

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

http://romseygolfclub.net Pres; 0417 088 891
Sec; 0400 768 040

Saturday August 13th - Stroke

Strong winds and some sun during the week did much to dry the park so, despite a short, sharp downpour on Wednesday night and a splattering on Friday evening the course was in its best condition for many weeks. However, there were soft areas on many fairways and a few puddles here and there so "Relief through the green" was again given. A number of players began the round with a series of pars, even a birdie here and there but the conditions often intervened with the wind pushing balls well off line or a misjudged shot landing and plugging just short of a green. In the end it came down to the final few holes where one player was able to hold his nerve and play steady golf to return a winning score. On a difficult day the results were;

Winner; Chris vanDerVliet - 97/26/71 from Mal Mottram - 86/12/74

NTPs; 16th - Pat Chisholm

Wednesday August 10th - Stableford.

The round proved to be more than usually challenging. There was some sunshine but the air was cold, the fairways ranged between wet and very wet and a steady north-westerly wind blew up. With soft fairways and no run posting a good score was going to be tough; The day's results were;

Winner; Darlene Baker (31) - 31 pts

Nine-hole winner; Noreen Yorke

Saturday August 6th - Stableford

After the heavy rains of Monday and Tuesday the weather cleared up and a little sun shone through for the remainder of the week. As for the past month the course was still very wet, "Relief through the Green" was again given, however, the greens had dried considerably leading to many an overhit putt sailing well passed the cup. And, just to keep players on their guard, an inconsistent north to north-east wind blew up. The cold air, the wind and a total lack of run on the fairways had players reaching for longer irons and fairway woods but for any real value shots had to hit the green on the full or they would plug where they landed. Again a number of players had a run of excellent holes before the conditions intervened and dragged them back to the field. On another "tough day at the office" the results were;

Winner; Anthony Lakey (21) - 35 pts from Scott Williams (18) - 33 pts

NTPs; 15th - Scott Williams & 16th - Pat Chisholm

Wednesday August 3rd - Foursomes

A cool, dry weekend followed by 10 - 20mm of rain on Monday and Tuesday made for very wet fairways, tees and greens. With the conditions in mind a composite, 10 hole, layout was designed and the gallant field headed to the 1st tee. The round began with light drizzle, this soon lifted and the sun came out and the umbrellas were packed away. Given the state of the course par on any hole was an excellent score so par with a gobbler" (chip in without putting) on the 2nd last hole was much celebrated. Everyone enjoyed the exercise but, the hopefully better weather of spring is much anticipated.

Saturday August 30th - Monthly Medal, Stroke & Putts

The day began with overcast skies and a very cool northerly wind. It was quite a surprise to find the greens a little dryer than the last few weeks however there was plenty of casual water so, with balls picking up mud or plugging, "Relief, through the Green" was given. With absolutely no run distance through the air and accuracy were vital. The Monthly Medal usually draws a hopeful and energised field and the July Medal was no exception. However, some hopes were dashed on the first hole with the gusting northerly pushing balls well off line, others had to play a few holes before fate took a hand and scores of 7, 8 or 9 were racked up. As the afternoon wore on the temperature

dropped and the wind grew stronger, it was a tired group who headed to the warmth of the rooms at the end of play. On a very tough day the results were;

Winner & July Medalist; Chris vanDerVliet - 100/26/74 from Shannon Wright - 90/15/75 & Matt Nicholls - 111/36/75

Women's July Medalist; Kath Jekabsons - 128/29/99

NTPs; 15th - Mal Mottram

Least Putts; Shannon Wright - 27

Wednesday July 27th - Par 3

A very original Par 3 layout, 85m to 120m, was created for the day's round. It was very noticeable that while the course was very wet the areas where there was re-cycled water irrigation seemed to be a little dryer. After nine holes the field had had enough and everyone adjourned to the rooms for a warm cuppa before heading down the street for a relaxed lunch at Soltan Pepper.

Results, the shoes were wet but the meal was great!

Saturday July 23rd - Stableford

Well, we thought it was wet last week but after another 50+mm of rain over the final days of the week the dams were full to overflowing and water was gathering in large sheets along the eastern boundary. Members had to dig a trench behind the 7th tee to drain some of the water away into the large storm water pit in the SE corner of Romsey Park. Very wet greens and casual water on almost every fairway; it was going to be a challenge to post a respectable score. The round began with steady drizzle however, the sun soon broke through and conditions for the next ten minutes were quite pleasant then a very cold westerly wind blew up and soon enough the drizzle was back, followed by the sun, the wind and the drizzle again. A very interesting afternoon. Three players seemed to have good rounds going only to find the "wheels fall off" at the beginning of the back nine. Double bogey wipes were followed by pars or excellent birdies. On a most moist afternoon the results were;

Winner; Mal Mottram (12) - 37 pts from Pat Chisholm (10) - 36 pts & Anthony Lakey (21) 35 pts

NTPs; 1st - Ethan Bray & 15th - John Freestone

Wednesday July 20th - Stableford

For the first in weeks players teed on a warmish, sunny morning. There were plenty of ducks swimming on both, brimming dams and some casual water on a few fairways. The fairways and greens were still very soft so getting the ball to the green was going to be difficult, a good score was to prove quite a problem. The greens continue to putt very true however, sadly, the 15th green had been vandalised, players had to repair as best they could. The day's results were;

Winner, 18 holes; Darlene Baker (33) - 27 pts from Wendy Gosden (36) - 26 pts

Winner, 9 holes; Jenny Hartley (40) - 14 pts

With heavy rain over the last weeks of July and early August the Park has had large sheets of water gathering along the eastern boundary. This has caused many problems for everyone who uses Romsey Park and hopefully we will be able to get better drainage so that this water is able to get away

The 2016 Club Championships will be held over the last week of August and the first three weeks of September. The 3rd Macedon Ranges Spring Cup will be held at Romsey on Saturday Sept 24th. This annual challenge between Romsey and Mt Macedon is also open to any others who would like to compete. Please keep an eye on the RGC web site for the flyer and entry detail

The recent rain has made sure there is water in the soil so, as the weather warms there will be an explosion of growth across the whole Park so the club's mowers will be hard at work keeping everything under control. Our annual Working Bee will be held on Fro Sept 30th. Members aim to complete a number of works that will improve both the Park and the golf course.

THE ROMSEY RAG

Issue No. 348

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

September 2016

THE SEPTEMBER EDITION OF THE ROMSEY RAG IS PROUDLY BROUGHT TO YOU BY
CAMBRIDGE WEIGHT PLAN



"I have so much energy
and I look great"

Local Romsey resident,
Steve Parslow

Support is the key

When it comes to weight loss, lack of support and motivation are usually your biggest obstacles. Together with my support and Cambridge Weight Plan, you'll get all the help you need to reach your goal. Why has Cambridge Weight Plan helped millions of people worldwide to lose weight?

Six Steps to success

You have a choice of six tailored programs using Cambridge products with or without conventional food, to meet your exact needs. I will support you and guide you through your weight loss and then get you back to eating healthily with the correct portion sizes, so that you stay slim for life.

Why it works

- Lose weight the healthy way and keep it off long-term
- Utilise the support of a person you can really trust to help keep you motivated
- Enjoy the flexibility of six programs to help you choose the right plan
- You have the choice of a wide range of nutritionally complete products consisting of delicious breakfasts, lunches and dinners to keep you interested.

Local Cambridge Consultant,
Narelle Parslow 0413 332 743

Cambridge
Weight Plan.
Real people, real support, real results.



