

Lancefield Mercury



TEN YEARS ON OR CELEBRATING 10,000 PATIENTS

Ochre Health's medical centre on the main street, this month celebrates ten years in operation. Founded in February 2009 by Dr Paul Carter and Dr Marina Kefford, who both still work in the practice, it has also just reached another important milestone – providing care for 10,000 patients over the last decade.

Prior to Ochre Lancefield Country Practice opening its doors, the area had been without a medical centre for over 18 months. Its arrival brought much-needed doctors and it was also the catalyst for the township gaining its pharmacy. Since then, the practice has proudly contributed to many local initiatives including sponsoring both the Lancefield Tigers Football & Netball Club and Lancefield Golf Club.

In 2013, Ochre Lancefield Country Practice was nominated for, and subsequently won, the Rural General Practice Award at the Victorian Rural Health Awards.

When their beloved colleague Dr Dan Kaplan passed away in 2014, the staff and many patients of the practice

participated in the "The Relay For Life", raising enough money to have a research grant named in his honour.

Patient care provided by Ochre Lancefield Country Practice ranges from common colds, vaccinations and skin checks to horse and tractor injuries, spider bites, chainsaw injuries and even car accidents in the main street. It sees as many of these cases as the Emergency Departments of many country hospitals!

Dr Paul Carter has always wanted the practice to help build a healthier and happier community. He has greatly enjoyed the last ten years. He says, "I love being greeted as a friend by patients in the street and looking after the children of girls I delivered 30 years ago. I look forward to coming to work every single day with the nicest group of people I have ever met and I often drive home afterwards with my face aching from laughing."

Continued next page

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Dr Marina Kefford feels privileged to have served the local community and she looks forward to doing so in the future. She says "It is a very rewarding job to help people. We have a wonderfully dedicated and hardworking team and we are continuously striving to provide our best service and care to our community."

Nurse Karen Bowden, who set up the practice back in 2009, says she found her calling when she joined; "Ochre Lancefield Country Practice instantly became a member of my family – and at times it was much easier to handle than my children!"

With the population of the local area growing fast, the practice is looking forward to the next ten years. It is currently being extended to accommodate two additional doctors and new patient numbers are increasing daily.

Ochre Lancefield Country Practice is located on the main street between the pharmacy and the IGA. It offers both male and female doctors who speak multiple languages. In addition to general practice, healthcare services include podiatry, physiotherapy and psychology, as well as a visiting endocrinologist and a general/breast surgeon.

The practice is open for patient appointments 8.30 am - 5.30 pm weekdays (open until 6.00 pm Thursday), and 8.30 am - 1.00 pm on Saturday.

Bookings can be made on (03) 5429 1362, or at www.ochrehealth.com.au, or via the Ochre Health app.

The address of the Ochre Lancefield Country Practice is 17 High St, Lancefield, VIC 3435.



ROMSEY ANTIQUE FAIR

Romsey Antiques, Vintage and Collectables Fair is on again this year. It is at the Mechanics Institute Main Street Romsey on Saturday 16th March, 9.30 till 4.30pm

Entry is \$5. This event runs as a partnership between the Romsey Mechanics Institute and the Romsey Neighbourhood House and is sponsored by the Lancefield and Romsey Community Bank.

RELAY FOR LIFE

LANCEFIELD MACEDON RANGES: JOIN IN, CELEBRATE AND REMEMBER

SATURDAY 2ND AND SUNDAY 3RD OF MARCH 2019

This weekend is our 17th Relay for Life, to be held at Lancefield Park. Survivors and Carers are invited to join us for the Opening Lap on Saturday, 2nd March at 3pm and share an afternoon tea afterwards in the Laurie Green Pavilion.

For those who would still like to take part in Relay, it's not too late.

Registrations can be made on the day at Lancefield Park. Donations to the event or to teams can be made online at Lancefield/Macedon Ranges Relay For Life fundraising.cancer.org.au/

Everyone is welcome at the Relay, no matter your age or ability. You can take part however you like by walking, jogging, running, wheeling or even dancing – it's your Relay For Life!

A celebration of hope, the Relay For Life provides community members the chance to join together and acknowledge local cancer survivors, patients and carers, while honouring those who are no longer with us.

Throughout the Relay, participants are also treated to entertainment and activities, including games and competitions for all ages. The tug-of-war rope challenge is definitely one not to be missed!

Past Relay For Life events in the Macedon Ranges Shire have raised over \$1,450,000 to help the 269 people diagnosed with cancer in the Macedon Ranges Shire every year.



The Relay For Life team would also like to say a big thank you to Lancefield and Romsey townships for participating in this year's Paint The Town Purple. It was great to see so many taking part and decorating their window fronts and businesses purple for our great cause.

For more information about joining a team or volunteering please email lancefieldrfl@cancervic.org.au, call 1300 656 585 or visit the Lancefield/Macedon Ranges Relay For Life Facebook page or <http://fundraising.cancer.org.au/>

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MACEDON RANGES BRIDGE CLUB

FREE LESSONS STARTING SOON

The card game of Bridge is still one of the most popular in the world – sometimes likened to Chess with cards – it requires brainpower and logic but also partnership skills and perhaps a little luck. It is thus both social and challenging – so much fun for all.

Bridge is very much alive and well in the Macedon Ranges with our local club meeting to play three times per week, boasting around 60 members who range in age from around 46 to 96 – plus we are joined by other players from nearby clubs and the occasional traveller.

Desma Sampson (pictured) is our Lancefield champion – she has been enjoying the game a long time and competes at several national events each year with her friend from Albury, as well as many weekend competitions around the State with various members of the club. Her advice is to “celebrate the good things we do and not just ‘lacerate’ ourselves over the mistakes”.

The club is holding a “Back to Bridge” day on March 18 starting 10.45 for those that have played or had lessons in the past and just need a quick overview to get back into the

game. We’ll meet for a refresher session on the basics, have lunch together and then join the main club for the regular Monday session which usually starts at 12.30 – we’ll also find you a partner for the day if required.

