join the club. She is already practising hard.

During August, social bowls will commence on Sunday 14<sup>th</sup> and run for three weeks from 10.30 a.m. until 12 noon. If you would like to 'have a go' then this would be the ideal opportunity. Bowls and tuition will be available. We have practice matches arranged for September and the pennant season will commence in October.

Romsey Bowling Club competes in the Central Highlands Bowls Division and travels to such clubs as Bacchus Marsh, Kyneton, Gisborne, Lancefield etc. We have entered Saturday pennant teams in Division 1 (16 players) and Division 3 (12 players) plus a Tuesday Midweek pennant side in Division 2 (8 players). You will find the club to be a friendly place with a positive attitude. Recently we have purchased new furnishings and updated our barbecue area, which we look forward to making great use of during the warmer months.

Throughout Romsey and the surrounding area a pamphlet drop will soon be taking place, further advertising our club and the sport. When you receive this pamphlet then please give serious thought to 'having a go' at a wonderful, social sport.

Cheers 'Jack High'.



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**St. Mary's Parish - Lancefield & Romsey**  
27-29 Chauncey St, Lancefield & 85 Main Rd, Romsey

Parish Priest: Fr. Marc Barry  
Parish Secretary: Mrs. Tammie Dalgleish  
School Principal: Mr. Anthony Falls  
School web site: www.smlancefield.catholic.edu.au

Presbytery: 5429 2130  
Presbytery: 5429 2130  
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

#### ROSARY

Saturdays 9:45am Romsey

#### RECONCILIATION

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

#### BAPTISMS

2016 – August & December  
For more information, please phone 5429 2130.

#### REGULAR EVENTS

**Christian Meditation Group:** Each Monday evening  
6:00 p.m. Romsey Church – all welcome  
Enquiries: Barry 5429 3311

**St. Mary's Drop-In:** First Thursday of each month,  
10:00 a.m. Healing 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.

**St. Mary's Parish Youth Group** - "Children for Jesus"  
Saturday mornings 10:30a.m.-12:00p.m. (1<sup>st</sup> & 3<sup>rd</sup> Saturdays of the month)  
August 6<sup>th</sup> & 20<sup>th</sup>  
Romsey Church Hall  
Activities, Prayers, Bible Stories & Singing  
Enquiries: Eileen French – 0412 787 213

#### SACRAMENTS

Parents with children not attending St. Mary's School who are scheduled to receive Sacraments in 2016 are requested to contact the secretary by phone: 5429 2130 or by email at lancefield@cam.org.a to register your child.

Confirmation – Yr 6.  Keep up to date with parish activities - St. Mary's Parish Lancefield-Romsey

#### Marc's Message

In the midst of our glorious winter, I am often reminded that our spiritual forebears in the Northern Hemisphere celebrated the birth of Jesus in the middle of winter. It is true that none of us have any idea what time of year Jesus was born and it is true that the early Christians adopted/borrowed/stole the celebration of the birth of the Sun God and made it the ideal time to celebrate the birth of Jesus.

Many of the Christmas carols have us singing of winter imagery on what can be a humid summer night. That leads to a disconnect; we end up singing 'about' something not singing 'in' it. It leaves us antipodarians at a disadvantage. So, do we change Christmas to July 25<sup>th</sup>, or do we compose carols that fit us? I am not sure, perhaps we need to just keep singing 'on a cold winter's night' on a hot summer's night until something out of the blue seeps through and we bring our own flavour to the feast.

After all, as I said, we have no idea when Jesus was really born. And, the truth is he 'is' born every time I accept the challenge to grow.  
Marc



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

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

Probus is for people 55 years or over.  
The Romsey/Lancefield Probus has 34 active members aged between 58 - 90 years.  
We have all made good friendships and enjoy fellowship with each other whenever we are together.

**Monthly meetings**  
10am on the 4<sup>th</sup> Thursday of the month  
St. Mary's Church Hall, Main Street, Romsey.  
July Meeting : 28th July, 2016

**Guest Speaker:** ITS Education - A work shop on First Aid in the home.

The outing on 20th July will be 'Christmas in July' at the Lancefield Guest House.  
Now you are retired or close to retiring from work come and join the friendly folk in the Romsey & Lancefield Probus Club and learn more about what Probus can offer to assist you in staying active. Or phone the numbers above.

**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.**

Check out our website for information about the Romsey & Lancefield Probus Club [rlprobus.org.au](http://rlprobus.org.au)

**For Active Retirees.**  
**Probus South Pacific**

In 1976 Probus was launched in Australia and clubs began to form all over the country.  
What else happened in 1976: *Malcolm Fraser is Prime Minister; NASA unveils its first space shuttle, the Enterprise; Random breath testing is introduced in Victoria; Apple Computer Company is formed; Cigarette and tobacco advertising is banned on radio and TV in Australia.*

The secret to maintaining a fulfilling lifestyle following retirement is to stay involved, become an adventurer, and enjoy new experiences with friends.

When you finish work and lose the responsibility of having a job, it is important to develop interests and friendships. You also need to accept the psychological impact that this may have on you, when you realise that your work skills are no longer required. Probus provides fellowship with others in a similar situation, which is vital to the ongoing mental wellbeing of retirees and your work skills could be used to help in another way.

**Reasons to join Probus:** Enjoy the fellowship of like-minded people - Probus club members meet active retirees in their local areas, across Australia and around the world.

You can check out the Probus South Pacific website to find out more about how Probus was formed 40 years ago and what it has achieved. [www.probusouthpacific.org](http://www.probusouthpacific.org)  
Phone: 1300 630 488



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**SOCIAL BOWLS**  
**SUNDAYS 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> AUGUST**  
**10.30 a.m. – 12.00 noon**

**CONTACTS:**

**ANDREW LAING (CHAIRMAN)**

**0417 358 094**

**MAREE MARSHALL (CEO)**

**0448 201 677**



## BIGGER THAN TEXAS

**Newham Garden Club Plant SALE (Nr. Hanging Rock) Saturday November 5.**

The Newham Garden Club is once again holding its renowned plant sale to raise funds for Newham & District community projects. This unique biennial event attracts plant lovers from far & wide. This year we have expanded the plant range on offer as well as added some beautiful garden related goods; handmade cards, unique gifts & locally made preserves.

Plants are locally propagated and all products are made by a hardworking group of volunteers. There will be a "Newham Pig Grotto" set up in Wesley Park next to the Newham Hall for our younger gardeners as well as a plaster pig painting workshop on the day.

So if you are after a special Christmas gift or just some bargain priced natives, flowering plants, vegetables and herbs, come along and join the fun.

