

# Lancefield Mercury



## FARM CRAWL A GREAT SUCCESS

### GET TO KNOW YOUR GROWER

On Sunday 1 May, Transition Streets Romsey and Veg Action Macedon Ranges hosted a 'farm crawl', visiting three organic and regenerative market gardens in the Romsey-Lancefield region. A fully-booked group had stunning autumn weather for a morning of learning and making new connections.

At Lancefield Edible Garden, we heard from Silk and Ted about their closed loop system, avoiding plastic waste and returning as much organic matter to their soil as they can. We stopped at their farm gate (11 Bennett Close, Lancefield) to sample their herbal teas.

Matt, from Force of Nature/Mushrooms Anonymous at Cope-Williams Winery, showed us around the seasonal rows that he and partner Jo tend. Matt and Jo supply specialty produce to restaurants and run a farm shop each Saturday morning over the abundant summer and autumn months. They're closed for winter now, but keep an eye out for future offerings.

Our last stop was Ben's first-year market garden,

Wildwood Organics at Hollyburton Park, where you can also find Madeleine's Eggs (look out for their farm stand on the Lancefield-Melbourne Road). We learned how Ben built his farm in a year and got a peek inside his weekly veggie boxes. Go to [wildwood-organics.com](http://wildwood-organics.com) to order.

Veg Action's website: [veg.mrsg.org.au/growers](http://veg.mrsg.org.au/growers) has more about these growers and many others in the shire.

Transition Streets Romsey is a new resident-led sustainability group. We meet on the second Saturday of each month at 10am at the Romsey Neighbourhood House to discuss sustainability topics. We learn about how we can improve sustainability at the household, street and town level. In April, we talked about food, which motivated us to offer the Get to Know Your Grower farm crawl. In May we discussed how to save water and use it wisely.

In June, we'll be talking transport. Why not walk, ride or skip down to RNH to join us on Saturday 11 June at 10am? To learn more about us, you can join our Facebook group ([facebook.com/groups/transitionromsey](https://facebook.com/groups/transitionromsey)) or go to [transitionstreetsromsey@gmail.com](mailto:transitionstreetsromsey@gmail.com) to contact Meg.



# SWAP

## AN EVENT BIGGER THAN BEN HUR

I have never seen Chauncey Street so full of cars – at 10.30 am it was cars as far as the eye could see. The Swap Meet, held on Sunday 24 April, is an annual event hosted by the Lancefield Football Netball Club. It was not held in 2020 or 2021 so this event was surely making up for lost time. The Swap Meet is the Club’s major fund-raising event of the year. Every piece of grass appeared to have been taken up with stalls of every kind. As I say, it was bigger than Ben Hur. And there were chariots, of course. And prizes... as well as the honour of winning.

Prizes for the ‘Best Overall Vehicle at Show’, the ‘Best Vintage Car’, the ‘Best Motorcycle’, the ‘Best Street Rod’ and the ‘Best Classic Car’ were announced soon after I arrived. The owners of all the cars proudly displayed them on the



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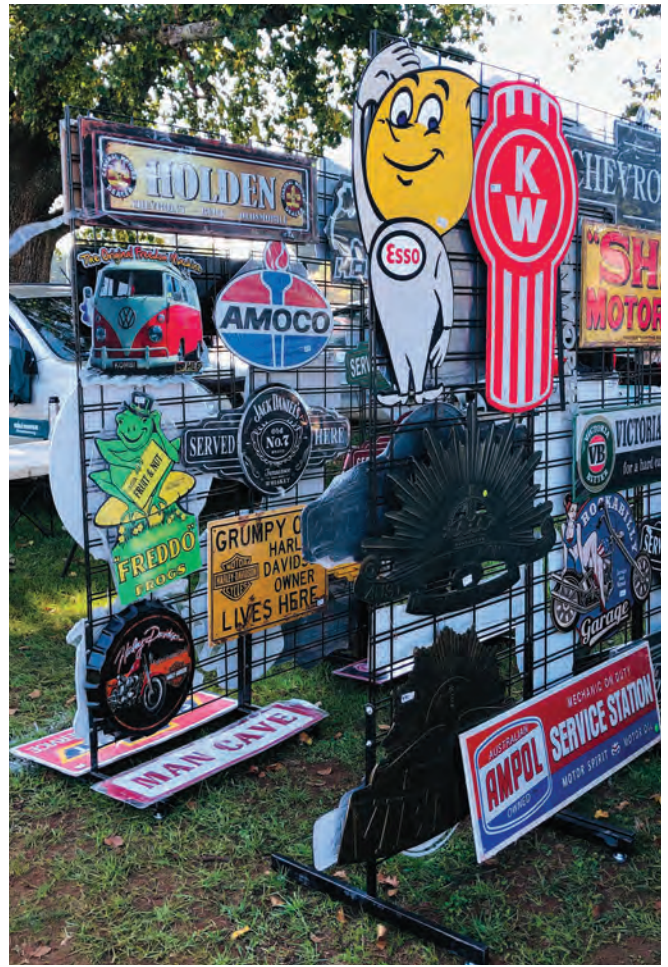
# M E E T


football ground. It was quite a selection. I have to admit I did not see too many car owners dressed in the vintage of their car ...perhaps I missed them because I was late. Maybe next year.

So many items – both new and second-hand – catering for every aspect of cars – antique or current. The photos tell the story. I went past stalls of motor cycle gear, street directories, children’s toys, vintage vinyl records, vintage car parts, tyres.... and so the list went on. It was a matter of stalls as far as the eye could see, including plants and candles. One fascinating stall I found was only for collectors of toy cars – that is, toy model cars – the Batman ‘Hot Wheels Pink 510’ toy car was selling for \$1,500. A whole new world of collectables opened up.


And there was food as well. Whether you were in the mood for coffee, cake or sausage sizzle, it was all there. The Football Club had a big stall selling everything BBQ – hamburgers, sausages, eggs and bacon – and they were doing a roaring trade. As well as lots of satisfied eaters and observers joining in the excitement of the Swap Meet, I do hope the Football Club had a successful day and a good profit to show for it.

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# A WONDERFUL OPPORTUNITY TO COME TOGETHER AS A COMMUNITY

## ANZAC DAY

As always, we are very proud to support the Romsey-Lancefield RSL and encourage our school community to attend the annual ANZAC day service. Our student leaders (Jai, Hailey, Zoe, Seth and Khale) proudly represented our school, along with leaders from Romsey PS and St Mary's PS. This is always a wonderful opportunity to come together as a community to pay our respects to those who served and gave their lives in conflict. We loved seeing so many families attend to keep this important tradition alive.

John McCosker and Reinhard Goschiniak also came along during the week to speak to our students about ANZAC day and joined in our school service.

Isabelle Emond of IsabelleJaiPhotography.com supplied the photos (see page 22).

## THANKS

We would like to thank the LNH committee for so generously supporting Lancefield Primary School and providing us with \$10,000 to support our school. With these funds we will be creating a new quiet area in our yard where we hope

to incorporate a giant chess or checkers board and further seating for students. We look forward to keeping you up to date with the progress of this project.

## MOTHER'S DAY

Mother's Day is an opportunity for the students at LPS to find a way of expressing their love and gratitude to their Mum or special 'Other Person' in a creative and clever way. These students from 3/4 have spent time recycling glass jars and turning them into personalised painted tea light decorations. They are beautiful and we are sure were much appreciated in many homes.

Year 3/4s are off to Camp Toolangi and the 5/6s are headed to Phillip Island for their camp.

Later this term on June 7, we will be having the Green Hat PLANKS incursion and family evening. A PLANKS incursion is a unique opportunity to experience shared creative, self-directed play with abundant PLANKS in a large group. We will explore the magic of blocks and discover the thrill of a large-scale creative construction experience.

Thanks to the generosity of our LPS families, funds raised from our Easter raffle have covered the cost of this experience for our students and families.

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Australia Post has released a stamp to celebrate one hundred years of advocacy and community work by Country Women Associations across Australia. The actual stamp features the C.W.A. of New South Wales foundation President, Grace Emily Munroe (1879 -1964) who lobbied the government to build hospitals and staff maternity wards, raise funds for bush nurses and establish a Royal Flying Doctor Service base at Broken Hill. She was the first woman to serve on a hospital board in rural N.S.W.

# TO GROW YOUR RESILIENCE?

Grow Australia is coming to Romsey Neighbourhood House and will offer their GROWing Resilience program commencing June 3, a first for the Macedon Ranges.

The philosophy behind the program is that no situation is unmanageable, only thoughts, feelings, and actions can make our lives unmanageable. By learning how to regulate our thoughts, feelings, and actions, we learn to build resilience and cope with any situation.

The Growing Resilience peer-to-peer six-week program, developed by the GROW team, leaders in wellbeing programs for mind health, is designed to provide those who attend tools to help improve mental health and build resilience in times of high distress brought on by life events. The program will commence on June 2 with attendance at all six 60-minute sessions free (this includes a six-week program workbook and coffee and light refreshments at the end of each session). All participants are encouraged to share their stories and challenges in this small, supportive and structured peer-to-peer program that is safe, caring and confidential.