For those that need more instruction, or are new to the game, a free 10 week beginners course starts the following Monday morning (the 25th) led by Rex Fox, one of the founding members of the club and a passionate, patient teacher of the game.

Challenge yourself, meet new friends and join in the fun of either the Back to Bridge day, the Beginner lessons or a regular club session. We meet at The Norma Richardson hall in Buckland Street, Woodend.

MORE INFORMATION

For more information phone Margaret Copland on 049 000 4799
email the secretary@mrbc.asn.au
or visit our website <https://www.mrbc.asn.au/>



Join us for a Business Breakfast.

Economic Outlook 2019: Implications for you and your business.

Hear from one of Australia’s leading and most entertaining financial market commentators, Mr David Robertson, Head of Economic and Market Research, Bendigo and Adelaide Bank.

David is coming to Cope Williams Winery in Romsey on Tuesday 26 March from 7am - 8.45am to give us the low down on the current and future state of our economy.

David speaks in real terms and will leave you with invaluable insights for you and your business.

This is also a great opportunity to interact with other local businesses and community members.

Full breakfast included.

Bookings are essential no later than Tuesday 19 March.

RRBATA members \$35 per person.

Non-members \$40 per person.

<https://www.trybooking.com/470549>



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AUDITIONS FOR 2019 MUSICAL

'Rock of Ages' is a big, brash, energetic tribute to classic '80s rock and the gritty glamour and rough energy of Hollywood's Sunset Strip.

Auditions (by appointment only) will be held on – 8, 9, 15, & 16 March. Dance auditions 17 March & call backs 23 March.

To be considered you must be 18 years old by May 7th (the first rehearsal) to audition and be in the show. Performance dates 9 Aug – 1 Sept. Rehearsals commence 7 May.

Venue: Mountview Theatre, 56 Smith St, Macedon. For more information & to book a time we invite you to contact the show's Producer, Karlana on 0412 131 260.

Tickets are on sale now for Twelve Angry Men, opening 3 May and co-directed by Leo Vandervalk from Lancefield. A gripping drama of a jury locked up in a New York court of law to consider the verdict of a young coloured boy. A stellar cast has now commenced rehearsal for this powerful and moving play.

To book tickets go to our website www.themountplayers.com or call 5426 1892 for enquiries.

Karen Hunt

FEED IT FORWARD

Our community lunch returns to Lancefield this month after November at the Romsey Hub and February at the church in Pohlman Street, Romsey. Put 12 noon March 26 in your calendar now so you don't miss out! The Mechanics Hall in Lancefield will be the venue once again. If you have produce or other food donations they can be handed in to the Feed it Forward Farmers' Market stall, or to the volunteers at the Hall preparing the meal on the Monday afternoon (after 2pm). More information from the Neighbourhood House 54291214 or on the Lancefield website.

GUIDES

We're for Girls, and we are looking for more Girls to join our unit. Girl Guides offers girls the chance to grow, explore, develop leadership skills, and speak up for what they believe in. Our unit, which meets Monday evenings in Lancefield, has an exciting program for term 1 that includes cooking, earning badges, and a dress-up night.

Come and join the largest, all female organisation in the world, and be part of the 10 million membership.

For further information please call Rita on 0428 932 781

BE PART OF THE SOLUTION: REDUCE LITTER IN THE MACEDON RANGES REGION

Litter in the streets can travel into the natural environment and waterways not only becoming pollution but having the potential to cause injury to or be ingested by animals.

There are many ways that you can help to reduce litter in the region. Make sure you dispose of waste and recyclables appropriately. If you are travelling and notice public bins are full consider taking your waste with you and not piling it on top of an already full bin where it can blow away and become litter.

For items and waste that has been illegally dumped you can report it to the Environmental Protection Agency (EPA) by visiting www.epa.vic.gov.au or via the Loddon Mallee Waste Info App which can be downloaded for free through the App Store or Google Play.

Remember to minimise the waste you generate in the first place. There are many reusable options for every day single use items such as coffee cups, straws and shopping

bags.

Many towns in the Macedon Ranges region have already opted to reduce the use of single use plastics bags by becoming Plastic Bag Free Towns and have reduced this potential litter source. To view the full list of these towns you can visit the Loddon Mallee Waste and Resource Recovery Group website www.lmwrwg.vic.gov.au and remember to take your reusable bag with you when you visit the shops next.

Next time you see that piece of litter on the ground, consider picking it up rather than walking past it. And you can get involved in the upcoming 2019 Clean Up Australia Day events. To learn more about the events or to register to be part of a Clean Up event by visiting www.cleanupaustaliaday.org.au

Schools Clean Up Australia Day – Friday 1st March
Clean Up Australia Day – Sunday 3rd March

LANCEFIELD MERCURY INC.

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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.

Supported by  Macedon Ranges Shire Council



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FIRE CALL A FURTHER WARNING ON THE COBAWS

The January fire at Benloch has given us a further reminder of the need for maximum readiness and preparation for severe fire danger conditions on both private and public land.

Our local volunteer brigades were quickly on the spot and were able to contain the fire with minimum damage, and we salute these selfless volunteers.

But a few of us took a few deep breaths with the weather conditions on the day and the proximity of the fire to the heavily-forested Cobaw Ranges.

Had the winds turned and had the blaze got away from the fire crews, the Cobaws could have turned into a major bushfire battleground.

It's exactly this scenario that is one of the key drivers of my opposition to proposals to lock up parts of the Cobaws as a conservation park.

We all know how the lack of forest maintenance contributed to the October 2015 bushfire which ripped through the Cobaws and Benloch after the so-called controlled burn got out of control.

The recommendation for a Cobaw Conservation Park is contained in a draft Victorian Environmental Assessment Council paper, and I am heartened from the submissions I have seen and comments I've received over the phone and in the street that many other locals share my concerns.

Currently designated as the Cobaw State Forest, the area

is an important and welcome asset to Lancefield for leisure, recreation, environmental enjoyment and a range of other values.

Changing its status to a conservation park will restrict a number of recreational and other uses which our community has enjoyed for generations, and will not provide any extra protections for flora, fauna, fire safety and the environment.