Tea /coffee/cool drinks, scrumptious scones, slices & savouries will also be available at the Garden Café.  
Saturday 5th November 2016 at Newham Mechanics Institute Hall, Rochford Road, Newham. (Near Hanging Rock)  
9.00-3.00pm.

**For further details contact Fran Spain, Newham Garden Club Member on 54270661.**





## Pastor's Parables

Encourage Church - Romsey  
Office: 7 Mitchell Court Romsey  
Ph (03) 5429 6327  
Email: [encouragechurch@iprimus.com.au](mailto:encouragechurch@iprimus.com.au)  
Web: [www.encouragechurch.com.au](http://www.encouragechurch.com.au)

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KIDZONE OSHC ROMSEY

# BUSH

# DANCE FUNDRAISER

- ◆ Dance Caller (all dances will be taught — no dancing experience necessary)
- ◆ Food & drinks available to purchase
- ◆ Silent Auction
- ◆ Proceeds from the night will help support new KIDZONE OSHS amenities
- ◆ This is a no alcohol event

Pre Purchase Family Tickets = \$25; Single Tickets = \$15 each

Available at these outlets



Ray White.

Romsey



5429 6327

If you would like to learn more about the Christian faith, please don't hesitate to call our Church Office on (03) 54296327 or perhaps come and join us for one of our relevant, modern, contemporary Sunday Services.

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  
Senior Pastor Marilyn Hunter - "ENCOURAGE CHURCH"



Encourage Church  
Office: 7 Mitchell Court Romsey  
Ph (03) 5429 6327  
Email: [encouragechurch@iprimus.com.au](mailto:encouragechurch@iprimus.com.au)  
Website: [www.encouragechurch.com.au](http://www.encouragechurch.com.au)

## Romsey Golf Club – Men's Report <http://romseygolfclub.net>

### Saturday July 16th - 4Ball Multiplier Stableford

The rain, hail and snow of recent weeks was nowhere to be seen as the field teed off on a warmish, sunny afternoon in the club's 4Ball Multiplier Stableford event. While both dams were full to overflowing and there was some casual water on a few fairways the greens were generally in good nick, holding well and putting very true. The surrounds and fairways were again quite soft so unless a green was hit on the full players were left with tricky chips and pitches, this was especially noticeable of the three par 3s. In the team competition it was reasonably close however the individual event was a triple count-back. On a surprisingly good day the results were;  
**4Ball Multiplier Winners;** Andrew Clement (11)/Ron Rea (17) - 62 pts from Anthony Freeman (23)/John Freestone (21) - 60 pts  
**Individual Stableford;** Andrew Clement (11) - 35 pts C/B from Anthony Freeman (23) and Chris vanDerVliet (26)  
**NTPs;** 15th - Anthony Freeman.

### Wednesday July 13th - 4th Rd Silver Spoon - Stroke & Putts

Well, another exciting day at Royal Romsey. Last week torrential rain and a sodden course caused play to be halted this week snow on all greens and across many of the fairways caused play to be cancelled. Treasurer Kath Jekabsons did a brief reconnaissance and sent in a few pics showing the state of the course.

### Saturday July 9th - Par

After a wet June and with almost 100mm of rain during the week it was a very game field who teed off in the club's Par competition, a few even joked about playing the round in rubber boots. The course had casual water on almost every fairway, the greens were too wet to be mown and groups had to watch each shot carefully as balls plugged and proved difficult to find. This brought an RGC local rule allowing a free drop, provided the group agrees the general location of the lost, plugged ball. Despite the overall dampness the day was a balmy 14C and the sun did shine through. Under these conditions players might enjoy the walk around the park and seeing the water birds benefitting from the full dams but a score of close to square was going to be all that could be expected. The day's results were;  
**Winner;** Hugh Drummond (22) - +2 from Mick Nicholls Jnr (23) - Square  
**NTPs;** 1st - Michael McCarten & 15th - Andrew Laing

### Wednesday July 6th - Irish Sixes

Well, how many ways can you say it is wet?. With over 25mm falling on Mon/Tues and then horizontal rain all Wed morning the women decided to stay dry and enjoy a cuppa and a biscuit in the rooms. On another very wet morning the results were;  
**Winners;** all those who made the effort to get to the course but then let common sense prevail.

### Saturday July 2nd - Stroke

The field teed off on a cold afternoon on a wet course however the sun was out and the sky was clear; players looked forward to an enjoyable round. The wet conditions saw "Relief to a handspan through the green" applied allowing players to clean mud off their ball and move out of plugged lies. The soft fairways saw many drives well short and there was little point trying to chip and run on to a green, only attacking pitch shots got a good return. The day saw a few in the field "tearing-up" some holes only to fall backwards on others. As the round drew to a close it was tight at the top of the leaderboard however only one player was really able to really take the course by the "scruff of the neck" and record an excellent score. On an up and down, yet enjoyable, day the results were;  
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### Wednesday June 29th - Monthly Medal, Stroke & Putts

The sun was out and there was barely a breath of wind as the June Medal field teed off. Some greens and the course in general was very soft; there was no run and distance through the air was vital. The greens, while soft, were still quite fast resulting in a number of players consistently hitting past the hole. Whilst the winter's sun made for a pleasant walk around the Park the golf was always going to be challenging. Highlights of the day included two "gobblers" (where a ball is chipped in from off the green) to Jenny Hartley (3rd & 6th) and one to Wendy Gosden (16th). On another tough day the results were;  
**Winner & June Medalist;** Wendy Gosden - 119/37/82 C/B from Leila Beasley - 112/30/82 and Jenny Hartley - 124/42/82  
**Least Putts;** Jenny Hartley - 28

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The June Medal field and the final of the W. E. Tom 4BBB (first played in 1965) teed off on a very chilly afternoon. The skies were clear but there was a swirling wind from the north so players knew they were in for a tough round. After a few holes the sun came out and the humidity rose resulting in many layers coming off. The medal field found the heavy course and the wind a real challenge while the final of the W. E. Tom seemed to just take each hole as it came. Scott Williams (15) - Scott's partner Neil Jarman (9) had been called away to an electrical emergency, was playing Les Gaunt (0) & Mal Mottram (8). Whilst luck favoured Scott here and there he played a wonderful solo hand. The medal field went from the heights of joy to the depths of despair as the wind moved balls in the air or approach shots just missed their target plugging in the soft fairways or surrounds. On another tough day at the office the results were;  
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**2016 W. E. Tom 4BBB Winners - Neil Jarman & Scott Williams**

### Wednesday June 22nd - Par, Inc 3rd Rd Silver Spoon

Rain again over the weekend and on Tuesday followed heavy dews so a very wet course became even more challenging. So, despite the cool, clear weather the round was always going to be tough. Mud on the ball after every shot, water on sections of four fairways and on two greens made players really think about club selection and those who made wise decisions usually reaped the benefits. However, despite many good decisions, the conditions dragged everyone down. On a very tough day the results were;  
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A wet June followed by heavy rains in early July has seen both dams full to overflowing and augers for an excellent spring. For the first time in many years the soil is absorbing large amounts of moisture so any follow-up spring rains will top this up making the whole park more able to survive a long hot winter.