For further information or to register: vic@grow.org.au ring 1800 558 268 or contact us at Romsey Neighbourhood House on 5429 6724.

## LANCEFIELD MERCURY INC.

A0045845D



Items for publication should be sent to editor3435@gmail.com enquiries Andy Moore 0430 448 120

Advertising should be sent to advertising3435@gmail.com enquiries Ken Allender 0404 886 580

### **All articles should reach The Mercury by the fifteenth of the month.**

Each edition will be distributed by mail in the first week of the month. The Lancefield Mercury is produced by the volunteer committee as a service to the people of Lancefield and surrounding districts.

The editorial committee reserves the right to edit articles for length and clarity.

Feedback? Let us know your thoughts: editor3435@gmail.com

#### Editorial Committee:

- Andy Moore
- Craig Longmuir
- Karen Barr
- Fay Woodhouse
- Ken Allender
- Julianne Graham
- Beth Child
- Editorial Enquiries to Andy Moore 0430 448 120
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#### Advertising Rates

- One eighth page \$35
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#### Rates for one year – 11 editions (no edition in January)

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- Annual 1/4 page \$360
- Annual 1/2 page \$650
- Annual full page \$1000

#### Colour Advertising:

- Full page \$240 per edition
- 1/2 page \$145 per edition
- 1/4 Quarter page \$80 per edition



The Lancefield Mercury acknowledges the people of the Wurundjeri Woi Wurrung as the Traditional Custodians of the Country that includes Lancefield and Wil-im-ee Moor-ring. We pay our respects to Elders past and present, and extend that respect to all people of the First Nations. We recognise their continuing connection to the land and waters, and thank them for protecting this country since time immemorial.

# NATIONAL RECONCILIATION WEEK EVENTS

Macedon Ranges Shire Council will be holding two interactive events as part of National Reconciliation Week, which runs from 27 May until 3 June.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. This year's theme is "Be Brave. Make Change."

Truth-telling and reconciliation will be held at Kyneton Town Hall on Tuesday 31 May at 7pm. This community talk will feature guests Brent Ryan, Assistant Director Education at Yoorrook Justice Commission, and Nicole Findlay CEO Reconciliation Victoria.

Brent will share the work of the Yoorrook Justice Commission, who have recently begun the first formal truth-telling process into historical and ongoing injustices experienced by First Peoples in Victoria. Nicole will speak of Reconciliation Victoria, Council's recent Reconciliation Action Plan and ignite our thinking around the ongoing work of reconciliation in our community. A Q&A session and light refreshments will follow the talk.

Reconciliation Action in our Community is a community round-table event that will be held on Tuesday 7 June from 7-9pm at Woodend Community Centre.

This event will involve an interactive discussion with community members who have expressed an interest in being involved in local reconciliation action. The evening will include a Dja Dja Wurrung Welcome to Country and Cultural Education talk as well as guest speakers including Macedon Ranges Shire Mayor, Cr Jennifer Anderson, Vic Say from Castlemaine Australians for Native Title and Reconciliation, and Dennis Batty a Local Taungurung man and member of Council's Reconciliation Action Plan Implementation Committee.

Round table conversations will follow the presentations to address the issues raised and to share ideas. Interested community members can nominate themselves to continue this work and consider how these ideas can be put into action in the mid-to-long term.

Both events are free however bookings are essential. For more information visit [mrsc.vic.gov.au/RW2022](http://mrsc.vic.gov.au/RW2022) or call 03 5422 0333.



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# CUT THE SILENCE

## STARS ALIGN FOR MENTAL HEALTH CONVERSATIONS

Actor and Macedon Ranges resident Stephen Curry got his first job when he was 10 years old, sweeping the floor of his local barbershop. It was, he recalls, the first time he heard men opening up about their worries and concerns.

Curry – star of *The Castle*, *The King* and *Spreadsheet* – makes this observation during a conversation in a barbershop with another Australian film and television identity, Shane Jacobson. The pair – clad in capes while reclining in barber chairs – address mental health and manly behaviour as part of a series of short videos promoting a new campaign in the Macedon Ranges.

The concept came from Gisborne resident and advertising creative Mat Garbutt. It was backed by Macedon Ranges Suicide Prevention Action Group (MRSPAG), and funded by North Western Melbourne Primary Health Network.

Cut The Silence recognises that barbershops have traditionally been one of the few spaces in which men can talk about how they are feeling and coping – or not. The campaign identifies the businesses as gateways to professional support services for men at risk of experiencing a mental health crisis.

Five businesses have signed up to the campaign: Ace Barber in Lancefield, Joe's Barber Shop in Kyneton, Danny's and Nor'West Barbers in Gisborne, and JD Hair & Barber Studio in Romsey.

The barbers have received training on how to identify and talk to customers who appear to be struggling with their mental health. While they do not take the place of counsellors or mental health professionals, they have information and resources to guide customers towards help

if they want it.

"I think that men find it easier to talk in a barbershop as we are strangers to them and whatever they tell us is discreet, without any judgement they may feel their mates have," says Janine Vincent from JD's Hair & Barber Studio. "I think the Cut The Silence training will help us to look for signs of someone not really coping as sometimes it's the funny guy who's depressed."

Joe Woods from Joe's Barber Shop agrees.

"It's not too often we are approached by our clients with mental health issues," he says. "However, we are often aware they may have some issues and I tend to ask if anything may be wrong, and that may start a conversation."

Shane Jacobson and Mat Garbutt rallied some high-profile Macedon Ranges friends for the videos. As well as Stephen Curry, others featured are comedian Tom Gleeson, mental health advocate Jeremy Forbes, former AFL player Matt Dick, musician Pat Devlin, and international garden designer Paul Bangay.

The men discuss how times and expectations have changed for the better when it comes to men's mental health. They say old perceptions such as "real" men not talking about their feelings and "she'll be right" attitudes are no longer relevant.

All the interviewees emphasise the importance of checking in with friends. They want to normalise asking another man if he's okay, and acknowledging their courage to answer that they are not.

Shane has an unequivocal message for his inner circle. "I just want you to know that the number you know as my mobile number is also a pipeline to a mate."

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Visit [www.mrspag.com.au/cut-the-silence](http://www.mrspag.com.au/cut-the-silence) for Cut The Silence videos.

A community event to launch Cut The Silence will be held on Monday 13 June, the beginning of Men's Health Week, from 1pm to 5pm at the Macedon Railway Hotel including food and live entertainment. Go to <https://cut-the-silence.eventbrite.com.au> to purchase tickets.

If you are a barbershop or hair salon in the Macedon Ranges and want to find out how you can support the campaign or access training, please contact [info@mrspag.com](mailto:info@mrspag.com). For 24-hour crisis support call Lifeline on 13 11 14 or text 0477 131 114 (6pm-midnight). For family and relationship concerns call MensLine Australia on 1300 789 978.

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# WE WELCOME THE OPENING OF OUR PLACES OF WORSHIP

All Catholics in Melbourne continue to be dispensed from the obligation to attend Sunday Mass. We continue to carry the happy obligation to keep Sunday holy, whether we can attend Mass or not, and can do so by any kind of prayer with members of our household, reading holy scripture & encouraging one another in our faith. Prayerfully participating in online Mass continues to be a great source of comfort on Sundays.

We welcome the opening of our places of worship but remain mindful and respectful that many in our community remain feeling cautious. Face coverings are recommended for workers who "serve or face" members of the public. As always, our priority is care for others and especially those most vulnerable.

Hand sanitiser will remain available at the church entrance, as will masks if you feel more comfortable using them. Social distancing is always recommended.

Sunday Mass will be celebrated at 9am and will alternate between Lancefield & Romsey - first and third Sundays of the month in Romsey; second, third and fifth Sundays of the month in Lancefield.

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

Please contact the office for the next available date for baptisms.

Bookings are now open for parish children to register for Sacraments. Eucharist available to Year 4 and above, and Confirmation available to Year 6 and above. Please contact the office if you would like to register your child.

Should a parishioner want to go to Reconciliation, please contact Fr. Martin directly at Woodend on 5427 2690. Please direct any enquiries to lancefield@cam.org.au or to the parish office on 5429 2130.

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# ST MARY'S STUDENT REPORTER

I would like to introduce Alister McEachran from Year 6 who has taken on the role of Student Reporter for our school community. Over the coming year, Alister will be reporting on the many happenings within the school from a student's perspective. We welcome Alister to this role and look forward to reading his news.