Gift Voucher

\$10

Book your FREE consultation with Narelle Parslow 0413 332 743

Terms and conditions apply ask your Consultant. Only valid with Narelle Parslow

The closing date for copy for the October 2016 edition of the Rag is September 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 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

Romsey Rag Editorial Committee:
Loren Peavey, Robyn Moore

Layout and Design:
Robyn Moore, Gillian Gorrie

Printing:
Sarah White

Accounts
Bernie Carter / Robyn Moore

Advertising / Sponsorship:
Romsey Primary School 5429 5099

Collation Team Co-ordinator:
Joan Sparkes—5429 5848

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:
Rates are GST inclusive.
Front page sponsorship: \$175
Business card: \$35 per issue
\$265 per year in Business Directory
Quarter page: \$65 per issue
Half page: \$120 per issue
Full page: \$220 per issue
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.
Departs Lancefield General Store 6.35am, & Romsey Hotel 6.40am, arrives CBD 7.50amDeparts Cnr William & Latrobe Sts 5.20pm, arrives back in Romsey 6.20pm & Lancefield 6.30pm
Seats currently available.
Contact Michelle Hocking on 0437 358 544



Congratulations to the winners of our colouring competition!

If you are a winner you will have received a phone call to let you know that you have won a one year family membership to the Toy Library. If you haven't already, please drop in soon so you can start borrowing from our great selection of toys!

We are open Thursdays 11am – 12pm and Saturdays 10am – 11am.

Thank you for all the creative and colourful entries we received. They are up on display in the Toy Library so come by to admire your work! We look forward to seeing you soon ☺



Romsey Region Business and Tourism Association (RRBATA)
UPDATE

RRBATA Annual Business Breakfast

The Annual RRBATA Business Breakfast was held on **Friday 19th August 2016** at The Grange Cleveland Winery Lancefield with over 50 attendees. The guest speaker, Jamie Evans, shared his personal story which covered his demise from being a champion jumps jockey of international standing to being homeless as he battled drug and alcohol addictions. He reflected on the motivations that had assisted him to want to "stay clean" and highlighted his belief that education was vital in deterring young people embarking on a disastrous trail of drug abuse. Jamie declared that his fee for the presentation was being donated to the National Jockey's Trust in return for the support given to him.



Jamie Evans appeared by arrangement with Saxton Speakers Bureau

Romsey Streetscape Project Update

The Romsey Streetscape Project concept plans have been on public display for several weeks, including a "stop and chat" opportunity at IGA on Saturday 30th July.. Feedback will be collated by both RRBATA committee and Macedon Ranges Shire Council. As previously mentioned, MRSC is submitting a funding application to Regional Development Victoria (RDV) to facilitate implementation of major elements of the project. Meanwhile, Streetscape Project working groups continue to meet to refine specific concept elements in anticipation of funding availability. RRBATA continues to pursue other grants to support components of the project.



Romsey Online Upgrade

Romsey Online will soon receive an upgrade to enhance both its functionality and aesthetics. Sharing of listings with Lancefield which are common to both towns will be a feature. This "makeover" has been made possible by the generous support of the Romsey Community Bank branch of the Bendigo Bank.

Light Up The Sky 2016 – RESCHEDULED TO OCTOBER 15th 2016

DON'T FORGET : This event has been reconvened to **Saturday 15th 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 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 Community Bank® Branch
Bendigo Bank

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.

Membership Enquiries: Sharyn Ede (Secretary)

Phone: 0403 429161

Email: sharynede_associates@y7mail.com

Follow RRBATA





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



THE FINAL CENSUS

Censuses are not new. Caesar Augustus ordered that a census be taken throughout the Roman Empire which meant that Joseph and Mary had to leave Nazareth where they were living and return to their home town of Bethlehem to register. (What confusion that would have caused us today!) And thus, Caesar unknowingly was fulfilling the prophecy given some hundreds years earlier, that from Bethlehem the promised Messiah, Jesus Christ, would come. Many today have expressed their fear of their privacy being compromised and being viewed by unknown persons. When the Final Census, or Accounting takes place there are no doubts about that because God knows all about us already. He is the One to Whom "all hearts are open, all thoughts known and from whom no secret is hidden" and one day "we must all stand before the judgment seat of Christ." (2 Corinthians 5:10) This will come as a shock to unbelievers - atheists, agnostics, secularists etc who have yet to prove there is no God. God is not a vengeful, spying Being but a loving, merciful, understanding Father who longs to draw a lost mankind to Himself, that they might know and love Him too. Our sinful fallen human natures are made clean and acceptable to God when we put our faith and trust in Jesus Christ as our Saviour and Lord. On the Day of Judgment Christians will be judged on their stewardship - how they have used the gifts and graces He has given for them to use for His glory and praise and the extension of His Kingdom here on earth.

*"Great Judge, to You our prayers we pour, In deep abasement bending;
O shield us through that last dread hour, Thy wondrous love extending:
May we in this our trial day, With faithful hearts thy word obey,
And thus prepare to meet You." E. Ringwaldt and others*

Thanks to all who supported our Pie Drive, over \$700 was raised thereby and now we are all enjoying Tony's wares on these cold days. A.M.S. met as usual and Rev. Tom Morgan shared how archaeological findings have shed much light on our understanding of many facets of the Bible. We praise God for Meryl Green's continuing recovery from her stroke of last month and is back home again. We continue to remember in prayer our ailing members and those in need.

SEPTEMBER 2016.

Thurs.8th Sept.7.30pm..AMS (Men's Group) "SNOOKER NIGHT" meeting at the home of Mrs M. Davis, 143 Barry Street, Romsey. Enquiries - Tom Morgan: 5429-6060.

Sun.18th Sept..5pm..HEALING SERVICE..Christ Church Lancefield..Rev. W. Carroll.

Wed.21st Sept..7.30pm..PARISH COUNCIL meets at Christ Church Lancefield.

BUSH CHURCH AID "BCA" SPRING LUNCH

Wednesday..7th September..12.30pm..Finish 2pm. At ST.JOHN'S HIGHTON..\$20..rsvp: 1/9

Speaker..REVD. NEVILLE NADEN..PASTOR OF THE LIVING DESERT INDIGENOUS CHURCH...."Indigenous Ministry through Indigenous Eyes."

INTERESTED? Contact Tom Morgan..5429-6060...Room for three in our car.

SUNDAY WORSHIP TIMES

Holy Communion..9am: ST.PAUL'S ROMSEY. 10.30am: CHRIST CHURCH LANCEFIELD.

Minister..Rev. W. Carroll..5429-1380..MOB..0427-913-607.... Corres.Mrs. D. Morgan.



Redgum Firewood

LPG Cylinders
& Welding Gases

Rental Free

Ph 0418-570-249 Manny

Email

sales@woodbloke.com

Website

Credit Cards

Now Accepted!!

Romsey Red Cross

October 20th Thursday -

Tillow Fashion Parade

Starts 10.30am at The Hub, Romsey, please
come along and enjoy a light lunch. Entry \$10.

November 6th Sunday -
Swap Meet in Romsey selling plants

Meetings - 1.30pm on second Tuesday of month
(not January) at 'Old Court House/CFA Headquarters.
New members welcome.

President: Karen Hermann 5429 6658
Vice President: Amy Mullan 0407 849 165
Treasurer: Leeanne Eames 5429 5658
Secretary: Robyn Stephens 5789 1457
Zone Rep: Trish Dunn 5429 6761



Romsey Primary School News

Brought to you by 5/6MM

5/6 Camp

Monday the 8th of August the 5/6 children went to Queenscliff to Camp Wyuna. The activities we participated in included pizza making, beach games, bike riding, photo trail and the Marine Discovery Centre. We also went to the Queenscliff Fort and had a tour of it. We saw all the types of artillery used during WW1 and WW2. The best part was when we went into the museum and students got to dress up in some of the military uniforms. Camp was a lot of fun and we enjoyed all the activities on offer.