The Golf Club appreciates the efforts by the many people who walk their dogs around the park and golf course. We would like to thank those who have made an extra effort to keep their dogs off the greens and out of the bunkers. This certainly helps us to keep improving the course and to provide a beautiful park for the general community.

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**Saturday  
10th September**

## Join in this Huge Whole Town Event!

**Still only \$5 to register your home Garage Sale  
We also have Car Boot Sale sites available in the  
St Marys Church carpark for \$20 each.**

**Call at Romsey Neighbourhood House to register  
your Garage Sale or to book your Car Boot Sale site.  
Start getting ready for this big day. \$3 maps for sale  
on the day from 8am at The Hub**

**Now Double the Fun on this big day!**





# Romsey Uniting Church

Macedon Ranges Uniting Church Partnership  
25 Pohlman Street, Romsey. 3434 (P.O Box 264)



Chairperson: Mr. Noel Shaw 5429 5509

Secretary: Mrs. Jenifer Clampit 54295480

## Activities happening at Romsey Uniting Church

Annette Buckley will move into the Romsey Manse on Wednesday 3rd August.

The Manse has been repainted completely inside, new carpet laid and new drapes hung. All gas connections checked and all electric wiring and power points checked. New security doors installed. Everything will be ready for when Annette moves in. The outside of the manse will be repainted when the weather improves. Until Annette arrives Meg Evans from Mt.Macedon Uniting Church is covering our pastoral needs..

The Macedon Ranges Uniting Church Partnership now has an official office at the Riddells Creek Church, 3 Sutherlands Road, Riddells Creek.

Email: macedon.ranges.partnership@hotmail.com

Website:-

[www.macedonrangesunitingchurch.org.au](http://www.macedonrangesunitingchurch.org.au)

The office is open each morning except Tuesday.

The 12 churches involved in the partnership are: Barfold; Gisborne; Kyneton; Lancefield; Metcalf; Mia Mia; Mt.Macedon; Riddells Creek; Romsey; Sutton Grange; Tylden; Woodend.

### Call No One Stranger

You first saw them by the roadside standing at the cross-roads, waiting... listening.... Watching...

They walked in silence, small bundles on their backs clutching other bits in their hands.

Fear on the faces of those women, men and children.

Frightened by the past, fearful of the future.

Will no one understand their pain?

Will anyone open a door to receive them?

Look again and you will see – familiar people....mothers and fathers, sisters and brothers, grandparents.

Listen and you will hear familiar sounds... talking, crying, laughing.

That which is joy to every human heart is not alien to theirs.

The peace you long for is that same peace they strive for.

We stand together as one... drawing warmth from the same sun and life from the same earth.

And though we travel on different roads, we are part of one God, one Earth, one Universe.

There are no strangers.

Tears shed in compassion.... Songs of love and dreams of peace make us all one.

Recognize your family in the stranger. Open your door, invite them in to sit at your table and share your bread.

Call no one stranger whose roots are kin to your own... whose lives all spring from the One Great Fountain of Life!

Don't dwell on the negatives of injustice and hate.

But keep our minds on the positives of God's love and compassion for all.

### Church Services and activities during August, 2016

3rd	7.30pm	Church Council Meeting
7th	9am	Worship Team Service
10th	12noon	The members of the UCAF will be attending the Lancefield Red Cross Lunch.
14th	9am	Worship & Holy Communion Service conducted by Rev. Deacon Wendy Elson.
21st	9am	Worship Service
28th	9am	Worship Service conducted by Annette Buckley



## Session Times

- Monday:** 9.30-11.30am: Family Day Care
- Tuesday:** 9.30-11.30am – Open Session
- Wednesday:** 9.30am-11.30am – Open Session
- Thursday:** 9.30am-11.30am – Open Session
- Friday:** 10.00am – 12.00pm: PlayConnect

**Family Day Care:** Operated Privately

**Open Session:** Open to Community. Aimed at children between birth to 5yo(Pre 4Yo kinder).

**PlayConnect:** Facilitated Autism group operated by Cobaw. Contact Shantelle 0411 444 447



## Help us make the shire a better place for older people

If you are aged 55 years or over, and have an idea for an activity, project or event in your town that would benefit and support older people we want to hear from you!

**Get in touch:**

- fill in a reply paid postcard, available from a Council office
- visit [mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay)
- email [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)
- call us on 5422 0262.

[mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay)



### What's on at the Romsey Recreation Centre

Visit the Romsey Recreation Centre and discover a range of programs and services on offer for all ages and abilities, as well as facilities for hire.

**Staying strong.** Keep up your health and fitness regimes with this group circuit class for the mature adult. Designed to build muscle and cardiovascular strength, bookings are not required. Monday, Wednesday and Fridays at 10.30am and Tuesday and Thursdays at 9.30am.

**Looking to play Squash?** Macedon Ranges Squash Club provides a senior mixed competition on Tuesdays from 7pm. Call Bruce on 0402 595 368 or email [sohmorgan@yahoo.com.au](mailto:sohmorgan@yahoo.com.au) Two squash courts are available for casual or regular hire, with racquets and also balls available. Bookings are essential.

**In2 Strength & Fitness.** Put the fun back into fitness with these 50 minute group exercise classes are offered four nights a week and Saturday mornings from the upstairs studio at Romsey Recreation Centre. Suitable for all fitness levels. With a combination of bodyweight exercises, rowers, bikes and smaller equipment like resistance bands and barbells, join with other likeminded people to share your fitness journey. To find out more call Debbie Beltrame on 0412 051 002.

**Netball competition.** The next season for our women's winter competition begins in mid-August. If you'd like to register a team, call Chris on 0407 855 082 or email [romseydistrictnetball@hotmail.com](mailto:romseydistrictnetball@hotmail.com)

**Junior basketball and soccer skills—Shooting Hoops and Goal Kick.** It's not too late to enrol your child in our soccer and basketball development program for boys and girls aged 5 to 10 years. These school term programs cater for beginners through to experienced players, with Shooting Hoops held on Tuesdays, 4pm-4.45pm and Goal Kick held on Fridays, 4pm-4.45pm.