## MOTHER'S DAY BREAKFAST

On the morning of Thursday May 5, we celebrated our Mother's Day Breakfast for the amazing women and special friends within our school community who do so much for all of us. It was a beautiful crisp morning to welcome our

families for a lovely breakfast of croissants, pancakes, fruit platters, muffins and yogurt. The hall had been decorated with pink & purple tablecloths and vases of beautiful chrysanthemums on each table. There was an honour wall which displayed our amazing mums, grandmothers and special friends as well as some artwork by the prep students on why they loved their mum! Over 200 people attended our breakfast, so it was a very busy morning. I'd like to thank the amazing St Mary's staff who got up early to make sure everything was ready and who kept the food coming as it was devoured by our hungry participants. We hope our families had a lovely breakfast and that everyone was able to celebrate Mother's Day with those that they love and cherish.



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## MOTHER'S DAY LITURGY

'Today was the Mothers' Day Liturgy at St. Mary's Primary School. Students were allowed to bring their own special person (Mum, Dad, Guardian etc). Mrs Thrum led our touching liturgy with the focus being love and gratitude. We enjoyed recalling the loving ways our mums care for us, by writing on a paper heart to be given to our mothers on Sunday. Parents commented that the liturgy was particularly special because it brought our school community together.'

Alister McEachran (Student Reporter)

## ABORIGINAL CULTURE FOR A DAY

On Friday 6 May students participated in a whole school incursion - Aboriginal Culture for a Day. The 3/4 classes kindly wrote about it for us.

On Friday Year 3/4 participated in the 'Aboriginal for a day' workshops. In the first session we met Aunty Monica, or Monster, and she taught us lots of things about the aboriginal

culture. She brought examples of totems and tools and showed us how to make traps from weaved grass.

The second session took us to Aunty Marg who educated us about Indigenous art. She talked to us about her tribe and how their stories inspire her artwork. She showed us what the symbols and shapes meant and how they tell a story.

Lastly, we listened to the Dreamtime story about how the Brolga came to be and learnt a traditional lullaby song.

It was a fun day as we got to do something that was different from our normal school day.

## CROSS COUNTRY BENDIGO

A huge well done to the following St Mary's students who participated in the Cross Country at Bendigo on May 6. Alister McEachran, Micheal Brown, Tommy Portelli, Illiana Way, Maggie Keogh and Cole Newnham. All students put in their best efforts on the day, and we congratulate Michael, Illiana, Maggie and Cole for making it to the next level. We wish them well for the next competition.

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# ROMSEY PROGRESSIVE DINNER

## A MONUMENTAL EVENT

On Saturday 23 April, a lucky 150 people gathered at Verdure café for the first part of their Progressive Dinner experience. Cool though it was, the feeling was one of warmth and excitement. Those who attended the 2021 Progressive Dinner knew what to expect, those who had not attended anticipated the evening ahead.

The Progressive Dinner was once again a night of 'Poetry in Motion' – and we enjoyed an ample serving of each. Diners were separated into three groups of 50, each with a leader and dining and tourist guide. In my group our leader was the President of RRBATA, Jenny Stillman in a somewhat different guise. Jenny was ready to kick up her heels, as we all were.

Two buses transported two sets of diners to distant and unknown venues. Our bus made a first stop at the Lancefield Lodge where we enjoyed our entrée at a speed-dating pace. While we ate our pork or salmon dish, bush poet Jack Bamford recited his thought-provoking words. Jack only began writing poetry in his forties, and what an accomplished poet he is. Dressed for the part in a Dryzabone and an Akubra, he entertained us and accepted compliments from an appreciative audience before we were ushered out the door and back on to the bus.

Our next stop was Mount Monument – and what a monument this building is to exquisite architecture, sculpture and style. We were all agog at the setting, the wine room, the dining room and the artwork we were surrounded by. Thoughts of dinner were brushed aside as poet Izzy Roberts-Orr's evocative words painted pictures of scenes and sensations. Dinner was another adventure: we were served either vegetarian or meat salads. I very much enjoyed the roast pumpkin salad. Most of all I enjoyed the room, the wine and the company.



Donna Prince

Finally, our bus returned to Romsey for sweets at Soltan Pepper. If anyone was still hungry, they would have enjoyed the luscious sticky date pudding or ice-cream. Too good to miss. But no-one could have missed our guest artist, Donna Prince! With her multi-coloured spiked hair, Donna was there to perform! And so she did – as energetically as ever and pleasing her audience as much as she did last year.

The Romsey Region Business and Tourism Association's 2022 Progressive was well organised, entertaining and fun. Congratulations once again to RRBATA for your hard work.

Fay Woodhouse



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# SOME HUMAN FOODS DOGS CAN EAT



May started with another group of new members at induction.

Last month we looked at food not good for your doggies, this month some human foods they can eat.

Peanut Butter – full of protein/health fats, niacin, vitamin B and E. Unsalted - making sure it does not contain sugar substitutes like Xylitol which can be deadly.

Chicken – raw, cooked, boneless, skinless no spices/marinades is great, but cooked bones should never be fed to dogs.

Cheese – if not lactose intolerant, cheese is great used as a treat or a training tool. Cottage cheese is high in protein, calcium and is easy to digest.

Carrots – high in fiber and vitamin A, chewing raw carrot is good for teeth.

Yoghurt – full of protein, calcium and digestive cultures is great for digestive health. Use live active cultures but non-fat, lactose free, no sweetener/flavor.

Pumpkin and Sweet Potato – fresh/cooked, full of fiber and vitamin A, great for a sensitive stomach.

Eggs – fed raw, including shell, or cooked are full of biotin, protein, riboflavin, and selenium.

Green beans – great for weight loss, high in fiber/low in calories.

Salmon – omega 3 but must be cooked.

Apples – full of phytonutrients, vitamin A and C. Skin on, but remove the seeds, they contain traces of cyanide.

Oatmeal – for those not sensitive to grain. Packed with vitamins and minerals, a great source of dietary fiber.

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# Learn about the complex carbon market, soil carbon, carbon planting and how to join the carbon market.

The ability of trees and grasses on your land to absorb and store carbon can generate considerable financial returns for landholders— big and small. Your local Landcare groups have convened three, landholder information sessions to help bring you up to speed on this often difficult to understand topic. These sessions are designed to help you understand what the future may bring and how knowledge of these issues may help you plan for your land. Attendance is absolutely FREE. No bookings are needed and tea and coffee are provided.

## Soil Carbon Project Development

Thurs 16th June 2022 @ 7.00pm

Lancefield Mechanics Hall Annex

Speaker – Kate Carmichael:  
AgriProve Regional Operations  
Manager (Albury)

AgriProve are a firm advising on soil carbon. They appear in videos that lead the Clean Energy Regulator website. In their own words:

*"Our goal is to mainstream a farmer led, commercial model of soil carbon farming – regenerating agriculture and sequestering carbon at scale. AgriProve enables farmers to generate income from carbon abatement activities and secure viable returns in the Australian market. We have \$150 million to pay farmers who build soil carbon over the next ten years".*

## Carbon Market Approach

"Good for the Farm, Good for Farmers"

Thurs 30th June 2022 @ 7.00pm

Lancefield Mechanics Hall Annex

Speaker– Danny Pettingill: Agronomist -  
Regenerative Farmers Mutual,

Regenerative Farmers Mutual is a farmer run organization that seeks to help farmers benefit from carbon markets. They appeared in a recent ABC Landline report which focused on soil carbon capture.

In their own words:

*"We were born of 79 farmers, conservationists and landcarers who worked together to design from the ground up a farmer-owned broker that could help farmers access environmental markets".*

## Carbon and Tree Planting Opportunities

Thurs 14th July 2022 @ 7.00pm

Lancefield Mechanics Hall Annex

Speaker– Lachlan Cook: Forester 20 years' experience in plantation forestry. Developed models for carbon planting, both for harvest and retention.

In their own words:

*"I am interested in helping farmers generate carbon credits – and other benefits – from tree planting on farms.... understanding their costs, benefits and risks".*

For more information contact Chris Darling on 0418 619 710 or Michael Wright on 0418 178 706

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# THE SEASON THAT NEARLY WAS

Matthew Bowden, with the support of Luke Harrison, took on the Men's Coaching role for 2021/22. We had two senior men's sides for the season, playing for Jenson Shield and Club Grade North. With both sides this year making finals, we count this as a success. Matthew led the First Eleven into another grand final appearance. Throughout the season they came up against challengers in Blackwood, St Anthony's and Bacchus Marsh and ultimately played Bacchus Marsh in the Grand Final, unfortunately falling short.

The Second Eleven was once again led by Simon Donnellon and improved on their position last year and finished fourth. The side once again saw a mix of experiences to combine to build a fun and enjoyable atmosphere. Making the finals is a huge effort, but unfortunately, they fell short in the semi-final due to bad weather.

In the Women's competition, Lancefield Black had a great season finishing second. Led by Bethany Richardt, Black was able to make it to the Grand Final but unfortunately missed out due to a washout.

Lancefield Yellow, a young side led by Emily Consiglio battled all season and fell short finishing seventh, one game and percentage out of the top four. The team lost two games by less than 10 runs.

Emily Consiglio took on the role of Junior Co-ordinator. With the club growing to four junior teams this year, and half

of those were girls, it adds a great dynamic to the club. The Woolworth Blast program continued to flourish on a Friday night making the night very busy. This is the most juniors we've had around the club for a while; it certainly adds an enthusiastic buzz. Thanks to all the coaches and parent helpers for making this possible.