I'm concerned over bans or restrictions which would apply to camping, horse riding, firewood collection, car rallies, prospecting and dog walking, and further recommendations from some people to even lock out four-wheel driving.

Generations of Lancefield families have been sustained by firewood gathered in the Cobaw Ranges, and I am strongly opposed to banning it.

The volume of fallen timber and lack of management contributed to the intensity of the 2015 bushfire, and firewood collection helps to reduce this fuel load.

Allowing people into the forest to collect firewood also ensures that they're keeping the tracks clear of fallen timber, improving access for other forest users and for our emergency services.

If our tracks are blocked off by fallen trees, how can our firefighters get access to help protect us?

Henry Bleeck



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“We read to know we are not alone” - C. S. Lewis. This quote holds a truth that many people recognise. It is words; in plays, books, poems, conversation, that connect us as humans. We can recognise aspects of ourselves in the writing of others, we identify with experiences. To Turn A Page sets out to connect individuals with themselves, each other and the words in literature.

To Turn A Page offers a simple idea - time spent together reading, and then exploring the text. Shared Reading Circles, bring people together with words. ‘Is it like a book club?’ is often a question asked. It is similar in that a group gets together with an interest in books, but there is no pre-reading required, as the reading is done within the group, with the Host taking the lead. The second difference is that the group is

facilitated by a trained Host to keep the conversation on track, to set the texts, and to ensure that the circle is a safe space to explore emotions that are awakened.

New Shared Reading Circles have opened in 2019. Woodend Neighbourhood House 10-11:30 on Mondays, and Lancefield Neighbourhood House on Tuesdays 10-11:30. No need to book, just turn up. Words for Wellbeing: Shared Reading in Action course March 7, 14 & 21 Learn how to be a Shared Reading Host at Kyneton Community Learning Centre. Bookings 5422 3433 If you are interested in words, want to spend time with others exploring the potential of Shared Reading or want to know more contact info@toturnapage.org.au

Victoria Wells

EXHIBITION AT KYNETON MUSEUM

LIFE ON THE LINE

Showing until Sunday 26 May, Life on the Line invites visitors to wind back the clock to experience the life on the railways in Queensland over more than 140 years.

Developed by The Workshops Rail Museum and part of the Queensland Museum Network, the photographic exhibition is presented in two parts, Working on the Railway, which highlights staff driving locomotives, shunting and other duties

on trains, and Keeping the Trains Running that illustrates scenes of railway staff engaged in a range of duties from signalmen, to ticket sellers, booking clerks and track workers.

Kyneton Museum is located at 67 Piper Street, Kyneton and open Friday to Sunday, 11am-4pm. Entry fees apply.

For more information, visit mrsc.vic.gov.au/museum or call 1300 888 802.

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Nicolette Truscott
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Nicolette has previously worked in the mental health field. This experience

and a calming energy to each treatment. She has a special interest in treating Headaches, Neck and Shoulder issues and TMJ problems. Camille’s speciality is Deep Tissue massage combined with Trigger Point Therapy designed to relieve aches and pains.



Jessica Jackman
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Margo Field
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Jessica can work with you to address a wide range of issues that may hinder optimal function. Jessica has a particular passion for paediatrics and rehabilitation and a background of teaching clinical Pilates.

insights. *Go from stuck to unstuck*. Remove unhelpful behaviour patterns and see situations from a fresh perspective and develop powerful strategies that enable you to be the very best you.

We are planning an OPEN DAY within the coming month to showcase our new premises.

Please “Like” us on Facebook to keep up to date on what is happening in clinic including workshops, specials & great health tips :0)

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Friday	9am to 3pm	
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ATTRACTING NATIVE BIRDS TO YOUR GARDEN

One of the great joys that I have found in my many years of Landcare is the sharing of stories, experiences and interests among our members. One of them being how to attract native birds to our gardens. Home gardens are an important refuge particularly during hot and dry periods of weather.

The four main food groups of native birds are insects, nectar, seeds and berries. By planting native food bearing species of plants for birds, providing a permanent water source and providing shelter for nesting, you are well on your way to a bird haven – as long as the cats are safely kept inside the house.

But what to plant? Well, where space allows, eucalypts provide flowers with pollen and nectar, the flowers develop seeds and the leaves, branches and bark are inhabited by insects and the branches provide shelter and habitat. Not a bad all-rounder. But if space is an issue, smaller shrubs such as acacia and tea tree attract seed and insect eating birds.

All birds rely on insects for protein, especially for their young. Wildflowers, wattles, lomandra and flax lilies such as Dianella are some local insect attracting plants which also provide seed and fruit after flowering. Mulching is very important for ground dwelling insects which are a favourite food for parents teaching babies to find their own food sources.

Eucalypts, banksias, grevilleas and hakeas produce nectar for most of the year if all are present in your garden making them among the best bird attractors. Correa flowers primarily in autumn making it an important source of pollen when other food plants are waning. Good sources of nectar during breeding season are Callistemons (bottlebrushes) and Kennedia prostrata (running postman).

Small and medium sized birds are attracted to seed bearing grasses, sedges and saltbush. Medium and larger birds enjoy wattle and the fruit of kangaroo apple, tree violet

and boobialla.

Birds require a permanent water source and if you don't have a pond or dam with water plants, a good way to attract them to your garden is with hanging bird baths. Being off the ground and among the shelter of tree and shrub branches protects them from larger predatory birds and any neighbourhood cats. Bees will often share in this attraction, so place a few larger stones in the bird bath for them too so they can drink without drowning.

Some of the better protection plants are those with thick, prickly foliage such as prickly moses, tree violet, hedge wattle, callistemon and prickly tea tree which affords smaller birds some security and protection. Regular tip pruning will encourage dense plant growth.

Autumn is quickly approaching and is the perfect time to start preparing your garden for planting these shelter and food bearing species. So happy planting, the rewards are plenty.