**Ti-Ga Karate Self Defence.** Why travel out of town for karate classes? Romsey Recreation Centre offers self-defence classes for children and adults designed to develop confidence, focus, respect, fitness, strength and discipline. Classes are held Tuesdays at 6.30pm, Wednesdays at 6.15pm and Saturdays from 9.30am. For more information, call Sensei Ivan Kucera on 0433 174 852 or email [tigakarate@yahoo.com.au](mailto:tigakarate@yahoo.com.au)

**Romsey Occasional Care.** Romsey Occasional Care provides quality care for your children in a safe, fun and relaxed environment. Sessions operate during school term with programs running on Wednesdays and Fridays from 9am–2pm. To find out more call Rebecca Wilson 0409 407 696 or email [romseyoccasionalcare@hotmail.com](mailto:romseyoccasionalcare@hotmail.com)

**For hire.** Romsey Recreation Centre facilities are available for hire to sports groups, community events, meetings and children's birthday parties. For more information on any of our programs or facilities, visit [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure), email [rrc@mrsc.vic.gov.au](mailto:rrc@mrsc.vic.gov.au) or call 5429 5637.



## It's switching your banking to us. But it's bigger than that.

### It's \$1 million poured back into the Lancefield and Romsey communities.

Being bigger is not just about size, it's also about your actions.

We're not a big bank by standard measures, but we're probably bigger than you think. We're part of Bendigo Bank – so we can help you with everything you expect from a big bank.

But in the things that matter, we're even bigger than that.

Community Banking is about the good that money can bring.

We know full well the difference a bank can make.

We know that successful customers make for a successful community. And that's why we set out to make both.

Our bank is owned by our community. We earn revenue from our banking business. And we get to decide how it gets spent for the benefit of all.

**So just by banking with us, you automatically become part of something bigger.**

**Bigger than a bank.**

**Drop into your nearest branch at 20A High Street, Lancefield - 5429 1977 or 105 Main Street, Romsey - 5429 5526.**

 **Bendigo Bank**  
Bigger than a bank.

[bendigobank.com.au](http://bendigobank.com.au)

Lancefield and Romsey **Community Bank**<sup>®</sup> branches



## Seeking wise and wonderful ideas to make the shire a better place for older people

What sorts of activities, projects and events do you think would benefit and support older people in your town?

If you are aged 55 years or over, Macedon Ranges Shire Council wants to hear your ideas about what would make a difference for older people living in the shire.

Whether you're a resident, community group or not-for-profit organisation, if you have a great idea to help develop an age-friendly community, get in touch:

fill in a reply paid postcard, available from Council offices in Gisborne, Romsey, Woodend or Kyneton

visit [mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay)

email [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

call us on 5422 0262.

Feedback is due by 5pm Sunday 21 August, 2016.

For more information, call Rebecca Millard on 5422 0262 or email [rmillard@mrsc.vic.gov.au](mailto:rmillard@mrsc.vic.gov.au)

## Are you running or thinking of running an event or festival in the Macedon Ranges?

Whether it's a school fete, fun run, wine festival, music event or cycling competition, if you're an event organiser in the Macedon Ranges you're invited to attend Council's free Event Planning workshop on Monday 15 August in Gisborne.

The workshop is designed to support event organisers and equip them with the tools necessary to successfully plan and run events and festivals in the shire.

Held from 5pm–7pm at Council's Administration Centre at 40 Robertson Street in Gisborne, the evening offers information on everything you need to know about making your event successful, sustainable and compliant within the Macedon Ranges.

Workshop participants will be able to talk directly with Council officers on a range of topics relevant to event organisation including promotion, permits, liquor licences, risk and traffic management and more.

Come along and make new connections with local event organisers, Council representatives and event related businesses, while enjoying local wines and produce.

To book, visit [mrsc.vic.gov.au/business-events](http://mrsc.vic.gov.au/business-events)

For further information call Bridgette O'Brien on 5421 9521 or email [bobrien@mrsc.vic.gov.au](mailto:bobrien@mrsc.vic.gov.au)

*Romsey Medical*



*Lancefield Medical*

**Telephone (03) 5429 5254**

**ROMSEY MEDICAL**  
99 MAIN STREET  
ROMSEY VIC 3434

**LANCEFIELD MEDICAL**  
20 CHAUNCEY STREET  
LANCEFIELD VIC 3435

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

We are committed to providing the highest quality medical care to our community by delivering ethical, consistent, timely and comprehensive medical care including family medicine, emergency care and preventative health.

# ROMSEY COMMUNITY MURAL PROJECT 2016



We have finally been successful in applying for grants to go ahead with this initiative for our Romsey community.

The theme of this mural is "Our Sustainable Future". This mural will be proudly displayed on our RNH boundary fence.

This community mural is hoping to involve all ages of the community from preschool, primary, youth, middle age and golden years. If individuals or your group would like to be involved in this exciting initiative please contact the house.

You will be involved in a series of workshops covering 'Environmental Sustainability', planning & production.

Workshops Commencing Term 3.

Register your interest to be involved at the Romsey Neighbourhood House.



 03 5429 6724



Relay For Life is coming to Lancefield again in 2017, and Cancer Council Victoria is seeking local volunteers to share skills and help Hope Live in the community touched by cancer. Every year, around 70 Relays are held across Victoria, raising over \$6.1 million for Cancer Council Victoria's cancer research, prevention and support programs, and this year volunteers are needed to help bring the Lancefield / Macedon Ranges Relay to life.



Relay For Life is an inspirational, empowering and emotional community led experience, where locals form teams and walk overnight to support those with cancer, while fundraising for Cancer Council Victoria. Touching ceremonies include an Opening Lap dedicated to cancer Survivors and their Carers, an evening Candlelight Ceremony to honour those lost to cancer and personal pledges to cut the risk of cancer. Relayers often arrive as complete strangers – and leave as friends united by their cancer experience.



Each year, Relay For Life is held in 20 countries world-wide and 200 communities around Australia and every Relay is organised by a local volunteer committee. Planning has commenced for the next Lancefield / Macedon Ranges Relay For Life and you are invited to join the volunteer committee. The amazing work behind each Relay For Life is performed by locals from a variety of experiences and backgrounds. Relay For Life represents the whole community, and as such all community members can make a valuable contribution to the committee. All support is welcomed and encouraged.