Aerobics

Friday the 12th of August the four aerobics teams went to the Boroondara Sports Complex to compete in the state championships which would qualify them for nationals. All the Romsey teams performed well and tried their best. Fortunately they all qualified for nationals, coming in the top 10. All of the girls have been training hard for this competition, their hard work has obviously paid off. *Isabella C*

1/2 Science Works excursion

On the 8th of August our Grade 1/2s went on a trip to Science Works. Science works is a world-renowned science museum in Melbourne, Australia. It is a venue of Museums Victoria which administers the cultural and scientific collections of the State of Victoria. It is located in the suburb of Spotswood. The Grade 1 / 2 said they had a wonderful time at Science Works.

BUNNINGS VISIT

The year 3/4 had a visit from Bunnings Sunbury on Wednesday the 27th of July. Bunnings donated plants for the school's gardens to assist in creating a scenic view for students and parents to enjoy. The planting team worked on a plan, developed by one of our parents and school councillors Mrs Kaye Walker. Various classes also spent time working in the veggie patch and assisting with carting mulch to be used across the school. We hope everyone enjoys the work of our budding horticulturists in the 3/4 a

area of the school. We would like to thank Bunnings and Mrs Kaye Walker for helping our school.



Breakfast Club

The Romsey Primary School Breakfast Club was launched on the 1st of August 2016 between. There was toast with vegemite or jam, fruit, muffins,

Cookies and mini quiches available for students. We would like to thank, Romsey Bakery, Romsey IGA, The Romsey Lions Club, Mr. Monrose, Mrs Stewart and parents for their support. The breakfast club will be serving toast with vegemite, jam and butter every Wednesday and Friday between 8:40 till 8:55 a.m.




The Mini Olympics

The Mini Olympics was held on Wednesday 17th at Romsey Primary School for the kids. They were allowed to dress up as their favourite sports person or in the attire of their favourite sport. Students participated in a host of activities such as three legged race and one bounce. Students also paraded their costumes and sporting accessories at the schools Olympic opening ceremony.



Help shape the Greater Romsey All Abilities Park

Community Campfire, Conversations and Have Your Say



You're invited to have your say to help shape the new Greater Romsey All Abilities Park.

Pop-Up ChatterBox


Saturday 27 August 10am-12pm @ the Romsey IGA
Pop down to the Chatterbox trailer, fill in a survey, join in the "dotmocracy" activity, draw your ideal all abilities, all ages park or chat to a ChatterBox team member.

Community Campfire & Conversations @ the old school site

Sunday 11 September 1pm-4pm at 142 Main Street Romsey
Pop in to the community campfire and join in the conversation about what the new all abilities, all ages park should include. Go on an adventure around the site with wizard Sim Sala Bim, join in the "dotmocracy" activity, fill in a survey, chat to a ChatterBox team member or ACLA landscape architect, draw your ideal all abilities, all ages park, toast a marshmallow, enjoy a sausage or hot chocolate or sing along to some campfire songs.
Everyone is welcome.

Have your say online at:
www.surveymonkey.com/r/GRAAP

Whatever you do make sure you share your ideas before the 19th September.



for more information
mrc.vic.gov.au
Phone: 5422 0333

Now Open

As part of a 200 store network nationwide, Lee's Carpet Court can help you choose the perfect flooring and window solutions for your home & business.

AUSTRALIA'S LARGEST FLOORING RETAILER

carpet • timber • vinyl • bamboo • laminate • blinds • overlocking

82 Sydney St, Kilmore
Ph: 5782 1788
www.carpetcourt.com.au

LEE'S CARPET COURT
FLOORING CENTRE

Romsey & Lancefield Districts Historical Society Inc.



P.O. Box 101
LANCEFIELD 3435

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

FROM THE COTTAGE...

August 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 31ST - AND THE LAST SUNDAY OF EACH MONTH THROUGHOUT 2016.

Beautifully mild, sunny day for the opening on July 31st of the Cottage and around a dozen visitors enjoyed the lovely atmosphere of the Cottage and the grounds. There's always lots of interesting local history and good ideas aired over a cuppa or some hot soup. Feel free to join us!

The lovely 'Silk Tassel Bush' (Garrya elliptica) is one of my favourite plants and it is looking very eye-catching at the moment. The sky-blue winter iris continue to look a delight and we have corns for sale on our open days. Jonquils 'Straw' and 'Soleil d'Or' are blooming, bright yellow and cream and the pink currants flowering. Flocks of wrens are returning and Crimson Rosellas feed in the garden – and we unearthed a frog on our last working day. The garden will be looking at its best at the end of August/early September when the daffodils will be in full bloom - it's a lovely place to sit in with a drink and a friend!

Mini working bees on the 2nd and 4th Thursdays in the month are working well. Just an hour's work - from 10 to 11 - and then a coffee at one of the great cafes Romsey has to offer. 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. Garden work has included clearing some wayward seedlings and trimming back The Shrubbery (!) in preparation for the planting later of a specialist Arum bed. We also moved two roses from their deep shade to a sunny position and planted some more donated Hellebores. Rose pruning comes next!

Checking our donated artefacts against some of the Society's records is continuing and we are working on a digital pro-format, including photos, to best ensure our records are accurate and detailed and also available as requested. All a work in progress!

We are excited to be part of the Romsey Streetscape initiative. It great to be able to work with enthusiastic people and we were delighted to find one of the pair of original lights which were in use outside the old Post Office/present Hub; now comes the research to uncover more of their history. Compiling a shortlist of significant buildings/sites for possibly marking with plaques is also an exciting task! Please let us know any places you are curious about.

Warm regards,
Ruth (0415 256 911; jandrgreen@hotmail.com) on behalf of the Cottage Friends

Barton (Seymour) Cottage is a division of Romsey-Lancefield Historic Society



Boat & Jet Ski Licence Courses



Get in early and be boat ready for the summer months! Register now.

Course held

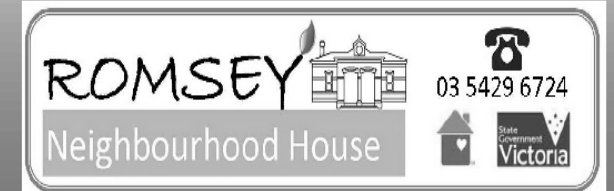
Wed 12th October '16

6pm—9pm

Cost will be \$95 (or \$135 to cover PWCs)

Make us your first port of call!

Phone the house to register. Deposit \$50 or payment in full required to secure your enrolment.



ROMSEY Neighbourhood House
03 5429 6724
State Government Victoria

Romsey Rag Needs Your Help

If you can spare an hour or two on collating days (as advertised on page 2 each month) we would love to see you join our team. Just come along to Romsey Primary School. Sign in at the office and we will get you started!

If you have skills with Publisher we would also love to hear from you. Your assistance with formatting the Rag would be much appreciated!

If you would like to submit copy for the Rag we would also like to hear from the many groups in town who want to share their organisation's news and events.

And finally if you have any particular thoughts about what the Rag should look like, how it should be managed and produced in the future, and any other feedback about the Rag we want to hear from you.