Deep Creek Landcare Group meetings are held on the second Monday of every month at the Lancefield Mechanics Hall Annexe at 8pm. All are welcome to pop in and share in a coffee and a chat. If you are interested in joining our Landcare group feel free to email us at deepcreeklandcare@gmail.com.

Hayley Goodman

AUTUMN ARTS EVENTS

From laugh-out-loud comedy and heartfelt drama, to musical performances that explore soul, classical and even world music, Macedon Ranges Shire Council presents a program of arts and cultural events this autumn that are set to amaze.

CELEBRATE HARMONY DAY AT WOODEND CHILDREN'S PARK

Come together and make merry for Harmony Day—a day of inclusiveness, respect and belonging for all Australians—with world music sensation, Jali Buba Kuyateh and band.

Join Jali on Thursday 21 March from 6pm–8pm at the Woodend Children's Park for a free, family-friendly night of fun, music and festivities.

Jali, a master of the Kora, a West African stringed instrument—is a consummate performer, having graced the stages of music festivals throughout the world.

Along with his five piece band, he'll be bringing his mix of reggae, salsa, jazz and the blues to the region. This event is free, but bookings are recommended.

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LANCEFIELD SMALL BORE RIFLE CLUB

WORTH THE WAIT!

Finally we have results from the 2018 Ladies Commonwealth Competition and they were worth the wait! The team of Anita and Mel won the Pairs Scratch competition, with Vicki and Kate pairing for a second place in the scratch and then first in the handicap scores. Karyn top scored in the Individual Aggregate scores with Anita coming second to her and in the Novice Individual Aggregate Kate top scored, with Mel a close second and Vicki in tenth spot in a field of 26 novice shooters. Well done to the Lancefield Ladies!

A number of members are currently shooting in the State postal competition, whilst Rodger and Max are heading off to Frankston Peninsula Championship to compete this month. They will be enjoying the social side of the sport also.

If you are interested in watching a competition, then the Target Rifle Victoria State Titles may interest you. They will be held on the 9th & 10th March at Melbourne International Shooting Club, 120 Todd Road, Fishermans Bend.

Our club Secretary Max is the person to contact on 54292259 if you would like to know more about our club. We meet every Monday and Wednesday night at 7.30pm in Lancefield.

ROMSEY LANCEFIELD SENIOR CITIZENS

MONTHLY BUS TRIPS

Come and join us on our monthly bus trips on the first Wednesday of the month. Our trips are to a variety of places and include morning tea and lunch and only cost \$45 (entry fees included).

Last month's trip went well. This month we will be visiting the Mill Markets in Castlemaine. The trip is Wednesday 6th of March. We will be stopping at the Malmsbury Botanical Gardens on the way up for morning tea. We will have free time at the Castlemaine Mill Markets to wander around before having lunch at the Cumberland Hotel.

Depart: Romsey Mechanics Institute- 9.15am - out the front. Lancefield Post Office - 9.30am

FUTURE TRIPS

3rd April Geelong- to visit the National Wool Museum

1st May Rochester - to visit the Silo Art

5th June Harcourt - to visit Harcourt Perry & Cider Makers.

For further information please contact Eileen on 0412 787 213 or Rae on 0408 338 759.

Hope to see you soon.

Remember we meet every Monday at the rear of the Romsey Mechanics Institute for lunch, some card games and a chat - everyone welcome.

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MORE FOR THIS YEAR

This year we hope to have more guest speakers at our meetings and organise more social outings.

At our January meeting we were pleased to welcome two new members to our branch.

We are about friendship and always welcome new members.

The venue for our meetings is now the hall at the Mechanics Institute. We meet on the 4th Friday of each month at 10am for a 10.30 start.

The Central Highlands Group Creative Arts Exhibition will be held on the 16th and 17th of March at the Riddells Creek Community Centre. (See the posters advertising this event in the local shops). Many members of our branch are entering home made preserves such as jams, marmalade and pickles, as well craft items. We hope to win some prizes! In fact, one of our members is entering items for the first time so she is entitled to be in the Novice section. We wish this 71 year old novice good luck. You are never too old to be a novice!

Watch this space.
Publicity Officer,
Maybelle Briggs
54291624

GRANTS TO ADDRESS CLIMATE CHANGE

The \$1 million Community Climate Change Adaptation (3CA) Grants program, which will support communities to adjust, build resilience and thrive in the face of a changing climate is now open.

Grants between \$25,000 and \$75,000 are available for practical, locally-driven projects that are helping their communities adapt to climate change.

Funding is available for two project categories:

Projects that build the adaptive capacity for communities and stakeholders to respond or adapt to climate change impacts in their region

Projects that deliver tangible actions that help our communities adapt to climate change impacts they are already facing.

Eligible projects must either be led by, or implemented in partnership with, a local council, Traditional Owner corporation, community group or not-for-profit organisation.

The application period closes 31 March. To apply, visit climatechange.vic.gov.au/3CAGrants. The grants are being delivered under the Victorian Government's Supporting our Regions to Adapt program, which is funded by the Sustainability Fund. The Sustainability Fund was created in 2005 to help foster community action or innovation in relation to the adaptation to climate change in Victoria.

CONNECT AND HAVE FUN AT OUR YOUTH SPACES

YEP!, which stands for Council's Youth Engage Program, encourages people aged 12-18 years to make new connections and get involved with a range of local youth programs, events, activities, mentoring and work place training opportunities at weekly youth spaces across the shire (during school terms).

Drop by and check it out!

Youth spaces operate:

Tuesdays: Kyneton Youth Space, 4pm-6pm in the Youth Development Unit, Hutton Street, Kyneton.

Thursday: Riddells Creek Youth Space, 4pm-6pm in the Riddells Creek Community Centre, 74 Main Road, Riddells Creek.

Thursday: ASD Youth Space, 4pm-6pm in Woodend Neighbourhood House, 47 Forest Street, Woodend.

For queries regarding the Kyneton LGBTIQ+ youth space, call 5422 0296 or email youth@mrsc.vic.gov.au

For more information on youth activities and opportunities, visit mrsc.vic.gov.au/youth or call 5422 0221.