Whether you have an established area of expertise, or if you are keen to learn a new skill, there are many ways to help plan Relay For Life. Volunteer opportunities include coordinating Ceremonies, Logistics, Catering and Marketing, and supporting many other parts of the Relay. By getting involved with Relay For Life, you can create a community experience to support locals touched by cancer – and help Hope Live in the Macedon Ranges.

The Lancefield / Macedon Ranges Relay For Life will be held at Lancefield Park on 4-5 March 2017. To join the volunteer committee or to find out other ways in which you can help, please email [Katie.camilleri@cancervic.org.au](mailto:Katie.camilleri@cancervic.org.au) or call 1300 65 65 85.

## O'CALLAGHAN BROS

### FIREWOOD SUPPLIES

### SPLIT REDGUM FIREWOOD

### YARD PICKUP BY WEIGHT

### FREE DELIVERY BY WEIGHT OR METRE SMALL TO LARGE LOADS AVAILABLE

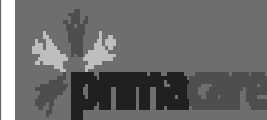
### AVAILABLE 7 DAYS PER WEEK

(03)54281955  
0488957090

## The Independent Living Specialists

### Services available:

- **Personal Care** - Assistance with daily living
- **Respite Care** - Supporting family and carers
- **Transport** - On time and in comfort
- **Nursing Care** - When expert care is needed



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



### ..... CULTIVATING CHEERFULNESS .....

*A cheerful heart is good medicine, but a crushed spirit dries up the bones.* Proverbs 22:17

What a difference it makes to our day when the sun is shining, the sky is blue and the birds are singing than when the day is cold, grey and raining. So, it is in life. Good times and hard and difficult times and times when a mood is upon us and we feel downcast and depressed and nothing seems to be going right. Then is the time to stop and think of all the blessings we have. "Be of good cheer" Jesus spoke on several occasions to His followers as did St. Paul. Having Jesus as our constant companion and through His indwelling Holy Spirit giving us the desire and power to shed sunbeams instead of shadows in our daily path of life. We are not meant to be wet blankets! Remember that old Sunday School hymn we used to sing, "Jesus wants me for a sunbeam to shine for Him each day" it is still true. 'Joy' too is a companion word with 'cheer' and is often associated with suffering. The persecuted Christians in many parts of the world today are discovering this, Peter told the early Christians who too were suffering because they were Christ's - to rejoice, and Nehemiah, the prophet, told the returned exiles, "Do not grieve, the joy of the Lord is your strength." Neh.8:13.

***"Through all the changing scenes of life, In trouble and in joy,  
The praises of my God shall still my heart and tongue employ."***

July 2016 has flashed by during which the AMS (Anglican Men's Society) met, plus others, to hear Laurie Thomson's account of his visit to his brother, Charlie's grave in the War Memorial Centre just out of Port Moresby. It was an emotional time for him and the two other family members accompanying him to stand before Charlie's grave in the beautifully maintained cemetery, the work of the Australian War Graves Commission. The trip was meticulously arranged by a grandson, so Laurie received V.I.P. service throughout. The manager at the cemetery when he learnt why Laurie had come said, "Aussie soldier! Aussie soldiers saved our country". His father had been one of the Fuzzy Wuzzy Angels. We were shocked to learn Meryl Green had suffered a stroke but are thankful to learn she is making a good recovery. We continue to pray for Jean Hassell, Shirley Perkins, Max Dansey and others. A big thank you to all who supported our Pie-etc Drive.

### **AUGUST 2016.**

Sun 7th..Aug: Pie Orders to be collected - 10AM..ST.PAUL'S ROMSEY  
11.30AM..CHRIST CHURCH.. LANCEFIELD

Thur 11th Aug: 7.30pm: AMS (Men's Group) meets Christ Church Hall Lancefield.  
All men welcome. Enq- Tom 5429-6060.

Sun 21st Aug: 5pm: HEALING SERVICE..Christ Church Lancefield..Rev.W. Carroll.

### **SUNDAY WORSHIP TIMES**

Holy Communion..9am..ST.PAUL'S ROMSEY..10.30am..CHRIST CHURCH LANCEFIELD  
Minister..Rev. W. Carroll..5429-1380..MOB 0427-918-607....Corres..Doreen Morgan

## Macedon Ranges Community news

### **Congratulations to all nominees!**

Our community really values our local businesses, and it shows—this year Council has received a record number of nominations for our annual Bendigo Bank Macedon Ranges Business Excellence Awards from around the shire.

Finalists in each category will be announced in August and this year's winners will be revealed at our Awards Gala Dinner on Wednesday 14 September.

These are the businesses in your local community who you've nominated so drop in congratulate them!

#### **Excellence in Accommodation**

Cherokee Mountain Retreat

#### **Excellence in Customer Service**

5 Kings

Essence of Chinese Medicine

Forbes Automotive

Frosts Sawmill

It's Meant to Be

Kidzone Out of School Hours Care

Macedon Ranges Auto Electrics Pty Ltd

Riddell Motors

Riddells Creek Automotive

Riddells Creek Kindergarten

Riddells Creek Pharmacy

Riddells Creek Post & News

Riddells Creek Sand, Soil & Building Supplies

Romsey SUPA IGA

Tania Huppatz Equestrian Travel Counsellor

#### **Excellence in Events & Attractions**

Dromkeen Homestead

El Castillo Equestrian Centre

Macedon Ranges Wine and Food Festival

Riddells Creek Farmers Market

#### **Excellence in Food and Beverage**

Old Mates Café

Park Lane Pitstop Café

Soltan Pepper

Spices & Pestle Thai Restaurant

Verdure Bistro

#### **Excellence in Local Produce**

Future Farms

Romsey Roses

#### **Excellence in New & Emerging Business**

Barclay Vintage

Essence of Chinese Medicine

Old Mates Café

Riddells Creek Automotive

Riddells Creek Mowers & Stockfeed

Verdure Bistro

#### **Excellence in Professional Services**

Back to Business Accountants

It's Meant to Be

Kidzone Out of School Hours Care

Macedon Ranges Auto Electrics Pty Ltd

Riddells Creek Automotive

Riddells Creek Country Practice

Riddells Creek Pharmacy

Riddells Creek Sand, Soil & Building Supplies

Romsey Early Education Centre

Romsey Veterinary Surgery

Romsey/Lancefield Medical Centre

The Heart Wheel

#### **Excellence in Retail**

Riddells Creek Mowers & Stockfeed

Riddells Creek Organic

Romsey Fruit Shed

#### **Excellence in Wellbeing Services**

Essence of Chinese Medicine

My House Of Beauty

Outside the Box Training

#### **Trainee / Apprentice of the Year**

Park Lane Pitstop Café - Moya O'Dea-Grech

#### **Young Business Person of the Year**

Old Mates Café - Gabrielle Derrick

### **Are you running or thinking of running an event or festival in the Macedon Ranges?**

Whether it's a school fete, fun run, wine festival, music event or cycling competition, if you're an event organiser in the Macedon Ranges you're invited to attend Council's free Event Planning workshop on Monday 15 August in Gisborne.