ROMSEY SAYS NO TO FAMILY VIOLENCE



Five prominent Romsey businesses and associations have come on board the Macedon Ranges 'Say NO to Family Violence' campaign. Joining almost fifty other local businesses or associations across the electorate, Romsey CWA, Romsey Football Netball Club, Macedon Ranges Meat Specialist, Kidzone Outside School Care and Romsey SUPA IGA have all joined the campaign to raise awareness of family violence in their local community.

Last year an Australian woman died every week as a result of family violence. "While family violence can happen to everyone, we know that women are the overwhelming victims of this violence and men are the perpetrators". Ms Thomas said.

Ms Thomas said the aim of the 'Say NO to family violence' campaign is to raise awareness about the gendered dimensions of family violence and to send a clear message that it will not be tolerated in our community.

"Through the work of our courageous former Australian of the Year, Rosie Batty, and the Royal Commission into Family Violence, women are starting to feeling empowered to stand up and speak out about this insidious problem".

Ms Thomas said.

"I want to support those women and their children and show them that our community is on their side." Ms Thomas said. "I would like to thank all of the Romsey businesses who have recently come on board and encourage all

groups in the community to show leadership and stand together with me on this important issue,"

Romsey  Dental

FAMILY DENTAL CARE

03 5429 3322

NOW OPEN

- Affordable Family Dentistry
- Cosmetic Dentistry
- Root Canal Treatment
- Mouthguards
- Dentures
- Tooth Whitening

Veterans Affairs
Teen Dental Vouchers

WITH NO OUT OF POCKET EXPENSES

www.romseydental.com.au

41 Murphy Street, Romsey



PARKWOOD GREEN MEDICAL

your health is our priority

Phone: 5429 5800

117 Main Street, Romsey 3434

**BULK BILLING ALL PATIENTS
WITH MEDICARE CARD**

**BOOK NOW FREE FLU VACCINES
FOR ALL PATIENTS**

**We would like to welcome
DR WARREN MENESES**

Childhood Immunisations
Book your Childhood Immunisations Now

Thinking of overseas Travel
Book for your Travel Immunisations

OPENING HOURS

Monday – Friday 8:30am – 6:00pm

**Onsite Nursing support &
Dorevitch Pathology**

**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
---	--

TAC . WORKCOVER . DVA
No Doctors Referral Required
HICAPS AVAILABLE

macedonrangesphysio@hotmail.com
www.macedonrangesphysio.com

Kids ride free



Dust off the bike, pump up the tyres, winter is retreating and the days are warmer and longer. Now is a great time of year to get out with the kids on bikes and remind them of the pleasure of the slow pace of the bicycle.

As a kid, I remember how connected you felt on a bicycle, aware of the road surface, the wind direction, the smells and sounds and that subtle rise in the road that would be imperceptible in the car. The invigorating days of Spring are a great opportunity to teach the kids the importance of safety on their bikes before the heat of summer fuddles the brain.

Riding a bike should be a pleasure open to everyone and being safe out there in an environment that is designed around the car requires a baked in sense of awareness that you want to instil from an early age. As a parent, I want my kids to have the freedom to go and see their friends without dad's taxi and for me to feel that they are sufficiently aware of their responsibility that I can let them do it!

Let's see more kids out there on bikes and help them to be safe in doing so.

Jem Richards
Bike Safe Macedon Ranges

**ROMSEY LICENSED
POST OFFICE**

OFFERS THE FOLLOWING SERVICES:

BILL PAYING

FAX SERVICE

PHOTOCOPYING

LAMINATING

OFFICE STATIONERY

PRE-PAID PHONE CREDIT

SEASONAL GIFTS

CHILDREN'S BOOKS

PASSPORT PHOTOS & APPLICATIONS

LAND TITLE IDENTITY VERIFICATION

FIT 2 WORK APPLICATIONS

WORKING WITH CHILDREN CHECKS
EASTLINK PASSES

BANKING FOR ALL MAJOR BANKS &
MANY CREDIT UNIONS

LARGE RANGE OF PRINTER INKS




FIRST AID LEVELS 1 AND 2 AND CPR Refresher



Saturday 3rd September 2016 9am
-3.30pm
Cost \$95 (Refresher \$70)

DON'T MISS OUT BOOK NOW

Enrol on line, easy & quick process to secure your placement. Go to www.its.vic.edu.au/

ROMSEY 
Neighbourhood House


03 5429 6724



Changes to Council service desk hours in Romsey and Woodend

Macedon Ranges Shire Council wishes to advise that the opening hours for the Council service desks in Romsey and Woodend will be changing from Monday 29 August. Council's service desks at the Romsey Community Hub and Woodend Community Centre will be closed three mornings a week. Woodend will be closed Tuesday, Wednesday and Friday until 12.30pm and Romsey will be closed Monday, Wednesday and Thursday until 12.30pm.

Library opening hours remain unchanged.

Council's Chief Executive Officer Peter Johnston said the changes reflected a reduction in demand for face to face services, and an increase in residents going online to make payments and seek information on Council activities.

"We know that residents in the Macedon Ranges are quick to embrace new technologies, and there's been a growing increase in residents using our online payment systems for animal registrations and rate payments," he said.

"Whilst we are experiencing this change in the way many people wish to engage with Council we also recognise that there are residents who still appreciate the opportunity to talk face to face with our Customer Service Officers.

"We will continue to offer a one-to-one, personalised service every day in all our service centres. The reduction in hours is a responsible approach that balances the growing need for online services with traditional service delivery."

Opening hours for Council's service desks in Romsey and Woodend from Monday 29 August will be:

For more information about our service centres, visit mrsc.vic.gov.au/contact-us

Romsey

- Monday, 12.30pm–5pm
- Tuesday, 9.30pm–5pm
- Wednesday, 12.30pm–5pm
- Thursday, 12.30pm–6pm
- Friday, 9.30am–5pm

Woodend

- Monday, 9.30am–5pm
- Tuesday, 12.30pm–5pm
- Wednesday, 12.30pm–6pm
- Thursday, 9.30am–5pm
- Friday, 12.30pm–5pm

Council introduces new green waste voucher scheme

Macedon Ranges Shire Council has introduced a new waste voucher scheme for the disposal of green waste at its three transfer stations in Kyneton, Woodend and Romsey.

Ratepayers will receive two free waste vouchers in the post with their annual rates notices distributed in August. Each voucher can be used to dispose of one trailer load of green waste per year at any transfer station in the shire. Mayor, Cr Graham Hackett said the introduction of the new green waste vouchers couldn't have come at a better time.

"Spring is just around the corner, and it's the perfect time to get out and prepare our properties for the warmer weather to come", he said.

"The new voucher system replaces the former 'Free Green Drop' service. It's been introduced as a safe, effective and affordable way to help residents keep their properties clean and tidy.

"We're encouraging all residents to make the most of the free waste vouchers, and I'm looking forward to receiving mine in the mail."

Vouchers are valid from 1 September 2016 until 31 August 2017, and entitle each user to dispose of green waste loads up to 0.5m³ (this is equivalent to a standard 6x4 trailer without a cage).

Renters are encouraged to contact their property manager or owner to receive their voucher.

Charges for the disposal of green waste will apply for larger loads, commercial customers and people who live outside of the shire.

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

Pets Minded

Leave your beloved pets safe
& secure
in their own home while you're away
Fed & watered daily
Yards pooper scooped
Walk or play time Mail collected
Plants watered Horses rugged & fed

Vicki 0402 334 282



Notice of Annual General Meeting

The 2016 Annual General

Meeting for the **Romsey Region Business and Tourism Association Incorporated** will be held on **Wednesday 19th October 2016**, commencing at 7.30pm at Romsey Community Hub, Romsey.

Members and Guests WELCOME.