BATTERY RECYCLING

Batteries are currently recycled as a specific single product stream. This means you can't just put them in your kerbside recycling bin, they need to be dropped off at specified locations. You can drop your batteries into the Lancefield Neighbourhood House and the Romsey Hub.

For further information on battery recycling in our region you can contact Loddon Mallee Waste and Resource Recovery Group Project Officer Trinity Mawson on 0407 738 968. There is one battery recycling facility in our region. Envirostream Australia are located in New Gisborne and manage Australia's first and only lithium battery recycling plant. The facility processed approximately 300,000kg last year and National Development Manager John Polhill says Envirostream are looking forward to continued growth and diverting more batteries away from landfill.

Don't forget the mobile phone either. These should be sent with the battery still attached to Mobile Muster using a free and pre-addressed post pack that is available at your local Post Office.



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FORTY DAYS

Lent is approaching and we think of Jesus and his forty days of fasting in the desert wilderness, alone, except for the company of wild animals and birds and Satan. For centuries the Church has encouraged Christians to follow His example of fasting, prayer and self-discipline in the forty days leading to Good Friday. Sundays are excepted because they are feast days celebrating His Resurrection.

There is so much to ponder and learn from this desert experience of our Lord, so we are limited to a few thoughts. It is important for us to think about it, as it was for us that He was obedient to be "led by the Spirit into the wilderness" (Matthew 4:1-11). There Jesus was confronted by Satan to deviate from the path of suffering God had planned for mankind's deliverance from sin. The first man - Adam - was tempted in the garden and failed; the Second Man - Jesus - was tempted in the wilderness and overcame. Jesus prevailed through the power of the indwelling Holy Spirit and so can we from the temptations that come our way - "The world, the flesh and the Devil".

It is up to each of us to decide how we spend our forty days - whether by fasting, giving up a pastime or treat, to spend more time in prayer, earnest study of His Word (the Bible) or devotional reading. The need is to follow the example of Jesus in spending time alone with God, getting to know Him more intimately and His plan for our lives.

"Forty days and forty nights, you fasted in the wild;

*Forty days and forty nights, tempted, and yet undefiled.
Shall not we your sorrows share, and from earthly joys abstain,
Fasting with unceasing prayer, glad with You to suffer pain."*
G H Smyttan & F Pott

MARCH 2019 DIARY

Mon 1st world day of prayer celebration at St Mary's Catholic Church Romsey. 11am. Service prepared by Slovenian women (Slovenia). All Welcome. Enq: Eileen 0412 787 213

Wed 6th Ash Wednesday - Holy Communion. 9am: St Paul's Romsey; 7pm: Christ Church Lancefield

Tues 12th 10am at Christ Church Lancefield: commencing Lenten Days Of Reflection,. Studies led by the Rev Judi Pollard. All welcome to join us!

Sun 17th Harvest Thanksgiving. All manner of goods, non-perishable and fresh most acceptable for sending to Anglicare, our Agency for assisting those in need. We have so much to be thankful for!

Sun 31st Fourth Sunday In Lent: Mothering Sunday. The Church's Mother's Day - with distribution of Simnel Cake.

Correspondent Doreen Morgan. Office 54291830
Minister: Rev. Judi Pollard (0402 268 001)
judepol@bigpond.net.au

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ABN 29099088481



WELCOME BACK

We welcome back to a new school year all our families, old and new and especially our new prep families. As we begin another year, we thought we'd take this opportunity to look at what is fantastic about our school and some of the programs and activities on offer!

PREPS 2019

We welcome our new Preps for 2019. We look forward to watching them learn and grow and wish them every happiness and success in the coming year.

SCHOOL GARDENS

At the end of last year we officially opened our Remembrance Garden - a beautiful space designed and created in memory of all those lost at war and school family members who are no longer with us. This garden was achieved through the hard work and dedication of many in our school and local community. It is a wonderful space for all to share and a wonderful addition to our school.

Over the past 12 months we have been working hard to make our Junior playground more exciting for the students to play in. During the holidays one of our amazing parents, Natalie Shannon took the time to add more plants and incorporate walking paths through the wonderful gardens. These paths include giant dinosaur feet! Our Junior playground is really starting to take shape and provide a creative space for the students to have fun, play and use their imagination.

PROTOLAB

Thanks to a generous grant from the Bendigo Bank and

fundraising from our Parent Action Group, this year we are able to provide a designated Protolab space for our students. Our Protolab is where students can apply their STEM (Science, Technology, Engineering & Mathematics) knowledge, develop entrepreneurial skills, and gain experience in working with emerging and advancing technologies. This program aims to foster creativity and inquiry based learning for all students at St Mary's and then broaden out into the local community. This space will allow students to develop solutions to real world problems using digital technology. It is extremely important for our students to be future ready in this digital age. Students tackle real problems faced by the school or school community and use critical and design thinking skills to prototype and roll out solutions. The Protolab is a creative, self directed learning space where students can create, invent and learn. It allows students to collaborate and solve problems with modern tools and technology. These hands-on projects promote multidisciplinary thinking and learning. It allows students the opportunity to tinker, explore, discover and create new things. Exciting times ahead!

MINI VINNIES / FEED IT FORWARD

At St Mary's our Year 5 students have the opportunity to apply to become a Mini Vinnie. Mini Vinnies is a group of primary school students who get together to help those in need within their school or wider community. Mini Vinnies helps students learn about Social Justice issues, it introduces them to the important work of the St Vincent de Paul Society and to living faith through action. Mini Vinnies is about doing good works in the community, but it is also about young people meeting to talk and share ideas and concerns, to have fun and support each other. This year our

Mini Vinnies will also take part in Lancefield & Romsey's Feed it Forward Initiative. As part of Feed it Forward we will be growing vegetables to donate to the monthly lunches. We will participate in the monthly lunches by greeting patrons, talking with patrons, selling raffle tickets, serving food, clearing food away and helping with set up and pack up. It is a fantastic program that will teach our students many wonderful life skills and give them the chance to meet and be among those in our community. Our Mini Vinnies for 2019 are:

Ajay Schembri, Emmy O'Meara, Cate Mahoney, Evan Turok, Lachlan Brundell, Ellen Nuttall, Matisse Donnellon, Chelsea McCarthy, Crystal Dyer, Eve Keogh, Heidi Snow & Sophie DeCarolis.