We had some great social occasions this year. Pink Stumps Day was a roaring success, and a few impromptu social games were cause for fun, laughs and a really big bruise!

Our AGM was held on April 26. Thank you to Life Member Denis Graham for chairing it. The executive committee remains the same – President Andrew Richardt, Vice President Simon Donnellon, Secretary Pauline Goodes and Treasurer Mark Caton. Emily Consiglio has again taken on the role of Junior Coordinator, Rita Vandervalk Child Safety Officer, Peter Burns GDCA delegate and Shannon McElhinney as Grants Coordinator. Thank you to new and returning general committee members- Mark Mouser, Damien Cusack and Leigh Gardner.

Thank you to everyone that has helped this year, Committee members, players, parents, families and the wider community. It takes a big effort to run a club and we thank everyone for their passion and support. The club is in an amazing position, on and off the field. We are looking forward to an exciting 2022/23 season. Go Tigers!



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# EATING LUNCH TO MAKE THE WORLD A BETTER PLACE.

Our monthly Feed it Forward lunch is about bringing people together. It's a meal where people can come alone and meet new people, or for groups of friends to get together, whilst enjoying a delicious, volunteer-prepared meal, using ingredients provided by our generous local producers and businesses, and freshly-harvested produce from the community garden.

Joining our lunches is one of the easiest ways to contribute to your community. You are also helping to build resilience and connections, and possibly changing someone's life without even knowing it. Maybe consider inviting a neighbour or person you know who might not go out by themselves, or someone who might be struggling a bit with life. Lunch is \$5, if you can afford it, and you can 'pay it forward' by purchasing a lunch for someone else.

Feed it Forward lunches, a Lancefield and Romsey Neighbourhood House partnership project, are held each

month on the Tuesday after the Farmers Market, at 12.30pm. In the past the lunches alternated venues between each town but for this year we will holding them all at Lancefield Mechanics Institute.

We can organise transport to take you to and from the lunch if you need it – just let us know at the time of booking. Also when booking you must tell us of any dietary needs, and if you are bringing children so we can set up a big enough play area.

As with everything we do, we always welcome volunteers to help us run the event - Call the House on 5429 1214 if you would like to know more about how you can help.

## UPCOMING DATES:

Farmers Market Sat 28 May Feed it Forward Tues 31 May  
Farmers Market Sat 25 June Feed it Forward Tues 28 June

To book for lunches phone one of the Neighbourhood Houses on 5429 1214 or 5429 6724.

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## SHARE RIDE LAUNCH

As part of Feed it Forward lunch in the Lancefield Mechanics Hall on Tuesday 28 June we are very excited to launch the Share Ride project and hope you can join us. The community driven project has developed out of the Neighbourhood Houses identifying that lack of transport is an issue for many of our community members. We received some funding to undertake research into the transport needs in the towns, and this has led to Bendigo Bank sponsoring a people-mover

for our 'Share Ride' project. Join us at the launch to celebrate and find out all about the project. Please book by phoning Lancefield or Romsey Neighbourhood House on - 5429 1214, or 5429 6724 or online at [www.communitydriven.org.au](http://www.communitydriven.org.au) If you would be interested in being a volunteer with community driven as a driver or for admin support, please call Michelle or Vivien at the Neighbourhood Houses to discuss.

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# MENTAL HEALTH FIRST AID COURSES FOR VOLUNTEERS

The Storm Recovery team has been successful in obtaining funding from DFFH for community volunteers to complete Mental Health First Aid (MHFA) training free of charge.

In the past 12 months we have seen a number of severe weather events across the Macedon Ranges and it's not unusual for people affected by emergencies to experience distress (e.g. feelings of anxiety and sadness, hopelessness, difficulty sleeping, fatigue, irritability or anger and/or aches and pains).

Each year one in five Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however, most do not cover mental health problems. MHFA teaches people the skills to help someone who they're concerned about.

Each two-day session, held at the Woodend Community Centre and Library, will train community volunteers in the Macedon Ranges who work closely with the community.

Session run from 9am to 4pm and will be held on 22 and 23 June, 13 and 14 July and 14 and 15 September. Please contact [recovery@mrsc.vic.gov.au](mailto:recovery@mrsc.vic.gov.au) to sign up for one of the limited places. Visit [mhfa.com.au/](http://mhfa.com.au/) for more information on Mental Health First Aid Training.

# WHAT'S ON AT THE BUFFALO STADIUM

Ladies netball competition is played Tuesday nights from 7.15pm. You can enter the competition as an individual or a team. The new season starts July, fees are \$7 per game, and registration per player is \$20 per season.

Dance classes are held at Buffalo Sports Stadium Woodend on Monday and Thursdays.

Tiny Tackers dance: for pre-schoolers aged 2-5 years, classes include ballet, tap and jazz (two-year-old ballet and jazz only). Studio2 MIX: for school-aged students from 6-12 years with a mix of ballet, tap and jazz. Studio2 Hip Hop classes and Tap dance: Thursday afternoons for 8-12 years and 13-18 years.

## ACTIVE KIDS SPORTS PROGRAM

Learn correct sporting techniques and skills to develop confidence and knowledge of sport. Children use a range of equipment from soccer, netball, hockey, basketball and more. Children learn skills for catching, rolling and throwing in a relaxed fun environment. Sessions are held 10-10.45am Wednesday mornings at the Buffalo Sports Stadium for children 2-5 years. Parent participation is required. Casual visit \$11 or 10 pass \$99 (6 months expiry).

See [mrsc.vic.gov.au/buffalo-sports-stadium](http://mrsc.vic.gov.au/buffalo-sports-stadium) or email [buffalo@mrsc.vic.gov.au](mailto:buffalo@mrsc.vic.gov.au) for more information.

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## ROMSEY-LANCEFIELD RSL SUB-BRANCH

President: Reinhard Goschiniak 0419 375 060 Secretary: Patricia Vowles 03 5429 3456.  
romlancrsl@gmail.com PO Box 315 Romsey Vic 3434



The President, committee and members of the Romsey Lancefield RSL Sub-Branch wish to thank the people of Romsey and Lancefield for their generous support for our recent 'Anzac Day Appeal'.

The community contributed a grand total of \$12,949 to the Anzac Day Appeal. The donations to the appeal go to the Returned and Services League of Australia (RSL) General Appeals Patriotic Fund which is set up to assist serving members of the Australian Defence Force, Past, Present and Serving members and their families. The Romsey Lancefield RSL Sub-Branch receives 50% of all donations which we use as our operating budget for the running of our Sub-Branch.

Assistance for our members and community include, but is not limited to, help with utilities payments, winter fire wood, and other needs they may require. We also run community events such as the Spirit of Anzac Award, Schools

essay competitions and veterans' events.

The Committee would also like to extend a heartfelt thank you to all our Volunteers who braved the elements during the period of badge sales, as well as our Appeals Co-ordinator.

Furthermore the President would like to thank the communities of Romsey and Lancefield for their attendances at our wreath laying service at Romsey and the main commemorative service at Lancefield. It was the best attendance we've had since before COVID. Thank you to all the people that help to make the event the success it was. Obviously too many to mention here, but they know who they are. A special thank you to the Lancefield Neighbourhood House for again putting on the morning tea after the service.

Reinhard G. Goschiniak  
President



John McCosker  
and Reinhard Goschiniak



Photos from Isabelle Ermond of IsabelleJaiPhotography.com (via Lancefield Primary School)



# A BIG MONTH

It's been a big month on and off the field for the Tigers. A mostly successful outing against Western Rams saw both our Senior and Reserves football teams notch up big wins as well as our B Grade Netballers. In fact, our B Graders have won their last 3 matches. Also in form is C Grade Netball, defeating Wallan and Riddell in the past two weeks.

The main highlight off field was the hugely successful Lancefield Car & Collectables Swap Meet on Sunday 25 April. With nearly 5,000 attendees through the gates and over \$30,000 raised for LFNC, we are very grateful to all our volunteers who got up early to help out (some starting at 5am), we couldn't have done it without you!

Playing coach Tom Waters (1) gives advice to senior debutante and Lancefield local Ruben Schembri (15)



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### 150 YEAR CELEBRATIONS (2023)

If anyone has any articles, photos, memorabilia, please bring these along to the Laurie Green Pavilion at our next home game between the hours of 12:30pm – 2:00pm. If anyone is interested in getting involved with next year's celebrations, please contact LFNC President Mark Morgan – 0408 389 900.