Enquiries: Sharyn Ede (Secretary)

ph. 0403 429161

Email: sharynede_associates@y7mail.com



rmibookings@gmail.com
secretaryrmi@gmail.com

Romsey Mechanics Institute

PO Box 130
Romsey 3434
Victoria

www.romseymechanicsinstitute.com
inquiries can be made at; rmibookings@gmail.com

Mob: 0458 702 106
ABN: 99 340 024 758

More heavy rain during late July and early August again tested our roof works and everything remained dry. As the weather warms we will see some of the rising/falling damp and many of the dark patches on the ceilings begin to disappear.

The Development Plan is well in hand with many community groups receiving and returning surveys on their use of the RMI and what changes/additions would increase the use of the RMI by the broader community. This information will be collated and there will be a workshop at the RMI on Thursday August 25th where user groups and other community members will have a chance to add their opinions and information to the process. Our thanks to all those user and community groups/individuals who spent time filling out and returning the survey


The CoM, in conjunction with the Romsey/Lancefield sub-branch of the RSL, is applying for funds to repair and restore the two WW1 Honour Rolls that currently hang in the foyer. Our thanks to MRSC Heritage Advisor, Ivar Nelson, who has provided wonderful advice and assistance with this project. We will know if our application has been successful by mid October. Once repaired and restored these Honour Rolls will take pride of place within the RMI.

The area behind the RMI is quite a large green open space. Many people use this area as parking during meetings and events. Six native flowering bushes have been planted along the eastern fence. It is hoped that, as these bushes grow, they will provide food and habitat for the many small native birds that live in our area. The bushes will also provide a deal of colour when they flower.

New lace curtains have been hung in all windows of the facade of the RMI, we hope everyone notices the effect of these additions. Our thanks to treasurer, Julie Smith, who did so much work to get the everything organised for this project. 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 all inquiries can be made at; 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



Pas de Deux
SCHOOL OF DANCE
ROMSEY

Offering classes in
Kindy Dance
(Tots Creative Class)
Classical Ballet
(Cecchetti Method)
Cecchetti Classical Exams
Contemporary/Lyrical
Jazz/Hip Hop/Acro
Tap/Musical Theatre
SFD Jazz & Tap Exams
Annual Concert
Competition & Audition
Opportunities



For enquiries please contact
0402 608 193 / 0499 333



**OZWORKS
CONSTRUCTION**

- Bobcat, excavator and tipper hire
- Site cuts and site clearing
- Concrete and rubbish removal
- Post hole drilling
- Trenching
- Driveways
- Concreting
- Quarry products
- Retaining walls
- Horse arenas
- Animal burial

Trevor Murphy 0448 089 521
email ozworks@live.com.au



**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

Probud is for people 55 years or over.
The Romsey/Lancefield Probud has 40 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, 4th Thursday of the month
St. Mary's Church Hall, Main Street, Romsey.
September Meeting : 22nd September, 2016

Guest Speaker: Carolyn Taplin from Alzheimers Australia
*Outing on Wednesday 17th August was to the Abbotsford Convent and a visit to the Guide Dogs in Kew. We all enjoyed the day.

*The September outing will be on Wednesday 21st. to the Galli Restaurant, Melton Hwy, Plumpton.

*Ten Pin Bowling dates are:- 2nd & 16th September, meet at AMF Bowling at Watergardens at 10am.

*Coffee Mornings at 10am - 9th & 23rd September at the Bay Tree Cafe Romsey.

Now you are retired or close to retiring from work come and join the friendly folk in the Romsey & Lancefield Probud Club and learn more about what Probud 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 Probud Club rlprobud.org.au

For Active Retirees.
Probud South Pacific

In 1976 Probud 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. Probud 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 Probud: Enjoy the fellowship of like-minded people - Probud club members meet active retirees in their local areas, across Australia and around the world.

You can check out the Probud South Pacific website to find out more about how Probud was formed 40 years ago and what it has achieved.

www.probusouthpacific.org
Phone: 1300 630 488



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


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.

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

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

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

Owing to lack of space, we cannot accept large furniture.



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
1st & 3rd Sunday of the month:
8.00 a.m. Lancefield and 10.00 a.m. Romsey
2nd, 4th & 5th 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 – By request
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. (1st & 3rd Saturdays of the month)
September 3rd & 17th, October 1st & 15th, November 4th & 18th.
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 2017 are requested to contact the secretary by phone: 5429 2130 or by email at lancefield@cam.org.a to register your child. Reconciliation is generally scheduled quite early in the year so if we have your details we can ensure you receive the information in time to participate. 

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


Marc's Message
August 8 sees us in the Catholic Church celebrating the life of Mary MacKillop. Here was a young woman who at 24 started a whole movement in the Church in Australia that is dedicated to respecting the dignity of every single human being, no matter who they are. The Sisters of St. Joseph, or the Joeys as they are affectionately known, are quintessential Australians. They were instrumental in setting up Catholic schools in our parish and St. Mary's Primary School still operates according to their spirituality. Here is a woman who struggled against all odds, and sometimes against bitter, wilful and spiteful antagonism towards herself from members of her own order and the Church. But, she remained stubbornly faithful to her vision of Christ's mercy. On another note, some members of the parish are working on the idea of hosting a picnic at Hanging Rock for refugees and asylum seekers already living in the community in Melbourne. We are looking at it happening in March next year. We are holding a planning meeting for it at 7.30 pm on Wednesday, August 31 at the parish house at Lancefield. An invitation to that meeting is extended to anyone in the community who would like to come on board. We do not see it as a church thing; instead, a parish-initiated event that encompasses all people of good will. Would love to see you all there. Marc



Why choose Blue Tongue Solar?

- ✓ Macedon Ranges' own solar specialists
- ✓ One of the longest running, most experienced solar companies in Australia
- ✓ Stay up to date with advancements in grid, hybrid & off grid technologies
- ✓ Designing systems for quality & reliability
- ✓ Friendly service
- ✓ Large & small scale feasibility, design & installation
- ✓ Customized solutions to meet your needs

Can solar power save you money?
In most cases YES.
We conduct a feasibility analysis so you know exactly what to expect from your system



Alter solar install

Power bill without solar

Power bill with solar

Call us now now & start saving - It's easy!
Ph: 5428 5390
info@bluetonguesolar.com
www.bluetonguesolar.com



SPIFFY'S PLUMBING & IRRIGATION
ABN 63 395 952 775
Domestic and Commercial

Ask about Discount Local Rates

CALL FOR FREE ADVICE ON INSTALLATION OF CONVENTIONAL SEPTIC & TREATMENT SYSTEMS



Domestic Wastewater Treatment Systems

For all your General and Green Plumbing needs

Domestic Maintenance
Rainwater Tanks
Toilet/Rainwater Connections
Water-wise Gardens
Small Commercial
Solar Hot Water
Bathrooms
Drainage

M 0413 882 542
F 5429 1173
simonspiff@gmail.com
LIC 45660 | Lancefield

Only pee, poo and (toilet) paper down the loo.

Sewer blockages are costly and can cause spills that harm the environment.

To find out more about what not to flush visit our website.



 @WesternWater  WesternWaterAU
WesternWater.com.au/WhatNotToFlush

WESTERN WATER

Spring has sprung at Romsey library!



What's on for Children:

Bubs and Books - Join in the fun of Bubs and Books, a special storytime at Lancefield Primary School, held on the Third Monday of every month, 2pm Lancefield Primary School, 80 High St.