SAY NO TO BULLYING

We are proud to say we are a school that says 'Bullying. No Way! Take Action Every Day.' We will participate in the National Day of Action against Bullying and Violence on Friday 15th March. We will continue to raise awareness about bullying prevention through student led action such as creating a mural within our school, along with information displays, student anti-bullying pledges and presentations at school assemblies.

JAPANESE & CULTURAL STUDIES

At St. Mary's our Japanese program aims to promote student's growth in language and cultural appreciation. Students in Years 3-6 participate in weekly Japanese lessons. The students are immersed in the language and the culture through focusing on authentic and meaningful oral language activities. We also have a range of hands-on

cultural activities such as Origami, cooking, singing, and puppet making. To celebrate and further develop students' interests in the Japanese language and culture we will have special days to showcase our learning. Days will be set aside for expos, presentations, displays of art, cooking demonstrations and games days.

Our Junior School students, Prep - Year 2, participate in weekly Cultural Studies lessons, their learning experiences are on a variety of countries around the world. Students are introduced to various languages through songs, gestures, games, picture books and videos. During the year we compare and contrast various countries culture and customs with Australia. At the Junior level Cultural Studies is for enjoyment and participation, but mostly to encourage understanding and tolerance of other cultures.

THIS YEAR

This year we look forward to our annual Mother's & Father's Day breakfasts and a very special Grandparent's Day. We have our bi-annual Art Show in Term 3 which showcases all the students amazing artworks from throughout the year. Our students in Years 3-6 will participate in Cobaw Sports in a number of different sports and locations and we look forward to continuing working with the Deep Creek Landcare Group, Lancefield CWA, Lancefield Men's Shed, Romsey/Lancefield RSL and the Lancefield & Romsey Neighbourhood Houses. There is plenty on offer here at St Mary's in the coming year and we look forward to showcasing it to the community each month thanks to the Lancefield Mercury.

Jo Shannon
(Community Liaison Leader)

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DON'T ALLOW THE TRUTH TO BE BROUGHT INTO DISREPUTE

A tourist heard of a special place known as, 'Heavenly-Salvation' where everlasting accommodation was said to be free. She eagerly grabbed her pack and headed off to see if the claims were true. As she approached, a wild looking man who lived on the outskirts ran up to her laughing madly and speaking gibberish. He welcomed her to Heavenly-Salvation and told her that if she wished to enter she would have to be his servant and give him all her money. In disgust, the tourist thought, "These Christians are insane - I want nothing to do with them or their so-called free village." She quickly turned around and decided never to return.

Meanwhile, the citizens of Heavenly-Salvation scratched their heads in frustration. They could not understand why so few tourists visited their lovely village - they were completely unaware that the village idiot was scaring them all away.

Salvation is a free gift - there is no cost. God paid the account on the cross through Jesus Christ. However, it can be very hard for the 'Unbelieving-World' to see the truth of

Christianity through the forest of village idiots. The world is filled with cults and crazy religions all claiming to be doing God's will, but their obvious greed and weird practices are bringing the Truth into disrepute. Sadly, these way-out teachings are the most vocal and the 'Unbelieving-World' judges all Christianity by the village idiots.

Any person wishing for eternal salvation should ignore the village idiots and freely enter. The bible says, 'For grace you have been saved through faith (believing in Christ) that not of yourselves; it is a gift of God not of works lest anyone should boast, (Ephesians 2:8-9).'

Pastor Marilyn Hunter

We are a Family Church and genuinely care about the people of our Community.

We offer Life Groups for Adults; Young Adults; Youth and Children. mainly music is held on Wednesday mornings for babies to pre-school aged children and we also run the Kidzone Before and After School Nationally

Accredited Program. We are a progressive Church with a live band as part of our Worship team. If you have needs we would welcome you to join us on a Sunday morning and connect with someone who can help you or just drop in enjoy the music, friendship, and have a barista coffee on us.

Our aim is to Encourage one another to be all we can be, in Life and in God.

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

Worship service Sunday 10am, Fortnightly life groups, Youth events, Weekly children's program.

CONTACT

Encourage Church - Romsey Office: 7 Mitchell Court Romsey. Ph (03) 5429 6327.

Email: office@encouragechurch.com.au

Web: www.encouragechurch.com.au

LEADERSHIP OPPORTUNITIES FOR YOUNG PEOPLE

Council is looking for young people to help support the planning and delivery of our youth programs and initiatives in 2019.

BECOME A YOUTH AMBASSADOR

Applications are now open for our senior youth leadership program—the Macedon Ranges Youth Ambassador Program—which supports and mentors young people aged 16–21.

During the year, ambassadors will:
help raise awareness of youth issues
respond to emerging youth issues
plan, coordinate and host the celebrated Youth Awards

participate in a two-day youth leadership training program.

Places are limited. To apply, call 5422 0221 or email youth@mrsc.vic.gov.au

Tai Chi Classes

Tai Chi has been practiced in China for centuries to develop balance, coordination and overall wellbeing. Classes are suitable for all ages offering a balanced approach to both martial and health traditions.

Classes are run on Saturdays at 11am. Come and try at a free introductory lesson.

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Classes operate on Tuesdays, Thursdays and Saturdays, with a Children's class at 5:00 and adult class at 6:30 during the week, and at 2:00 on Saturdays.

All classes are run by Kyoshi James Sumarac, 8th Dan assisted by Shou Mei Sumarac, 5th Dan and Glen Cannon, 4th Dan.

Private lessons are available by arrangement.

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Our club provides an opportunity for retirees or semi retired people to relax and enjoy the welcoming company of those at the same stage of life.

Our monthly meeting (4th Thursday of the month) is a chance to catch-up with new and old friends, share a pleasant morning tea, and hear interesting speakers on a wide variety of topics.