The workshop is designed to support event organisers and equip them with the tools necessary to successfully plan and run events and festivals in the shire.

Held from 5pm–7pm at Council's Administration Centre at 40 Robertson Street in Gisborne, the evening offers information on everything you need to know about making your event successful, sustainable and compliant within the Macedon Ranges.

Workshop participants will be able to talk directly with Council officers on a range of topics relevant to event organisation including promotion, permits, liquor licences, risk and traffic management and more.

Come along and make new connections with local event organisers, Council representatives and event related businesses, while enjoying local wines and produce.

To book, visit [mrsc.vic.gov.au/business-events](http://mrsc.vic.gov.au/business-events)

For further information call Bridgette O'Brien on 5421 9521

or email [bobrien@mrsc.vic.gov.au](mailto:bobrien@mrsc.vic.gov.au) **Seeking wise and wonderful ideas to make the shire a better place for older people**

What sorts of activities, projects and events do you think would benefit and support older people in your town?

If you are aged 55 years or over, Macedon Ranges Shire Council wants to hear your ideas about what would make a difference for older people living in the shire.


Whether you're a resident, community group or not-for-profit organisation, if you have a great idea to help develop an age-friendly community, get in touch:

- fill in a reply paid postcard, available from Council offices in Gisborne, Romsey, Woodend or Kyneton
- visit [mrsc.vic.gov.au/yoursay](http://mrsc.vic.gov.au/yoursay)
- email [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)
- call us on 5422 0262.

Feedback is due by 5pm Sunday 21 August, 2016.

For more information, call Rebecca Millard on 5422 0262 or email [rmillard@mrsc.vic.gov.au](mailto:rmillard@mrsc.vic.gov.au)

This project has been made possible following a successful funding application to the Victorian Government's Age Friendly Communities program.



## Coffee shop Conversations

Our word for this year is **Participation** and we are up to C. This Month's word is **COMMITMENT!!!!**

As you TRUST in yourself and live in your TRUTH you can have more TOLERANCE in your world and allow your self to be free.

And now I have four more words when put together can be empowering, Commitment, Courage, Change and Choice

So what is Commitment? Its a state of quality of being dedicated to a cause or an activity. A willingness to give your time and energy to something that you believe in. A Commitment obligates you to do something.

How does commitment relate to Participate. Where are you now? Where do you want to be? Well guess what nothing will change unless you take action, become involved in what you want, Its your choice!!!!

***"Until commitment is made there are only promises and hopes BUT no plans."* Peter F Drucker.**

When is a good time for you to commit to your self to your own greatness, and have the courage to make the changes you need to achieve what you want in life.

Commitment is about movement about taking action. Add value to your life commit to those things that make you happy, Follow your dreams.

**BE EMPOWERED TO LIVE THE LIFE YOU DESERVE**

Make a **Choice**, to **Change** what you need to, **Commit** to your outcome and have the **Courage** to make it happen.

**If you want to make some changes in your life and don't know where to start call me!!!! on 0409801082 or check out my Face book page or my web site [www.lifecirclesolutions.com](http://www.lifecirclesolutions.com)**

**I WILL BE HOLDING SOME FREE SEMINARS THROUGHOUT THE YEAR PLEASE FEEL WELCOME TO COME ALONG.**

Have a great month Kind regards Gillian and

**Be Empowered to live the life you deserve**

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

Open:

Thursdays 12.30—4.30pm

Fridays 12.30—4.30pm

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.



**ATTENTION:**  
**LIGHT UP THE SKY**  
**RESCHEDULED**

Saturday 15<sup>th</sup> October, 2016  
**CFA Tug Of War Cup**

**GRAND FINALE**  
**FIREWORKS**

Further information:  
Jenny Stillman Ph. 0412 349849





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Singapore

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'Hilarious'  
Best of Toronto

★★★★★  
'Food-snortingly funny'  
Australian Stage

★★★★★  
'Masterful!'  
Skanska, Sweden



Film Society goes bush.

The Macedon Ranges Film Society's July 13 screening featured the 1954 documentary 'Back of Beyond'.

Directed by John Heyer, Back of Beyond chronicles the challenging work of outback 'postie' Tom Kruse delivering mail and supplies along the 517km Birdsville track to some of the world's most isolated people, both European and Indigenous. The film matter-of-factly portrays the hard conditions, loneliness, stoicism and resilience of these outback stalwarts.

The heat and dust of the outback depicted in this absorbing documentary contrasted the wintery conditions patrons endured to attend the screening. Fortunately they were fortified with mulled wine on arrival and a delicious supper with wine afterwards.

Coming up in August is a "double bill" - the regular second Wednesday eve screening will feature Hitchcock's classic 'Rope', then on Sunday afternoon August 21 is the much loved musical 'West Side Story' accompanied by 'high tea' refreshments.

The Macedon Ranges Film Society meets on the second Wednesday each month at Woodend Community Centre. Film notes and an informal supper are part of the evening. MRFS is a membership-based club; initial enquiries by email to [mrfsociety@gmail.com](mailto:mrfsociety@gmail.com) or call Lorraine 5427 0921 or Christine 5429 5452

Appering at:  
Grange Cleveland Winery  
55 Shannons Road  
Lancefield, VIC 3435

**Saturday 10 December 2016**  
Doors open 7:00pm (show ends 9:30pm)  
\$130.00 (+\$6.84 fee) per person  
Ticket price includes 3-course meal, beverages, and 2-hour show  
Show 90s: [www.grangecleveland.com.au](http://www.grangecleveland.com.au)

Tickets & info: (03) 5429 9000

[cleveland@grangecc.com.au](mailto:cleveland@grangecc.com.au)