WIN Golden Tickets! - Golden Tickets up for grabs to celebrate Roald Dahl's 100th birthday! Borrow a Junior Fiction book from any Goldfields Library for your chance to win some super prizes, including Roald Dahl books, a Golden Ticket to the Star Cinema's Roald Dahl Weekend Mini Film Festival and the chance to experience life as a Librarian. Ages 5-12yrs. **Mon 5 Sep-Fri 22 Sep**

School holiday Fun!

Lego Explorers - Enjoy free building time or challenges with the library's fabulous Lego collection. Ages 5-12yrs. **Mon 19 Sep-Fri 30 Sep, 2-4pm daily**

Also look out for our regular Lego explorers club beginning Thursday nights after school in October!

Big BFG fun! - Dream big with the BFG! Enjoy lots of phiz-wizzing fun including readings, trivia and creating your own dreamcatchers. **Ages 7-12yrs. Thu 29 Sep, 11am -12pm**


Nature Kids Workshops - Join Caitlin from the Victorian National Parks Association to create a magical mini forest inspired by Rachel Tonkin's magnificent book 'Leaf Litter', and help create the library's Nature Names collage. Ages 6-10yrs. **Wed 21 Sep, 11am -12pm**

What's on for Adults:

Your Brain Matters - Learn about the five simple steps to maximise your brain health and get tips on living a brain healthy life to potentially reduce your risk of developing dementia. **Thu 22 Sep, 2-3.30pm**

Facebook for Seniors - Are you flummoxed by Facebook? Want to know what all the fuss is about? Come along to this introductory session as part of Seniors Month to learn the basics and connect with your friends. BYO laptop or tablet, or the library has a limited number for use. **Mon 10 Oct, 2-3pm**

Bookings required for some events, login to our website at www.ncgrl.vic.gov.au to book.



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

Pastor's Parables



Christianity is a relationship - not a religion.

Celebrating **Father's Day** this month causes us to refocus on Family relationships.

Dads are honoured, appreciated and valued. This is what a healthy family does not just on Father's day but 365 days a year.

Business, on the other hand, is a pleasure for very few people. For most, business is hard work endured in order to pay the bills. Alternatively, pleasure is time spent relaxing with family.

Christianity was designed to be a wonderful relationship with God - not a religion. Sadly, the greatest obstacle for many people coming to Christianity is religion. It has turned what should be a pleasure into a business. Religion, burdened with its numerous works, rituals, cults, intolerance and atrocities, has distorted the true meaning of Christianity.

God our heavenly Father isn't interested in religion – He doesn't need our insignificant works or our meagre money to complete His purpose. He is God, the Creator of the universe – Governor of the laws that sustain science – Possessor of all knowledge and riches. God doesn't need our help – we need His.

God our Heavenly Father is like a loving parent whose children have run away. His greatest desire is for us to choose to come back to Him. God created mankind with free will. He cannot and will not force anyone to love Him. We are created in His image – just as we desire people to freely love us, so too does God want us to freely love Him. He desires a personal relationship with each of us. As a parent, He wants to protect and provide for us. He wants to impart His wisdom, not to spoil our chance at happiness, but to increase it.

Christianity is not a set of meaningless rituals, but a restoration of a family relationship with our Heavenly Father. Isn't this what all loving Fathers desire more than anything?

HAPPY FATHER'S DAY DADS

If you would like to learn more about the Christian faith, please don't hesitate to call our Church Office on 0354296327 or perhaps come and join us for one of our relevant, modern, 10:00am Sunday Services, or fortnightly Life Groups.
 Marilyn Hunter, Senior Pastor Encourage Church.

MACEDON RANGES
 NATURALLY COOL

Macedon Ranges Tourism issues the exploration challenge
 See you later winter. You gave us snow and warm fires and rain for our tanks but we are done. Spring is in the air and it is time to have some fun out and about in our beautiful Macedon Ranges.
 We challenge you all to explore what the region has to offer this September. Not just in your own patch though, try heading to another local village to try out something new. Have you ever been to the Kyneton Daffodil Festival, where the whole town hosts a range of fun and quirky events? Have you been to the Riddells Creek Farmers Market for their local, seasonal fresh produce? Did you know Duneira on Mount Macedon is hosting Saray Illuminado in concert while its gardens bloom in a riot of colour? And how long since you have visited Camel's Hump or Hanging Rock to stretch your legs? Have you and the family done the Romsey-Lancefield ride along Federation Track?
 You could start off slowly, browsing the stores and cafes around Woodend and Kyneton or you could book in to a workshop. Don't forget to check how the locally crafted beer and wine tastes in the springtime (be assured, it tastes REALLY good).
 Head to the new, world-class visitmacedonranges.com website now to find more events and things to do. Share your photos with the Macedon Ranges Naturally Cool Facebook page and inspire your friends to explore this region that dazzles in spring.

FOOD DRIVE
 DONATE HERE



GIVE WHAT YOU CAN FOR FAMILIES IN TIMES OF NEED



Romsey Neighbourhood House in conjunction with Kyneton Caring Community would like to acknowledge contribution of donations from parishioners of St Mary's Catholic Parish & support from both Lancefield Neighbourhood House & St Vincent De Paul Kilmore - Let's get together and help feed our community members in need.



The need is constant. Give often.

HELP US PRODUCE FOOD PARCELS FOR THOSE IN NEED!

AVAILABLE TO ROMSEY & LANCEFIELD COMMUNITY from Romsey Neighbourhood House

We welcome your donations at drop off points:

- St Mary's Catholic parish
- Neighbourhood Houses
- Or in marked collection boxes at participating shops around the community.

Help us to achieve our goals. We wholeheartedly value your support with this community mission.

THANK YOU FOR YOUR SUPPORT



ROMSEY Neighbourhood House

03 5429 6724




Macedon Ranges Community News
Business awards 2016 finalists revealed

Congratulations to the finalists for the 2016 Bendigo Bank Macedon Ranges Business Excellence Awards.

These prestigious awards recognise businesses which provide an outstanding service to the shire and beyond.

The 2016 finalists are:

Excellence in Customer Service

Bluegum Electrical Services
Cobaw Community Health
Primacare

Excellence in Food and Beverage

Colenso
Harper Lee Café and Foodstore
The Brahms & Liszt Coffee Lounge

Excellence in New and Emerging Business

Done. Total Business Solutions
PGL Campaspe Downs
Ranges Medical
Works of Art

Excellence in Professional Services

Kyneton District Health – Acute Ward
Primacare

The Garage Woodend

Woodend Paediatric Speech Pathology Services

Excellence in Wellbeing Services

Cobaw Community Health
Ellenis Day Spas
Primacare

Excellence in Retail

Alter Your Health
Macedon Nurse & Garden Supplies
Mort & Pestle

Excellence in Local Produce

Cloud 9 Farm
Future Farms
Jack's Springs Farm
Mount Towrong Vineyard

Excellence in Events and Attractions

Gisborne Oaks Market
Gisborne Olde Time Market
Kyneton and Districts Poultry Club
Love Your Local

Excellence in Accommodation

Braeside Mt Macedon Country Retreat
The Flop House

Trainee/Apprentice of the Year

Christine Arlow – Primacare

Kate Bonanno – Simplex Insurance Solutions

Young Business Person of the Year

Chantel Gilbert – Bluegum Electrical Solutions
Courtney Vogt – Energise Fitness & Muscular Therapies
Samantha Moore – Ramai Skin & Body Care

Finalists were identified by a judging panel comprised of 10 independent business professionals who do not work or live in the Macedon Ranges. The judges reviewed each submission and compiled a shortlist for site visits before deciding on the finalists.