### UPCOMING EVENTS

Sat 4 June – Away Game (Local Derby) vs Romsey  
 Sat 25 June – Home Game vs Woodend – followed by Function (Past Players/500 Club and Netball Function)

### RECENT RESULTS

	Rd 4 (Home vs Western Rams)	Rd 5 (Home vs Wallan)	Rd 6 (Away vs Riddell)
<b>NETBALL</b>			
A Grade	LOST 49 - 52	LOST 38 - 50	LOST 57 - 29
B Grade	WON 31 - 22	WON 30 - 23	WON 26 - 31
C Grade	DREW 23 - 23	WON 39 - 13	WON 19 - 25
U/19s	LOST 6 - 59	BYE	LOST 38 - 11
<b>FOOTBALL</b>			
Seniors	WON 15.10 (100) – 3.5 (23)	LOST 7.6 (48) – 21.15 (141)	LOST 25.15 (165) – 7.3 (45)
Reserves	WON 13.10 (88) – 3.8 (26)	LOST 2.3 (15) – 19.15 (129)	LOST 9.10 (64) – 5.6 (36)

Whether that's taking to the footy field, the netball court or the many different volunteering opportunities, please get in touch with LFNC Club President Mark Morgan -- lancefieldfnc@gmail.com or 0408 389 900.

### VALE ARTHUR LANG (29/12/1936 - 21/4/2022)

The LFNC was saddened to hear of Arthur's passing, and sends it condolences to Arthur's family and friends. If you want to find out more about Arthur, there was a long article in the Lancefield Mercury in July 2019 which is available online, just do a search.

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# JOSEPH RIDDELL

In the April of the Lancefield Mercury we gave a brief outline of Joseph Riddell's involvement in the community, but now we are going to give more detail about why his cheese was so successful. We are also going to tell you more about his involvement in the West Bourke Agricultural Society.

Due to the popularity of his award-winning cheese "Berkley Vale", several Melbourne newspapers visited his farm at Monegetta North and published very extensive articles about him.

The following are a few excerpts from the Weekly Times 8/7/1871:

"On paying a visit to "Berkley Farm", the large and old established cheese dairy of Mr Joseph Riddell, situated at the Duckholes, Lancefield Rd, we were much pleased with the operations there carried on. Mr Joseph Riddell is a well-known prize taker with his now famous cheese, having carried off no less than eleven first and two second prizes at the International Cheese Show held annually in Melbourne.

The cheese room at this establishment is a most substantial bluestone building, 23' long x 15' wide (7.5m x 5m), with the windows and entrance facing east. The floor is stone which is considered by Mr Riddell to be cooler than cement. The milk house is a detached wooden building, with walls 10' (3m) high, 6" (150mm) thick and being well packed with sawdust are impervious to the great summer heat.

The size of the house is 12' x 15' (4m x 5m) with a shingle roof, and a layer of sawdust 1' (300mm) thick below the roof which adds as a non-conductor.

The average quantity of cheese made daily in this establishment is 160 lb. weight (72kg), and although this establishment is carried on so extensively and thoroughly, only six hands are employed in all.

In conclusion, we must not omit to mention the great courtesy and hospitality we received from Mr Riddell on our visit, and the great pains he took to show and explain

all the arrangements connected therewith."

The following are a few excerpts from the Melbourne Leader over two editions 16/12/1871 and 23/12/1871:

"The importance of the improvement we are about to describe will be at once duly appreciated by dairymen by means of Mr Riddell's invention are those of keeping the evening's milk at a temperature of 65° (18C) through the night in hot weather, and at the same time and by the same means preventing the cream from rising.

These are two essential conditions in the manufacture of cheese processing fine flavoured and good quality, or in other words, a first-class article."

The Leader's description of his invention is very detailed and lengthy, but basically, he invented an inner milk vat made from stout block tin holding 250 gallons (950l) of milk with an outer vat made from oak wood with a cavity of 3" (75mm) enabling galvanised pipes with water passing through which was gravity fed from a header tank holding 400 gallons (1500l) of water which also activated an agitator to keep the milk moving.

Water was pumped up from Emu Creek each evening to do this, however in 1874 he had made a holding tank 18' (6m) deep and holding 17,000 gallons (80000l).

At the time of the Leader's visit, Mr Riddell was holding 10 ton (9000kg) of cheese in his bluestone factory awaiting shipment by rail to Melbourne where it would have been distributed to the various shops by Produce Merchant, Mr Charles Wood of Market Street, Melbourne.

Final excerpt:

"Mr Riddell may properly be styled the father of cheese-making in the Lancefield district, having been the first to commence the business there, although now his practice finds several imitators. Still Mr Riddell holds his own. His cheese is well known to our best grocers in town, and largely disposed of, yet such is the influence of over-production on price that Mr Riddell has begun to look out for markets to the East. An "all around the world

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cheese”, he says, is under present circumstances a great desideratum, and he is determined that he will not be satisfied until he makes cheese that will stand the voyage to England and back.”

During the 1850’s and 1860’s, many young people migrated from the United Kingdom to Australia with the hope of finding gold, but there were many just wanting a better lifestyle. It was soon realised that the fertile soil around Romsey area was ideal for all types of farming, thus the area soon became the food bowl for Melbourne as many people started farming in the area, growing all types of vegetables, grain and dairy like butter and cheese. Many of the young farmers had no experience before they arrived and were very happy to help each other where they could.

A group of prominent farmers got together and formed The West Bourke Agricultural Society with the aim of learning from each other and improving productivity.

Joseph Riddell was one of these men and was elected as Vice-President as was Thomas Hamilton, co-founder with his cousin John Carr Riddell, of Riddells Creek. William Clarke, who was the largest landowner in the colony after inheriting land worth £1,300,000 in 1874 when his father died, was the President.

This Society soon became quite large, holding monthly meetings to make arrangements for their large annual show. These meetings were usually held at various hotels in the area as they were the only buildings large enough to hold the 100 odd farmers that would attend.

These meetings were usually chaired by Mr Riddell or Mr Hamilton, as Mr Clarke was usually elsewhere due to his massive farming activities.

The annual shows were held at Lancefield Junction (now Clarkefield) as it was on the Echuca rail line enabling transportation for participants from other areas. These shows were virtually a forerunner to the Melbourne Show.

The following is part of an excerpt from the Argus 15/3/1878:

“The fifth annual general exhibition was held on Thursday 15/3/1878 at the new grounds near Lancefield Road Station. A special train left Melbourne at 9am. His excellency the Governor was met at the station by the West Bourke Agricultural Society president Mr W.J. Clarke.

After inspection of the exhibits, the vice regal party and about 250 visitors sat down to lunch in a large marquee. They talked about the quality of the land around Lancefield which had about 10,000 acres of the best land in the colony and beyond that, a much bigger area of good second-class land. The district generally produced good crops of cereals and the best potatoes in Victoria. Admission to the show was a shilling. After the show, his Excellency returned to Melbourne by train which left Lancefield Road at 6pm arriving in Melbourne at 7.20pm.”

Some of the categories at the show were:

All types of horses, cattle, sheep, dairy produce, farm implements, saddlery, fruit and needlework, which included best made gentleman’s shirt. Knitted pairs of gentleman’s half-hose, plain or ribbed, crochet work and fancy work.

John Furphy, of Shepparton, won best draught horse with “Scotchman” but he did not win a prize for his now famous portable water tank, if he had entered one.

On April 2 2022 some of Joseph and Celester’s descendants held a family reunion at the grave side at Lancefield, with many of them only recently finding out their family history.

The group are all from the first born of the original family of 15 children in Australia, James Forrester Riddell, who in turn had five children when he moved to Heidelberg in the late 1800’s. Many of these relatives had never met before, while some of the older fourth generation hadn’t seen each other for 70 years or more. The overall feeling by all present was one of pride and admiration of their forgotten or unknown ancestors.

The family would like to thank the Lancefield Cemetery Trust for their co-operation and assistance.

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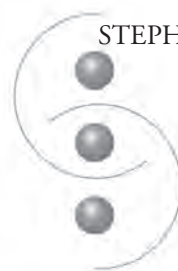
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# CHRISTMAS IN ROMSEY SUPPORT

For the seventh year running, Community Bank Lancefield & Romsey is proud to support this spectacular Christmas in Romsey community event with a grant of \$6500. This wonderful festival is a celebration for the entire community - trees decorated by business and community groups, Main St landmarks illuminated, a Home and Business Lights and Decorations competition, culminating with the planned return of Community Carols.

It is also with pleasure we announce a \$1,500 grant to Romsey Region Business and Tourism Association in support of their Annual Business Dinner. This dinner provides an ideal opportunity for attendees to network with local business groups as we continue to recover from the impacts of COVID.

Our next Community Investment Program is due to open on July 18 so start planning your project and application now. There were such a diverse range of ideas and suggestions at our recent Community Forum, so give some thought as to how they can be achieved.

## \$500 COMMUNITY RECONNECT GRANTS

Congratulations to Lancefield Playgroup and Lancefield

Cricket Club on their successful applications under our current \$500 Community Reconnect Grants. To find out more about these grants, email [angela.dickins@bendigoadelaide.com.au](mailto:angela.dickins@bendigoadelaide.com.au) or call in and speak with our wonderful team at either of our branches.