# ROMSEY



## Neighbourhood House

### Mural project

We are now looking to launch "Romsey's Sustainable Future" mural project workshops commencing in Term 3 and would love for your group to be involved. To finalise numbers of workshops required to run the project we therefore need your urgent response if you would like to be part of this great community initiative. In term 3 the mural commences with a series of 'community environmental education' brainstorming workshops all focusing on the sustainability theme "Romsey's Sustainable Future". These workshops can be conducted at either your premises or at Romsey Neighbourhood House. From there we will run our production workshops where participants can get involved and learn to use a range of art mediums from paints, mosaics and steel cut prints to produce their panels. \*\*\*\*\* We do hope you could find an hour or more to be involved. Feel free to visit us at Romsey House or contact us on 5429 6724, next to the Community Hub and get involved in what is promising to be a fun & exciting community project for all ages. We value your contribution in any shape or form, allowing a sense of ownership with your input to a project in such a prominent location in the village of Romsey. \*\*\*\*\* The mural will comprise of a series of 19 framed galvanised panels & 4 larger steel panels attached to Romsey House boundary wall as well as mosaic work. Each smaller panel is to be completed with painted artworks plus 4 larger steel panels laser cut to designs submitted by representatives of the wider community. Each panel will be allocated to pre-school ages, primary school ages, youth, adults and for retirees or "golden ages" - all to contribute their thoughts of sustainable practices for our sustainable future. If you would like to register your interest in participating please email [romseyhouse@bigpond.com](mailto:romseyhouse@bigpond.com) and we'll gladly include you in all planning correspondence and when & where workshops will be held. We welcome your phone call to Michelle, Co-ordinator at Romsey N/House to hear all about the aspirations and benefits for our community.

Romsey's "Sustainable Future" Mural Project will give colour and vibrancy to the hub, capturing ideas of sustainable practices for Romsey & surrounding communities' sustainable future. We hope to show what can be achieved when our community works together, giving participants opportunities to leave their mark and feel part of it. This project is part of a larger plan to improve the use and ownership of Romsey Neighbourhood House's facilities by all community members, to ultimately provide community gardens, recreation and meeting place for all. It is an exciting opportunity to hop on board and Romsey Neighbourhood House are excited to have you part of this.



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Maureen P. Wiltshire B.A., LL.B.  
Masters of Applied Law (Family Law)



**ROMSEY**  
Neighbourhood House

03 5429 6774  
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TRAINING COURSE

**TERM 3 2016 Courses Recommence 11th July -- 16th September**

### FITNESS

**Metafit: NEW!** (Mondays 2.30pm -3.00pm, Fridays 9.15am-9.45am) (High Intensity Interval Training) improve your fitness levels, maintain lean body muscle and burn fat in a short period of time. Suitable for ALL levels A Workout that keeps on working \$14 casual \$10 per class for Term payment.



**Boxing: NEW!** Register your interest now!  
**Tuesdays 7.00pm-7.45pm** 45 minute group sessions incorporating basic punching techniques with bodyweight exercises. Gloves & pads provided. \$16 casual or \$14 a class for Term payment. Bookings Justine on 0412 999 822. Why not join all classes and maximise benefits faster! Register interest now at the house.

**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!

**Yoga for Kids with Special Needs: NEW! (Mondays 5.45pm-6.15pm)** Yoga can help autistic children get out of the 'fight, flight' freeze' response, and feel more relaxed and less anxious in their bodies. Specific yoga poses can aid digestion and elimination, while deep breathing practices help calm the nervous system. As this is a specialised class numbers are limited. Enquires: Leisa Kirk on 0408 934 656 for questions or bookings.

**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.

**Romsey Walkers: (Wednesdays 9.30am-11.00am)** Don't walk alone! Join this casual friendly group and walk at your pace. FREE!

**Equilibrium Pilates: NEW!** Register your interest now!  
**(Mon 6.30pm-7.30pm, Wed 6.30-7.30pm, Thurs 9.30am-10.30am)** \$15 per class Want to get more out of life? Want to increase flexibility and strength? Want to build long, lean muscle rather than bulk? Bookings Essential: Kirsty 0419 296 555. Register now for Expressions of Interest for Wed Night classes.

**Dance & Movement for Children: (Mondays 4pm-4.30pm- 2-4 yrs, (Cost: Casual \$10) 4.30pm - 5.00pm 4+ years (Cost: \$10 Casual) \$8 per class for Term payment. Join in this fun, creative dance class where kids learn the joy of expressing themselves through dance. Enquiries: Claire 0434 419 560.**

**Zumba GOLD: (Thursday 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. \$7 per class.

**Zumba TONING: NEW!** Register your interest now!  
The challenge of adding resistance using light weight. Zumba toning weights to focus on sculpting & defining specific muscle groups and enhance sense of rhythm & coordination, while toning target zones, including arms, core & lower body. Bookings for both Zumbas: at the House on 5429 6724 Enquiries: Karen on 0432 807 682. Offsite location: Romsey Mechanics Hall.

**Yoga: (Thursdays 7pm-8:30pm)** \$15 class when term is paid before end of week 1. \$18 casual rate. Enquiries: Lisa Moor on 0448 345 338.

*Let us know what you'd like offered in Romsey!*

### CREATIVE

**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: Beryl: 0407 7030443 or 5429 3122 or call Romsey House.

**Art Classes for Children with Mim: (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 Mosaic: NEW! (Wednesdays 10am-12.00 noon)** A class for all levels from beginners to those more experienced. Bring along a project you've been wanting to do or learn the art of mosaicking with the help of an experienced tutor. Cost: \$10. Bookings required. Contact House for materials required.

**Watercolours for Beginners-Intermediates: (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.

**Vintage House Signs NEW!** Create velvety matt finish distressed country signs for your home. Register your interest now!

**Chalk Paint Workshops: NEW!** Learn a variety of finishes & wax applications to transform tired & dated furniture into provincial country pieces. Register your interest now!

**Soap Making: NEW!** Learn the traditional method of homemade soap making with natural ingredients which is gentle for you and your family to use. Register now and state preference for day or evening course. Enquires Emily on 0408 857 659.

### BE INFORMED

**Italian lessons for Beginners-Inters:** Learn Italian with a tutor passionate about all things Italian. Contact Anita on 54270262 or 0447 249 709.

**First Aid Level 1 & 2: NEW! (Sat 3rd September 9am-3.30pm)** Cost: \$95. HLTAID003 -Update your First Aid with this Nationally Accredited Course which includes HLTAID001- Provide CPR. Complete the theory component online and then complete the accelerated 1 day practical component. Or undertake your annual refresher \$70 Bookings essential: 5429 6724.