Finalists will be announced on Tuesday 9 August and we look forward to celebrating with them at the Awards Gala

Dinner at the Kyneton Town Hall on Wednesday 14 September.

450 individual businesses were nominated by the public for this year's business awards, many in multiple categories.

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 or contact 5422 0333.

Spring blooms with sequins, satire and
story-telling this September

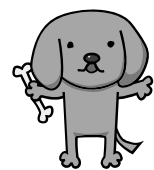
From the big, bold vocals of Australian performer Gina Hogan to the razor-sharp comedic wit of Rod Quantock, Council's serving up a program set to sizzle this spring. Explore the music of two grand dames of the musical world, Shirley Bassey and Doris Day, as performer Gina Hogan takes to the stage in *Night and Day: the Doris and Shirley show* on Friday 23 September at 11.30am at Kyneton Town Hall.

Channelling the all-American girl next door Doris Day, along with one of the biggest voices in the 'biz in Shirley Bassey, Gina Hogan brings a touch of class, a few sequins and plenty of sass to her musical tribute to these formidable women.

Australian provocateur Rod Quantock is up to his old tricks again, bringing one of his most successful shows, *Boredom Protection Policy* to Kyneton Town Hall on Friday 7 October at 7.30pm.

The much-lauded stand-up comedian turns his observational eye and wit to news headlines—reflecting on contemporary politics and Australian society in the process. Expect a new perspective on issues of the day!

For more information on shows on at the Kyneton Town Hall or to book tickets, call 1300 888 802 or visit



Meditation & Reiki
for You or your Pet

When your mind & body relaxes, it's natural healing process kicks in. Stressors in our daily life cause our bodies to tighten up & our minds to overload
Relax Rejuvenate Energise

Vicki

0402 334 282



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

The third Minister for the Macedon Ranges Uniting Church Partnership, Annette Buckley has moved and settled well into the Romsey Manse.

A Commissioning Service for Annette was held at the Romsey Uniting Church on Sunday 14th August at 3pm. This service was well attended by all members of the Partnership and an excellent afternoon tea was enjoyed by all after the service.

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

The 12 churches involved in the partnership are:

Barfold; Gisborne; Kyneton; Lancefield; Metcalf; Mia Mia; Mt.Macedon; Riddells Creek; Romsey; Sutton Grange; Tylden; Woodend.

Revelations 3: 20

"Here I am, I stand at the door and knock.
If anyone hears my voice and opens the door,
I will come in and eat with him and he with me."

Do you remember Frank Sinatra's classic song *My Way*? "Regrets, I've had a few...." he begins then shrugs them off as "too few to mention". It is a powerful song but I'm not sure that living life 'my way' is the best way. It can be selfish, can bring us into conflict, encroach on others' ground and create more regrets than we need.

Looking back at life, I too can identify things I did my way and now wish I had done differently. Missed opportunities stick in my mind.

They come in two forms: things I wish I hadn't done, and things I didn't do and wish I had. People I might have helped and didn't.

Offers I never took up.

The chance to learn more, to enhance my horizons.

Doors I never opened.

The poet T.S. Eliot wrote in his poem *Four Quartets*

*Footfalls echo in the memory
Down the passage which we did not take
Towards the door we never opened
Into the rose-garden.*

Jesus said, "Behold I stand at the door and knock..."

That door doesn't always lead us into a rose garden, far from it, but opening it to him offers a richness and completeness to life which covers all our regrets and frees us to live life his way.

Open the Door.

Lord, if my door seems shut, please knock a little louder.

And if necessary, push.

Written by Eddie Askew (deceased)

Talking with Hedgehogs -Thoughts for the Day

Published by The Leprosy Mission International

Church Services & activities during September, 2016

4th	9am.	Worship Service conducted by David Noble.
7th	7.30pm	Church Council meeting
15th	1.30pm	UCAF meeting
11th	9am	Worship Service & Holy Communion conducted by Annette Buckley
18th	9am	Worship Service conducted by Rev. Deacon Wendy Elson.
25th	9am	Worship Service conducted by the Worship Team



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



ROMSEY SWAP MEET

CAR, MOTORCYCLE & VEHICLE SHOW

SUNDAY 6th November 2016

Romsey Recreation Reserve

Promoted By

Romsey / Lancefield Lions Club

and

Macedon Ranges Masonic Lodge

CAR & BIKE PARTS, COLLECTABLES & MEMORABILIA, ALL TYPES OF GOODS WELCOME

BBQ – SNACKS – REFRESHMENTS BREAKFAST AVAILABLE FROM 6 am

ENTER ON THE DAY

**SHOW ENTRY of \$10 PER VEHICLE Inc. driver
\$5 per passenger \$5 bikes**

SITE HOLDERS 6 am BUYERS \$5 BUYERS 8 am

\$100 + TROPHY FOR PRIZE WINNERS

SPONSORS CHOICE Trophies

Pre booked sites \$15, on day \$20

Phone bookings to BE bank transfer payment

SITES APPROX. 5m X 6m

TO BOOK SITE(S), SEND PAYMENT & STAMPED SELF ADDRESSED

ENVELOPE TO:

"ROMSEY SWAP MEET" PO BOX 10, ROMSEY, VIC 3434

NAME: _____

TELEPHONE: _____

ADDRESS: _____ **SITE(S) REQ'D:** _____\$ _____

ENQUIRIES AND BOOKINGS PHONE:

GED 0417 356 896



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.



bendigobank.com.au

Lancefield and Romsey **Community Bank®** branches



Get Active and Spring into a Running Program!

Macedon Ranges Running Club, your community running club, would like to extend its warmest welcome to new and returning members, especially those beginning the club's Start Running Program. Spring is just around the corner, warm weather approaching means there is no better time to get active,

by enjoying the outdoors while dropping a few kilos for Summer.

Getting Fit through Running

Research has shown running has many benefits such as improving fitness, health and emotional well-being, while also being affordable in comparison to other outdoor pursuits. As a community running club, MRRC encourages local communities, with its sponsor Cobaw Community health, to improve their health through running. With branches in Gisborne, Kyneton Macedon, Lancefield/Romsey, Riddells Creek and Woodend the club can help you reach your fitness goals in a friendly fun environment.

New to Running?

For those new to running, there is still time to join the club's Start Running Program, a structured weekly program which helps you build a level of fitness to achieve a non-stop 5km run after 8 weeks. Under instruction, by an experienced leader, the start running group (SRG) begins gently, with a walk/run structured ratio to carefully build your confidence, endurance and fitness in a friendly group environment. The program is also a fantastic way of meeting new friends and enjoying the outdoors with the benefit of getting healthy!

How to Get Involved at Lancefield/Romsey

In Romsey, the club meets group meets every Monday & Wednesday at 7pm and 8am Sunday at Romsey Skate Park. So whether you are new to running, a social runner, or even a seasoned runner come along and get involved.

For further information simply email the club macedonrangesrc@gmail.com or visit our website www.macedonrangesrunningclub.com for session times/dates/contacts. Alternatively, contact Lancefield/Romsey Coordinator Scott on 0407 048 407 for an informal chat.

By Stephen Ingram

Macedon Ranges Legacy Group Legacy Week Annual Fundraising Badge Sale.

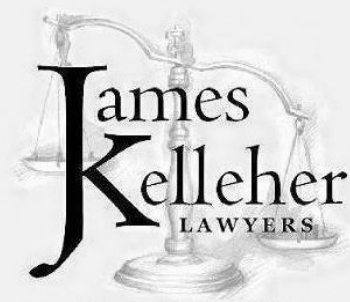
The annual fund raising badge sale for legacy is to take place at **Lancefield on Saturday 27th August at the farmers market** and on Friday and **Saturday 2nd and 3rd September at the Romsey shopping complex.**

Legacy was originally established in Melbourne in the aftermath of the first world war in 1923 by ex serviceman to care for dependants of Australian service personal that died during or after the war. The legacy for caring for dependents continues to this day.