## HISTORIC MAP ON DISPLAY

Romsey branch is currently displaying a significant piece of our region's history, a copy of the 1880's Shire Map. Community Bank Lancefield & Romsey were delighted to have provided a grant for the restoration and framing of this map. Call in and have a look at this historic piece and gain an appreciation of how our wonderful area has evolved.

Lancefield Romsey Community Financial Services Ltd (LRCFSL) currently have two part-time (16 hours/week) positions available. Community Bank Lancefield and Romsey has been operating in excess of 20 years, returning more than \$2 million back into our local communities. Both positions offer an exciting opportunity for motivated and enthusiastic individuals to be involved in a very rewarding and satisfying organisation.

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Reporting to the Chair of the Marketing and Community Investment Committee and the Board, the newly created position of Marketing & Community Investment Officer supports the Board and branch staff in marketing of the Community Bank, Community Investment program, and preparation and management of marketing resources and materials. Whilst marketing experience is desirable, applicants with similar disciplines/exposure would be considered.

For further details (including position descriptions) please contact: Suzie Ewart 0411 045658.



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## CHURCH SERVICES

Regular weekly Church services are held in Romsey at 9am and in Lancefield at 10.30am.

Prayer Meeting is held at St Pauls Romsey each Monday at 7pm. Bible Study is at St Pauls Romsey Tuesday at 6:30pm and at Christ Church Lancefield Thursday 10:30am. A community lunch is being held on the last Saturday of the month at Christ Church Hall at 12noon. All very welcome to join in.

St Paul's Romsey Op Shop is open on Fridays from 12:30pm to 4:00pm and Saturdays 10:00am to 1:00pm. The Op Shop staff looks forward to greeting everyone and for all to see the interesting items we have on display. Donations of clothing, bric-a-brac, craft, books and good quality working toys can be left Friday afternoon or Saturday mornings during open hours. Please note that owing to regulations we cannot accept electrical good, prams, baby cots, mattresses or furniture. Your support and donations are much appreciated.

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## NATIONAL RECONCILIATION WEEK

The National Reconciliation Week theme, “Be Brave. Make Change.” is a challenge to all Australians – individuals, families, communities, organisations and government – to be brave and tackle the unfinished business of reconciliation so we can make a change for the benefit of all Australians. Join us for a special story time on Monday 30 June and pick up a book from our library display.

Look at National Reconciliation Week at <https://nrw.reconciliation.org.au> for more information.

## PREMIER’S READING CHALLENGE

Registration has opened for the Victorian PRC. The Challenge encourages children and students to read a set number of books over the year and record their efforts online. Since the Challenge first began in 2005, more than 3.5 million students have read over 54 million books. The library is ready to support PRC participants. Come and borrow from our huge range of books selected by the premier, and on the challenge list. PRC

books are levelled and clearly labelled, and included picture and chapter books, for all reading levels from Kinder to Grade 6.

Go to the Premier’s Reading Challenge, visit <https://vprc.eduweb.vic.gov.au/home> for more information and to sign up.

## SCHOOL HOLIDAYS 25 JUNE - 3 JULY

Keep your eye out for our Winter School Holiday Program, starting soon. Hard copies available from the library and information is available on our website - [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au) – which includes links to books.

## STORYTIME AT ROMSEY LIBRARY

We love babies and children at the Romsey Library and all ages are always welcome at our regular story time sessions. No bookings required. Monday 11am Storytime (3-5 years). Tuesday 11am Toddler Time (1-4 years). Thursday 11am Baby Rhyme Time (0-1 years)

## IT?

Our friendly staff are available to help with one-to-one technology assistance on a range of topics including formatting documents, printing, setting up new devices, ancestry and much more. Sessions are free, but bookings are required. Please phone 5429 3086 for enquiries and to book.

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# YOUTH AWARDS

Do you know a young person aged 12–25 years doing amazing things in our community?

Tell us about the inspiring young people in your life by nominating them for Macedon Ranges Shire Council’s annual Youth Awards, which celebrate and recognise the incredible achievements of young people in the shire.

Nominations open Monday 6 June and can be for any young person, or group of young people, aged 12–25 years who lives, works or attends school in the Macedon Ranges.

Award categories:

- Will power: young people who show real character and perseverance, especially in the face of adversity.
- Good deeds: young people who give their time and energy to activities that support the wellbeing of another

individual, group or community.

- Pure imagination: young people pursuing their passion for creativity through the arts.
- Nicely played: young people kicking recreational and physical activity goals.
- Skilling it: young people excelling in a mentorship program, workplace or business.
- Well aware: young people who shine a light on important issues/social causes, and raise awareness in the community.

Go to [mrsc.vic.gov.au/youthawards](http://mrsc.vic.gov.au/youthawards) or email [youth@mrsc.vic.gov.au](mailto:youth@mrsc.vic.gov.au) to submit a nomination online. Nominations close 11.59pm Sunday 31 July.

Winners will be announced and celebrated on Thursday 6 October, at Kyneton Town Hall.

## COMMUNITY FUNDING SCHEME GRANT APPLICATIONS OPEN

Council’s annual grants program, the Community Funding Scheme, is open for applications from 23 May until 27 June. The Community Funding Scheme provides funds to not-for-profit community groups for programs and initiatives that benefit the shire and meet local needs in line with Council goals. Grant applications will be accepted online via the grants administration system SmartyGrants. Council’s

Community Development Team is providing support to help individuals learn how to use the SmartyGrants platform.

Local community groups and not-for-profit organisations are encouraged to discuss their project ideas with a Council Officer as soon as possible.

For more information email [grants@mrsc.vic.gov.au](mailto:grants@mrsc.vic.gov.au) or visit [mrsc.vic.gov.au/grants](http://mrsc.vic.gov.au/grants) or call 5422 0333.

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# COMMUNITY IMMUNISATION SESSIONS

Council provides a range of free immunisation services for infants, children, secondary school students and adults as well as catch up vaccines for eligible individuals, refugees and other vulnerable people.

Sessions are held on the first Thursday of each month in Gisborne, Kyneton and Woodend and on the third Tuesday of each month in Riddells Creek and Romsey.

Our specialist immunisation nurses will discuss any possible reactions and address any concerns you have before you are administered any vaccines. Please note, Council does not administer COVID-19 vaccines. Visit [coronavirus.vic.gov.au/vaccine](https://coronavirus.vic.gov.au/vaccine) for information regarding these vaccines.

## FLU VACCINE

Yearly flu immunisation is recommended for everyone aged 6 months and over. Council offers free flu vaccine to eligible residents who are: Aboriginal and Torres Strait Islander, Children aged 6 months to under 5 years, Pregnant women, People with at-risk medical conditions, People aged 65 years and over. Visit [mrsc.vic.gov.au/Live-Work/Healthy-Living/Immunisation](https://mrsc.vic.gov.au/Live-Work/Healthy-Living/Immunisation) for more information about Council immunisation services and session location and times.

# EXCELLENCE AWARDS

Is your business doing amazing things? Share your stories by entering the Josh's Rainbow Eggs Macedon Ranges Business Excellence Awards. This is your opportunity to share your business story or the story of an individual who works in your business and tell us how this has contributed to business excellence in the shire. The awards celebrate businesses of all types and sizes, offering a platform to showcase what you do. Self-nominations close Friday 8 July. Find out more at [mrsc.vic.gov.au/business-awards](https://mrsc.vic.gov.au/business-awards) or contact 5422 0333.

# AVOID THE BIG CHILL

As Victoria enters the chillier months, it's a good time to protect our water meters and pipes for winter.

Greater Western Water (GWW) has some simple tips to reduce the risk of your water meter freezing, so you can avoid short-term inconvenience and potential damage.

GWW's General Manager, Operations & Delivery Solutions Louise Meadows says, "On cold nights, cover your water meter to trap the air around it. A bucket, cardboard box, hessian bag or old tyre do the job well".

To avoid exposed pipes from freezing, you can protect them with insulation found at hardware stores.



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# LANCEFIELD GAINS TWO NEW DOCTORS

The Lancefield community will soon benefit from the expertise of two new doctors, allowing Ochre Medical Centre to expand its opening hours. Dr Ann Shemiss started with the practice in early April, and she will be joined by Dr Abeer Ziada in July.

Growing up in Iraq, Dr Shemiss' inspiration to study medicine came from her family. "My two uncles were doctors and I loved seeing them treating us when we were children - they patched us up when we needed to be!" she says. "I wanted to be like them."

She had originally planned to specialise in obstetrics and gynaecology, but the deteriorating situation of the war and the growing control of ISIS made that impossible. Instead, she qualified as a GP with a focus on women's health.

"It was a good outcome for me as I love women's health," she says. "You get a chance to work with women across different generations - from teenagers to women of reproductive age and women going through menopause and getting older."

Originally from Syria, Dr Abeer Ziada specialised in

pathology after graduating, juggling a hospital career with specialised laboratory work and teaching in a medical college. Like Dr Shemiss, the war then changed everything for her.