After the meeting if people are so inclined we have lunch at a nearby restaurant.

There are many activities members can be part of (including trips and outings), some being regular, and others planned from time to time.

Join us for coffee at one of the venues in Romsey or Lancefield every second Friday; or join the ten-pin bowling group for a bit of fun on the alternate Friday. Or form a group with others of similar interests at a time that suits.

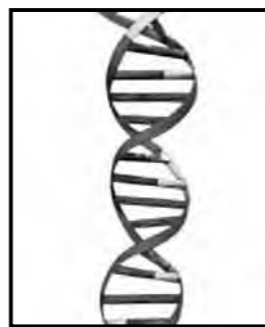
We are a friendly welcoming group from diverse backgrounds and with a variety of interests, and we'd love to meet you!

Visit our website: www.rlprobus.org.au

Phone: Gerard (President) 5429 5630 or Tony (Vice President) 0410 747 616

MERCURY QUIZ

1. Thylacine is the scientific name for which extinct Australian marsupial?
2. The double helix structure of DNA was first determined in which decade?
3. How many dimples does the average golf ball have? 336, 150 or 81?
4. Starboard refers to which side of a boat?
5. What does NATO stand for?
6. What percentage of Australian households own at least one working bicycle, according to a 2013 Austroads survey?
7. The Klingons are an extra-terrestrial warrior species from which science fiction series?
8. What is the collective noun for a group of eels? Swarm, bed or fry?
9. Name the 2 miners who were trapped for 14 days in the 2006 Beaconsfield Mine collapse?
10. Puff, shortcrust and filo are all types of what?



Answers on page 30.

LANCEFIELD NEIGHBOURHOOD HOUSE
78 High Street, PO Box 171 Lancefield 3435; Phone: 5429 1214; Email: lancefieldhouse@tpg.com.au; Web: www.macedoncommunity.org

SPREAD THE WORD

GARAGE SALE + CAR BOOT SALE

We hope that everyone has started collecting for the Whole Town Garage Sale + Car Boot Sale coming up on Saturday March 16. We will once again widely promote this event and sell a map to all garage sales sites from 8am at the Lancefield Men's Shed.

For those who don't have enough stuff for their own Garage Sale, or who don't want to do it at home, we have spots available at the Men's Shed for a Car Boot Sale. Register on-line at www.lancefield.org.au/lancefieldhouse or at the Town House for only \$5.

EVENTS

March also sees our New (and old) Residents night on Friday March 29th. This is an event to showcase what our town has to offer and maybe meet a neighbour or two.

Also keep an eye out for our upcoming Business Network Meeting (8th April), Working at Heights, confined spaces and marine licences. Details can be found at www.lancefield.org.au/lancefieldhouse

SHARED READING CIRCLE

Join Vicki on Tuesday mornings at 10am at the House Shared Reading, this is a social movement, popular in the UK that connects people with words, emotions and each other.

Vicki has recently returned from training overseas and is enthusiastic to grow this reading group and share her knowledge. Gold coin donation to participate.

MUSIC AND EVENTS SKILLS

Music in the Sticks (MITS) are looking for new members aged 14 to 25 years who are interested in learning all aspects of the music industry and would like to help with a range of local youth events.

FARMERS' MARKET

The Lancefield Farmers' Market celebrates its 16TH Birthday this year. We are so proud that our town hosts one of the most successful Farmers' Markets in Victoria and allows local access to regionally produced fresh food. Make sure you come along to the March 23rd market to help us celebrate.

TOWN HOUSE

Open Monday to Friday from 10am to 4pm and Market Days 10am to 1pm, the Town House is conveniently located in the heart of town. The Town House acts as community resource centre staffed by local volunteers, with internet access, printing, faxing, a security bin and information about local events. By appointment we can also help with on-line form filling if required. We also sell local craft on consignment. Drop by, have a look and say 'Hi!' We are also always seeking new volunteers to help out, so get in touch if you are interested.

HOW TO KEEP UP IN LANCEFIELD

To keep up to date with what is happening at the Neighbourhood House and around town visit www.lancefield.org.au or follow us on Facebook. You can also join our mailing list to get email updates, via the 'news' page on the website or email us on lancefieldhouse@tpg.com.au

We also invite community groups to send through their events to adminlnh@tpg.com.au and we will share via the Lancefield.org.au website and our facebook page. We see it as a valuable community service to spread the word about everything going on around our beautiful town.

If you are keen to learn about the music industry and gain experience in event management, get in touch with us today.

For more information, call 5422 0242 or email mits@mrsc.vic.gov.au

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MASS TIMES

1st & 3rd Sunday of the month: 8:00am Lancefield and 10:00 am Romsey. 2nd, 4th & 5th Sunday of the month: 8:00am Romsey and 10:00am Lancefield. 1st Saturday of the month: 10:00am Romsey – Healing Mass. Reconciliation available from 9:30am

COMMUNION SERVICES

Tuesday 9:00am Romsey Church
Saturday 10:00am Romsey Church

ROSARY

Saturdays 9:45am Romsey

RECONCILIATION

By arrangement.

BAPTISMS

2019 – Romsey Church – April 7th, June 2nd, August 4th, October 6th & December 1st.

2019 – Lancefield Church – May 12th, July 14th, September 8th & November 10th.

For more information, please phone 5429 2130.

SACRAMENTS

Registrations are now open for all Sacraments to be received in 2019. Please send your details to the secretary at lancefield@cam.org.au to register your child.

COMMUNITY FORUM

Macedon Ranges Shire Council is hosting a community forum for local residents and councillors on Wednesday 20 March in Mount Macedon. Councillors will be on-hand to discuss local issues, with the event offering people a chance

to meet with councillors in an informal setting. 6pm–7pm at the CWA Hall, 662 Mount Macedon Road, Mount Macedon.

Community forums will also be held in Tylden and Lancefield during 2019.