Australia is the only country in the world where an organisation exists for dependants of service persons who died in conflicts or as a result of conflicts.

There are 50 Legacy Clubs in over 300 locations around Australia supporting and caring for about 80,000 widows of deceased veterans .Assistance can vary from providing transport ,home visits , morning teas, assistance with heating costs and aging aides around the home.

Macedon Ranges Legacy group has 26 volunteer legatees who service Kyneton , Woodend, Romsey, Riddles Creek, Lancefield and Gisborne, supporting approximately 150 widows in this area. The badge selling is the only means of financing these activities. In the past ,Romsey and Lancefield citizens have been most generous in supporting our fund-raising and we hope this will continue in 2016

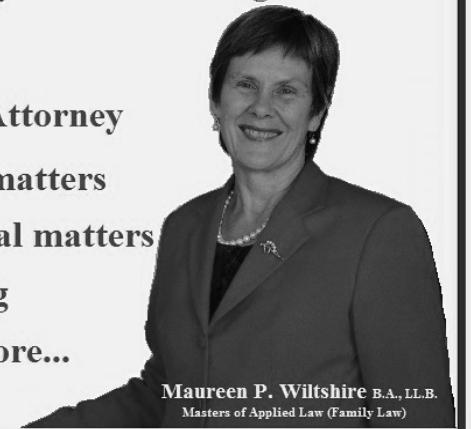


'For the right outcomes'

104 Main Street, Romsey 3434
Ph. (03) 54295292
www.jameskelleher.com.au


James Kelleher Lawyers has been providing clients with legal expertise for over 30 years. We offer specialised services in many fields including:-

- * Family Law
- * Wills & Powers of Attorney
- * Probate & Estate matters
- * Business & Commercial matters
- * Conveyancing
- * Litigation and more...



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

**CELEBRATE
FATHER'S DAY AT
CLEVELAND WINERY**



FATHER'S DAY BRUNCH

(8am – 1pm):
Full Country style breakfast including pancakes, bacon, sausages, freshly cooked eggs any style, hash browns, and the lot.

FATHER'S DAY LUNCH

(12pm – 3pm):
A'la carte & Fresh Wood Fire Oven Gourmet pizzas

FATHER'S DAY DINNER

(from 6pm):
A'la carte or 3 course dinner. Restaurant is also open for Dinners on Fri & Sat.

GRANGE
CLEVELAND WINERY

Bookings essential.
CALL: (03) 5429 9000 Today!
55 Shannons Road, Lancefield
E cleveland@grangecc.com



Film Society hung up on Hitchcock.
The Macedon Ranges Film Society's August 10 screening featured the 1948 Alfred Hitchcock classic 'Rope'.
'Rope' was inspired by a 1929 stage play based on a true story; two men who, considering themselves intellectually superior, commit murder by strangling their friend then throwing a party while his body remains hidden in their apartment. The film's drama centres around the intellectual game-playing between the murderers played by John Dall and Farley Granger and their former school master played by James Stewart.
Hitchcock filmed on a single set with minimal editing – unusual for the time.
Coming up on Sunday August 21 is the special winter event - much loved musical 'West Side Story' accompanied by 'high tea' refreshments.
In September the Society's feature film is 'The Imitation Game' starring Benedict Cumberbatch.
The Macedon Ranges Film Society meets monthly on the second Wednesday 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 mrfilmsociety@gmail.com or call Lorraine 5427 0921 or Christine 5429 5452
Caption:
MRFS President Christine Wangerek is 'strangled' by members re-enacting the 'Rope' murder scene.

Further details – Henry Screen 0411 418 468



Coffee shop Conversations.

Hello again and our word for this year is **Participation** and we are up to I. This Months word is **IDENTITY!**
Identity is the condition or character as to who a person or a thing is ,the qualities beliefs that define or distinguish identify what a person or thing is.

You are an individual, you have a unique identity, be inspired to be who you are, believe in the power of intention to live the life you deserve and inspire others to do the same.

Through the years of my own growth I realise the importance of communication. It is the key to anything worthwhile. Through communication with others on what ever level, at work, at home or at play it helps us define who we are,
OUR IDENTITY.

When you look in the mirror who is it you see? What is it that defines your individual reality?
Do we like what we see? Or do we need to change something ?

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
Life Circle Solutions is about living the life you deserve, through education, awareness and action.
My flyers will be out soon and the programs I am running are:
The Parent Trap, Confident Communication ,
The Secret to Having Anything You Want and Creating the Best You.
And I will be running two Trainings Hypnotherapy and Fast Trak NLP Practitioner early in 2017.
Please contact me for more information .

Have a great month Kind regards Gillian and
Be Empowered to live the life you deserve!!!!

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



**Please refer to our website for more information on our services.*

1300 783 765
primacare.com.au



ATTENTION:

**LIGHT UP THE SKY
RESCHEDULED**



Saturday 15th October, 2016



CFA Tug Of War Cup

**GRAND FINALE
FIREWORKS**

**Further information:
Jenny Stillman Ph. 0412 349849**





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.

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. Enquires: 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 GOLD TONING: NEW! Register your interest now! Tailored for active older adults. Modified lightweight training will help prevent age-related bone loss, increase muscle strength and definition, decreases body fat and improves posture, coordination and cognition. Bookings for ALL Zumba's: at the House on 5429 6724 ENQ: Karen on 0432 807 682. Offsite location: Romsey Mechanics Hall. **Wed morn 9.30-10.30 am.**



Zumba TONING: NEW for Term 4! Register your interest. Strength training Latino infused dance fitness using lightweight Zumba toning weights to focus on sculpting & defining specific muscle groups, targeting arms, core & lower body. Starting October 2016. Enrol now for Spring classes!!!

Yoga: (Thursdays 7pm-8:30pm) \$15 class when term is paid before end of week 1. \$18 casual rate. Enquires: 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: (Mondays 3:45pm-4:45pm) \$80 for a 10 week course. Numbers limited. Bring an A3 Visual Arts Diary & basic acrylic paints. Enrolments & payment in advance essential. 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.

Italian lessons for Beginners-Inter: 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 Na-

BE INFORMED



tionally 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



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.



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.

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 0409801082. Facebook page lifecirclesolutions.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. Enquires: 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. **Free!**

COOKING

Cooking for All Seasons Series: Wonderful Spring 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 4 - Spring Italian Cuisine** (Sunday 1pm - 4pm. Cost: \$45 Bookings essential. Next date To Be Confirmed



COOKING

Free Bread Making & Sweets & Baked Treats: Sat 3rd Sep NEW! 9.30-12.30 Bread making \$60 per session. Intensive, hands-on workshop. Learn how to make healthy, gluten free breads including sour-dough, 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.

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 & 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

Romsey Community Mural Project : NEW! Yay! We've been successful in applying for grants to go ahead! Contact us if you'd like to be involved in this all ages community initiative! Commencing this term!



Romsey Village Vegie Tubs & 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 & Twiddlemuffs NEW! Are you a knitter? Romsey community 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/Lancefield Social Club: 1st Wed of the Month: Bookings 5429 1602 Rae Hooke. \$40 morning tea & lunch. **September 7th Tarra Warra Museum of Art., Alowyn Gardens for lunch then Yarra Valley Chocolateria & Icecreamery.**



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