Having made the decision to leave Syria, she arrived in Australia in 2016 and embarked on re-qualification. "It's a long journey, going through the process again from the beginning!" she says. "But I enjoyed my hospital rotations here in Australia, especially in the emergency departments, and I gained a lot of really valuable experience." In fact, Dr Ziada enjoyed the clinical practice so much that this time she chose a general practice path instead of returning to pathology.

Unlike Dr Shemiss, Dr Ziada is the first doctor in her family. Her interests include mental health, children's health and women's health. Her experience also spans palliative care, an area of medicine that she describes as difficult but rewarding.

Dr Ann Shemiss and Dr Abeer Ziada will be accepting new patients at Ochre Medical Centre Lancefield.

FROM THE DESK OF PASTOR TIM

# FREEDOM

The Bible gets a lot of ‘bad press’ as a book of rules. I’m sure you’ve heard it – do this, don’t do that, that’s what the bible says. I must admit that if you read the bible ‘cold’ it would appear like that. Many Christians read the Bible and treat it like that – they feel a compulsion or duty to follow what it says.

For many years I struggled with Paul’s letter to the Romans, where he wrote about faith, the law (rules) and freedom. “So, we are made right with God through faith and not by obeying the law” (Romans 3:28), Paul starts with. Then he says: “Do we, then, nullify the law by this faith? Not at all! Rather, we uphold the law” (Romans 3:31), whilst talking about the “glorious freedom of the children of God” (Romans 8:21). We are saved by faith, but still follow the law whilst having freedom. How does that work?

It wasn’t until I discovered that the issue was with the way I was looking at it. King David said “I desire to do your will, my God; your law is within my heart” in Psalm 40:8. I needed to look at my heart. What I discovered was

that I was treating the law as a ‘have to’ instead of a ‘want to’. I realised that for what Jesus did for me, paying for my sins so that I could get right with God, my love and appreciation for that needed to grow. In doing so, I turned it from a ‘having to do it’ to wanting to do the things God asked out of love for God.

To give an example: a rule at home is that my wife doesn’t take the rubbish bins out to the front nature strip each week. I could look at having to do that as a chore, I could grumble and resent it. However, I want to do it for her as I love her so much and I know she appreciates it. So, the sense of compulsion or duty falls away, and the chore is no longer a chore because I love doing it for her.

The same is true with God’s laws. If we look at it as a set of rules we must follow, we’ve missed the point. If we realise that we want to follow them out of love for God, because we want to, they are no longer restrictive. It is realising this, that we find we have freedom from them and that the rules no longer rule us. That is liberating.

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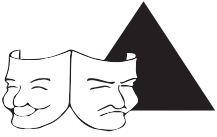
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# GEARING UP FOR ONE ACT PLAYS

Hard to believe we're in June already. The theatre is now gearing up for its Seventeenth Annual One Act Play Festival. On the weekend of 16 and 17 July theatre companies from Melbourne & Regional Victoria get together for a weekend of one-act plays. Plays are adjudicated and awards presented at the conclusion on Sunday afternoon. Patrons are invited to come for a session (3 short plays) or nestle in for the weekend and enjoy all performances. Food & bar facilities available. Tickets at the door. For session times go to [www.themountplayers.com](http://www.themountplayers.com) or call 5426 1892.

Our third production has been cast and now in rehearsal. The Tarantino thriller *Reservoir Dogs* has been adapted for the stage with a full female cast. Creative Director, Craig Lenaine-Smith will put his own special touch on this classic

with live music on stage and special effects. Warning – it's not for the faint hearted as it contains violence, coarse language and sexual references throughout the show. Definitely for mature audiences who enjoy a contemporary performance. The show opens on 21 August.

Auditions for our fourth production, *When The Rain Stops Falling*, an Australian drama by Andrew Bovell are on 23 and 24 July. The story spans 4 generations of disfunction in one family's lineage of secrets, abandonment and searching for answers. An epic work of drama. Contact director, Vicki Smith at [stagestruck58@me.com](mailto:stagestruck58@me.com) for a script and full details on the play.

See you at the Mountview Theatre.


By Karen Hunt

## ROMSEY LANCEFIELD SENIOR CITIZENS

Our monthly bus trips have been changed to the first Tuesday of the month. This month we will be heading to Westfield Shopping Centre, Airport West, having a lovely lunch at Skyways Hotel. Our trip will be on Tuesday 7 June. Give Helen or Rae a call for further details and times for bus departures.

Remember, we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, for just \$5.


We will be having our roast meal during June in our meeting room at the rear of the Romsey Mechanics Institute. Join us for this beautiful meal - roast, veggies and dessert all for \$10. If you are interested in joining us this day, please contact Helen or Rae (for catering numbers). For further information please contact Helen on 0409 064 303 or Rae on 0408 338 759. Hope to see you soon.



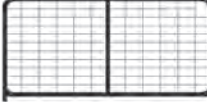
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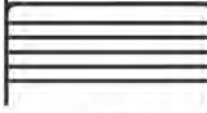
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## STORM RECOVERY UPDATE

# REGISTER FOR FREE NATIVE TREES

To assist environmental recovery from the June 2021 storm, free local forest tree tube stock species are available to residents. To go in the draw to receive tube stock visit [mrsc.vic.gov.au/habitat-kits](http://mrsc.vic.gov.au/habitat-kits) to register your details. Thanks to DELWP for funding this great initiative to assist in the replanting of large forest trees and provide habitat for local fauna.

## WHERE ARE WE NOW?

A Storm Recovery Conversation with David Younger, Clinical Psychologist

The past 12 months have been a very challenging period for many people. The storm that swept through the Macedon Ranges on 9 June 2021 was for some a stressful experience, whilst for others it was frightening. It also left a widespread trail of destruction. In combination with COVID-19 and lockdowns, it started to feel like sometimes life just keeps throwing curve balls.

'Where are We Now? A Storm Recovery Conversation'

is a community information evening focussed on the needs of storm-affected residents of the Macedon Ranges. Disruption, stress, delays, tiredness, fatigue, uncertainty about the future, and a realisation that there is still a lot of work to do, are all experiences that ring true for some residents.

This session will be facilitated by David Younger, clinical psychologist and consultant, and an expert in the area of natural disasters and emergencies. David has worked with many communities and individuals throughout Victoria and Australia after severe weather events and disasters. During 2021, he supported communities in the Yarra Ranges affected by the severe storm. David brings a commitment and a sensitivity to the experiences and needs of those that join the sessions. Everyone is welcome and privacy will be respected.

Wednesday 15 June at Woodend Community Centre. Tea, coffee and snacks from 5.30pm, session starts at 6pm. Visit [mrsc.vic.gov.au/storm-support](http://mrsc.vic.gov.au/storm-support) to register.

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ROMSEY ECOTHERAPY PARK

# EXCITING PROGRESS

There has been more exciting progress as the Park heads towards completion.

The Romsey Ecotherapy Park Inc committee (REP) recently was guided around the construction site by Michael Black, the ACLA landscape architect whose creative mind has helped shaped the REP vision for this wonderful space. Pathways and garden beds now have obvious shape and form. The water/sand play element has been completed and some of the sculptures have been installed. Follow the construction progress on REP's social media!



REP committee members and landscape architect Michael Black (ACLA)



"Cycles" by Charlie Aquilina



Build-your-own cubby frame in the Woodland ramble



Water and sand play area, kinetic wind sculptures (Rudi Jass)



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## NEW LOCAL CLEANING BUSINESS

Service Abbey is a local family run start-up business located in Lancefield. Specialising in residential and commercial exterior home/building cleaning, specifically, roofs, gutters, windows concrete pressure washing, mobile car detailing and house washing. As Lancefield locals, the owners James and Ryan, who have now lived in Lancefield for 6 years, have a keen interest in footy, local food and wine. 'We love the local area and its people; Lancefield has such an awesome country feel to it and it's great catching up with people at local wineries, markets and the main street for coffee or lunch'.

## KYNETON TOWN HALL - JUNE PERFORMANCES

Kyneton Town Hall presents two stunning performances in June.

First off is live music duo Tex Perkins and Matt Walker on Saturday 11 June at 8pm.

Oozing magnetism from every pore, rock royalty will grace our town hall for one night only. The set is a mix of new songs and old favourites, including tracks spanning Perkins' career and discography. To the joy of fans, Perkins and Walker play a mix of hits: The Honeymoon is Over, a crowd favourite delivered as artfully and with as much intensity as it did on its release in 1993, while the Beasts of Bourbon's This is not the Way Home takes the audience on a nostalgic journey, and Dark Horses gets a nod with a spine-tingling rendition of Please Break Me Gently.

If classical music is your choice, then Peaceful Piano is a double-bill tour featuring Australia's foremost neoclassical pianist/composers Nat Bartsch & Luke Howard. Scheduled for Friday 24 June at 7.30pm this is a performance not to be missed.

To purchase tickets visit [www.mrsc.vic.gov.au/buytickets](http://www.mrsc.vic.gov.au/buytickets) or call 1300 888 802.