**Boat Licence: NEW!** Register now to book in for a boat licence course \$95 or combined jet ski \$135. **Next Date: Mon 12th October 2016 6.00pm-9.00pm**

**Justice of the Peace Services now available at the House:** Convenient access to Justice of Peace document witnessing & certification services to Romsey & surrounding communities during the hours of 10.00-11.00am Wed & Thurs. Call Romsey House

**It's Your Neighbourhood House... Be Part of It!**

**FOOD PARCELS: NOW AVAILABLE!** Need a helping hand now & then? Collect food parcels from RNH on weekly basis every Wed from 10am-1pm or ring the house. Discreet & confidential service. Register your interest firstly booking via Kyneton Caring Community 0405 809 565.

 Find us on facebook



**ROMSEY**  
Neighbourhood House

03 5429 6774  
VICTORIA



PROJECT ROOMS & CLASSES

**Romsey Neighbourhood House Inc.**  
Office Open: Mon-Fri: 10am-3pm  
96-100 Main Road Romsey, Vic 3434  
(Old Post Office next to the Hub!)  
Email: romseyhouse@bigpond.com

### WELLNESS

**Embrace Physical Activity for Life Workshops: NEW!** Learn strategies that nurture & improve your pleasure of life. Gain an understanding of how physical activity can enhance your wellbeing without the rules. Provided by Self Care Exercise Physiologist. Register now. Dates to be confirmed.

**Reiki: (Mondays-Friday by appointment)** \$50 1hr session. Experience the healing stress release and relaxation therapy of Reiki with Oksana. Be pampered for only \$50 and feel revitalised! Bookings essential on 5429 6724.

**Life Circles Solutions: NEW!** Three FREE mini seminars. Feeling stressed, not sure which way to go or how to? Come along to one of my seminars: 1. Three steps to positive parenting 2. Three steps to having a relationship of your dreams 3. Three steps to having anything you want. Cost nothing - gain everything. Register now at the house or call Gillian 0409901082. Facebook page lifeirclesolutions.com

**Meditation: NEW! (Fridays 9.30am - 10.30am)** Meditation is a deep contemplation and awareness of the self. The health benefits from practising regular meditation are enormous. Come along and find out more about how meditation can assist your well-being. Learn to relax, de-stress and renew yourself with simple techniques that you can implement at home. \$10 per class. Join us for a cuppa afterwards. Register now!

**Health & Wellbeing Workshops: NEW!** Register your interest in the following workshops:  
**Learn to Destress & Relax** 2 weekly sessions x 2.5hrs Cost: \$20 per session **Understanding Trauma, Loss & Grief** 3hrs \$30. **Supporting Your Children through Loss & Grief** 2.5hrs \$30. All classes include refreshments. For more details enquire & book at the House, limited places available! Dates to be confirmed.

**Remedial Massage Sessions - NOW AVAILABLE!** (Flexible Mon-Fri 9am-3pm) by appt only. 1hr full body massage \$60, \$5 discount to senior citizens. Angela is a qualified remedial massage therapist with 3+ year's industry experience. Treating massage not only provides physical relief, but excellent for mind and soul. We welcome your enquiries or book a time, please contact Angela on 0416 226 466 or book in at the House.

### SOCIAL

**Morning Tea Group:** Come along every (3rd Friday of month) 10.30am for a cuppa, chat and a great morning tea. Meet with others in your community and enjoy great company, conversation, and food. All welcome! \$Gold Coin donation.

**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! Now having visited over 45 gardens. Enquiries: Allan on 5429 5427 or John on 5429 5990 for exciting excursions coming up...this year!

**Social Card Afternoon: (3rd Friday of month) 1.00-2.30pm**  
Come along play a range of your favourite card & board games. Beat the winter blues. Free!

### COOKING

**Cooking for All Seasons Series:**  
**Wonderful Winter Classes!**  
Join us each term in tantalising our tastebuds with this delicious seasonal cooking series. 3 hr workshops using local & in-season produce to create a delicious 3 course Italian meals. Join us for the next series learning to cook easy meals the whole family will love, then enjoy the meal over a glass of wine. **Workshop 3 - Winter Italian Cuisine** (Sunday 1pm - 4pm. 26th June) Cost: \$45 Bookings essential. Next date To Be Confirmed.

### COOKING

**Gluten Free Bread Making & Sweets & Baked Treats: Sat 20th Aug NEW! 9.30-12.30 Bread making \$60 per session.** Intensive, hands-on workshop. Learn how to make healthy, gluten free breads including sourdough, olive & herb rolls, pizza dough. **Sweets & Baked Treats 1.00-4.00pm** Make delicious gluten free French baked custards, European Christmas cookies, shortbread, scones, pancakes, healthy banana bread & honey carrot cake. Enquiries: Emily on 0408 857 659 or register your int. at the House. Wholesome, easily digestible ingredients, free of soy, dairy, corn & gluten with plenty of taste testing! Breads to sample, take-home baked treats, sour dough starter & recipe books. *Gluten Free Bread making 2hr Workshop: \$40 Register Now! Date to be confirmed.*

### INITIATIVES

**Town Garage Sale: Saturday 10th September.** Join in this huge whole town event. \$5 to register your home. Car boot sites avail at St Marys Church carpark \$20 ea. Now Double the Fun on this Big Day!

**Romsey house Book Club: NEW!** Seeking expressions of interest to join a casual book club during the day. Monthly get together to share and discuss reading of the month. Donations going towards local school libraries to encourage the joy of reading amongst our youth. All welcome, light refreshments provided. Contact the House to register. 4th Friday of Month 11.00am-12.30pm

### GROW

A COMMUNITY GARDEN

**Romsey Village Vegie Tube & Karinya Garden Mentor Project**  
**Incredible Edibles Initiative NEW!** We need helpers to get this initiative up and running, particularly those with a green thumb! Help create a community garden at the RNH and beyond at Karinya.

**Days for Girls International - NEW!** Interested in joining this initiative to help get washable feminine hygiene kits to girls across the globe? Range of ways to participate as well as monthly kit making sessions! 1st Monday of Month 11.30am-3.30pm. All Welcome.

**Knitting Knockers Community Knit Up & Twiddle-muffs NEW!** Are you a knitter? Romsey, join us in these community initiatives to support those with breast cancer and dementia. Help us to knit prosthetic breasts and aids for those with dementia. Free kits available at the House as well as knockers available for FREE for those in need of them. *Help spread the word!*

**Bus Trips This Term:** Via Romsey/  
Lancetfield Social Club: 1st Wed of the Month: Bookings 5429 1602 Rae Hooke. \$40 morning tea & lunch. **August 3rd Shopping at Homey Ped Factory & Melb Aquarium. September 7th Tarra Warra Museum of Art, Alwyn Gardens for lunch then the Yarra Valley Chocolateria & Icecreamery.**