## WOODEND HANGING ROCK PÉTANQUE CLUB

Well, even though our pétanque season finished at the end of March, we certainly have been busy since then.

In April a group of our players spent a successful day with the Maldon Pétanque Club, where Shirley Marshall won their raffle prize.

Also, in the name of pétanque, we ran a fundraiser for Ukraine, one cold Thursday afternoon with 12 teams playing and \$300 going to UNICEF.

We then had 5 teams head off to the Grampians in April for a fun and successful weekend to play in the Northwest Cup.

On Sunday May 1, the Rootes car club from Melbourne came up to Hanging Rock to challenge for our Rootes and Rockers cup, with our Rod Gell winning it back for our club. A delicious lunch of roast lamb with all the trimmings prepared by our committee finished off another fun day at The Rock.

The President's Cup was held on Thursday May 5 in honour of Marilyn Steel, Chinka Steel's wife, who was a treasured founding member of our club, who helped and supported him in the 20 years we have been prospering. This night took on a Mexican theme with 30 members doing their bit and dressing up Mexican.

On May 15, we had another occasion with members having lunch and a few games of pétanque at Darraweit Guim Cidery, with Wayne Mee taking home the winning prize.

So, our pétanque season never really ends, there is always something in the pipeline for our committed members to attend. Either in the city or around our region, as two of our star members - Ruth Giddings and Rod Gell - will tell you.

If you would be interested in joining our club to play this funny ball game of pétanque

[secretary@petanqueattherock.com.au](mailto:secretary@petanqueattherock.com.au) is the contact point.

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Lancefield



# IT'S ALL ABOUT YOU

It's all about the town you live in, it's all about you and your family, it's all about the type of community you want to live in.

The core business of Neighbourhood Houses is to carry out Community Development (CD) work, to help create a place we all want to live in, feel connected to and feel safe in. One of the first rules about CD is that the community contributes to the process. So we are asking you to get involved and have your say by spending a few minutes to do our surveys.

The first survey is to help with future direction of the Lancefield Neighbourhood House (LNH) and therefore what development of the community looks like. The volunteer committee of management develops a three-year plan for what LNH wants to achieve in that time. The committee receives some funding so they can employ a coordinator to help make the plan happen. By contributing your ideas and opinions in the survey you can help shape what projects LNH puts its energy into for the next few years.

## EMERGENCY SURVEY

LNH has been meeting with Macedon Ranges Shire Council, Cobaw Health, several government agencies and two other Neighbourhood Houses since the storms last June. Initially the meetings were around recovery after the storm, but now we are talking more about building support and resilience in our communities, to be better prepared for any future extreme or emergency events.

One thing LNH is working on is a phone tree concept, where people can efficiently check on each other, hopefully a system where nobody gets left out. The challenge is to have our 'phone tree' work when there is no phone network or power (as we all know can happen).

The second survey is for collecting names of people who would like to be part of the 'tree' to either be checked on, or to be a person happy to check on others. The process might involve using CB radios and/or a coloured card system. We also want to hear about any ideas or experiences people have around building a resilient community.

## HOW TO DO THE SURVEYS.

- On-line by scanning the barcode or visiting survey monkey links below.
- Collecting a hard copy from the Townhouse at 28 High Street.
- Phoning the House on 5429 1214 to have a copy delivered to your letterbox.

### SURVEY 1.

<https://www.surveymonkey.com/r/lan1>



### SURVEY 2.

<https://www.surveymonkey.com/r/phone-tree>



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# RABBITS BUCK EXTINCTION TREND

Climate change featured significantly in the recent Federal election, but other environmental issues were rarely raised. Perhaps this is understandable in a time of rising living costs, falling real wages, an aged care crisis, concerns relating to government integrity and significant geopolitical issues.

Now that the election is over, hopefully, environmental concerns will get an airing, and the pace of repair can be increased, and the rate of animal extinction slowed. You may not agree with some of Extinction Rebellion’s protest methods, but it is hard not to agree with their aim. Extinction Rebellion is a global movement with the stated aim of using non-violent civil disobedience to compel government to avoid tipping points in the climate system, biodiversity loss and the risk of social and ecological collapse.

Over 500 of our wildlife species are at risk of being erased including the Greater Glider, Black-flanked Rock Wallaby, Regent Honeyeater, Swift Parrot, frogs in general and Australia’s iconic koala. About 1800 plant and animal species are listed as threatened under the Australian Government’s Environment Protection and Biodiversity Conservation Act 1999 (EPBC). A further 90 are considered extinct and Australia has the worst mammal extinction rate of any country in the world. “Yet rampant destruction of threatened species habitat continues at an unprecedented rate, due to loopholes and failures of Australia’s national nature laws -the EPBC” (The World Wildlife Fund).

Numerous animals have disappeared from the Macedon Ranges including the Southern Brown Bandicoot (last recorded 1968), Leadbeaters Possum (last recorded 1995), and the Eastern Quoll (last recorded in the late 1800’s). Although the area is rich in fauna species, many are threatened or endangered such as the Powerful Owl, Brush-tailed Phascogale, Greater Glider, Brown Toadlet and Yarra Pigmy Perch. Other iconic species include platypus, wombats and koalas.

Unfortunately, there is no sign that rabbits face extinction –

they are extremely resilient and have survived everything that has been thrown at them. Council recently organized rabbit workshops in Lancefield and Gisborne in early May which were well attended, demonstrating the magnitude of the problem in our area. What our group would like now is action. MRSC have advised that further initiatives will be forthcoming – watch this space!! Effective rabbit control requires the sustained use of proven practices while adopting a coordinated approach. Landcare will assist where we can, but the overall strategies and partnerships must also involve all landowners cooperating with their neighbours, and all levels of government.

We will not be at the Lancefield Farmers Market over winter, but we have been very pleased with the enthusiasm displayed and the interest in the establishment of Gardens for Wildlife in our area. A big thank you to Pat Danko and Victoria Morris. Our working bee at Gallagher’s Ford in April saw the replenishment of trees and shrubs lost over summer and the planting of another 50 on the western side of Joyce’s Road. A special thank you to Peter Munns and his Mirrim Wurnit Athletics group and the MRSC for their encouragement and support. Over the next couple of years we are planning to complete another two stages on a site that will be beneficial to the environment and those lucky enough to frequent it. Similarly in May we replaced 60 trees as part of our ongoing project at Forbes Crossing. In total we have planted over 400 trees and shrubs - another site where biodiversity values have been improved significantly.

Along with Nulla Vale Pyalong West Landcare, we are convening three information sessions on Carbon Farming at the Lancefield Mechanics Hall fortnightly from Thursday, June 16.

Deep Creek Landcare Group has nesting boxes for bats, birds and phascogales for sale from \$25. We also have Myna bird traps to lend out. Annual Landcare membership is \$20 per family. You can follow us on Facebook, contact our President, Phil Severs (0476 324 000) or attend our monthly meetings.



**DEEP CREEK LANDCARE GROUP**

Covering Lancefield – Romsey and Monegeeta

# ALL WELCOME

Enquiries please contact President

Phil Severs 0476 324 000

email: [deepcreeklandcare@gmail.com](mailto:deepcreeklandcare@gmail.com)

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



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# PARKRUN

Parkrun has restarted in Lancefield and is now in full swing with volunteers and runners/walkers back in force. Run, jog or walk your way to fitness in the fresh air.

Come down to the Lancefield Park on Saturday mornings at 8am and join in the fun. Register at [parkrun.com](http://parkrun.com) (it is free) and find some runners, or wear your boots and warm clothes, and do 5 kilometres at your own pace. It is several laps of the walking path at the Park, so you have plenty of chances to see everyone on the course. Then off to the farmers' market, join the parkrun crew for coffee or make the most of the early start you made to your weekend. Do an online search for Lancefield parkrun to find out more information. If you are not wanting to run or walk the course, then we are more than happy to welcome you as a volunteer.




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# CUT THE SILENCE

IT'S TIME TO GET MEN TALKING

**CUT THE SILENCE** is a new local campaign to get men talking.

Scan the QR code to see actor Shane Jacobson chatting to some high profile Macedon Ranges men about looking after themselves or a mate who is struggling.

Five of our local barbers have participated in Conversations for Life training and have information to guide customers to help if they want it.



Look for this window sticker



### PARTICIPATING BARBERS



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ace.barber@yahoo.com



**Danny's Barber Shop**  
5C Hamilton St, Gisborne  
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**Nor' West Barber Shop**  
30 Hamilton St, Gisborne  
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norwestbarbershop@gmail.com

### COMMUNITY LAUNCH EVENT

**Live music, food provided**

Monday June 13 (Queen's Birthday)  
1pm to 5pm at Macedon Railway Hotel

Tickets: <https://cut-the-silence.eventbrite.com.au>

Initiative supported by Macedon Ranges Suicide Prevention Action Group (MRSPAG), Sunbury and Cobaw Community Health and funded by North Western Melbourne Primary Health Network.

For 24 hour crisis support call Lifeline on 13 11 14 or text 0477 13 11 14



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