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BOOK REVIEWS

The Dog who Saved the World- by Ross Welford. RRP \$14.99



When eleven-year-old Georgie befriends an eccentric retired scientist, she becomes the test subject for a thrilling new experiment: a virtual-reality 3D version of the future. But then a deadly disease threatens the life of every dog in the country and Georgie's beloved dog, Mr Mash, gets sick. And that's only the start of her troubles. Soon, Georgie and Mr Mash must embark on a desperate quest: to save every dog on earth, and maybe even all of humanity ... without actually leaving the room.

An extraordinary quest with the biggest stakes of all, and a huge idea at its heart, this is time travel - but not as you know it.

Kat Wolfe Investigates- by Lauren St John. RRP \$14.99



After a break-in at their London home, Kat Wolfe and her veterinary-surgeon mum decide it's time to move to the country. Dr Wolfe's new job in idyllic Bluebell Bay on Dorset's Jurassic Coast comes with a condition: they have to adopt Tiny, a huge, near-wild Savannah, who resists Kat's best attempts at cat whispering. When she

starts a pet-sitting agency to make pocket money, her troubles escalate. The owner of her first client, an Amazon parrot, vanishes from his fortified, gadget-filled mansion, leaving a half-packed suitcase and a mysterious parcel. The only person who shares Kat's conviction that he's the victim of foul play is Harper Lamb, the American daughter of a palaeontology professor. A language and coding whizz, Harper is laid up with two broken legs thanks to her racehorse, the 'Pocket Rocket' - Kat's newest client. What starts out as mystery-solving holiday fun quickly turns deadly for Wolfe and Lamb. When all clues point to an army base, can they count on their unruly animal friends

to save the day - and their lives?

Death in the Spotlight- by Robin Stevens. RRP \$16.99



Someone will take their final bow...Fresh from their adventures in Hong Kong, Hazel Wong and Daisy Wells have returned to England. But they're not going straight back to school - first they're staying with Daisy's uncle Felix in London. But when London life gets a bit too exciting, the girls are packed off to the Rue Theatre to face an entirely new challenge-acting. But adventure has a nasty habit of catching up with the Detective Society,

and it soon becomes clear there is trouble afoot at the Rue. Jealousy, threats and horrible pranks quickly spiral out of control - and then a body is found. Now Hazel and Daisy must take centre stage and solve the crime...before the murderer strikes again.

A Curse so Dark and Lonely- by Brigid Kemmerer. RRP \$16.99



Fall in love, break the curse. Break the curse, save the kingdom. Prince Rhen, the heir to Emberfall, is cursed. Forced to repeat the autumn of his eighteenth year over and over, he can only be freed by love. But at the end of each autumn he is transformed into a beast hell-bent on destruction,

and after so many failed attempts, his kingdom and its people are barely holding on. Harper's life has never been easy, but she's learned to be tough enough to survive. She won't let anything hold her back, not her cerebral palsy or her mother's deteriorating health. But when she is sucked into Rhen's world, nothing is as it seems. Powerful forces are standing against Emberfall ... and it will take more than a broken curse to save it from utter ruin. A modern re-telling of Beauty and the Beast.

King of Scars- by Leigh Bardugo. RRP \$22.99



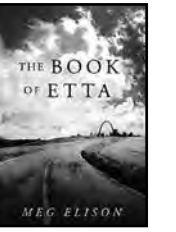
The much-anticipated first book in a

brand-new duology by New York Times bestselling author, Leigh Bardugo. Nikolai Lantsov has always had a gift for the impossible. No one knows what he endured in his country's bloody civil war - and he intends to keep it that way. Now, as enemies gather at his weakened borders, the young king must find a way to refill Ravka's coffers, forge new alliances, and stop a rising threat to the once-great Grisha Army.

Yet with every day a dark magic within him grows stronger, threatening to destroy all he has built. With the help of a young monk and a legendary Grisha Squaller, Nikolai will journey to the places in Ravka where the deepest magic survives to vanquish the terrible legacy inside him. He will risk everything to save his

country and himself. But some secrets aren't meant to stay buried--and some wounds aren't meant to heal.

The Book of Etta- by Meg Elison. RRP \$22.99



In the gripping sequel to the Philip K. Dick Award-winning novel The Book of the Unnamed Midwife, one woman undertakes a desperate journey to rescue the future. Etta comes from Nowhere, a village of survivors of the great plague that wiped away the world that was.

In the world that is, women are scarce and childbearing is dangerous... yet desperately necessary for humankind's future.

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BOOK REVIEWS

Mothers and midwives are sacred, but Etta has a different calling. As a scavenger. Loyal to the village but living on her own terms, Etta roams the desolate territory beyond, salvaging useful relics of the ruined past and braving the threat of brutal slave traders, who are seeking women and girls to sell and subjugate.

When slavers seize those she loves, Etta vows to release and avenge them. But her mission will lead her to the stronghold of the Lion - a tyrant who dominates the innocent with terror and violence. There, with no allies and few weapons besides her wits and will, she will risk both body and spirit not only to save lives but also to liberate a new world's destiny.

The Silent Patient- by Alex Michaelides. RRP \$29.99



Alicia Berenson writes a diary as a release, an outlet - and to prove to her beloved husband that everything is fine. She can't bear the thought of worrying Gabriel or causing him pain. Until, late one evening, Alicia shoots Gabriel five times and then never speaks another word. Forensic psychotherapist Theo Faber is convinced he can successfully treat Alicia, where all others have failed. Obsessed with investigating her crime, his discoveries suggest Alicia's silence goes far deeper than he first thought. And if she speaks, would he want to hear the truth? *The Silent Patient* is a heart-stopping debut thriller about a woman's brutal

and random act of violence against her husband - and the man obsessed with discovering why.

Not Bad People- by Brandy Scott. RRP \$32.99



Three friends, thirty years of shared secrets, one impulsive gesture ... and a terrible accident. When friendship goes bad, someone has to pay. It's New Year's Eve. Three thirty-something women - Aimee, Melinda and Lou - best friends for decades, let off sky lanterns filled with resolutions: for meaning, for freedom, for money. As

the glowing paper bags float away, there's a bright flare in the distance. It could be a sign of luck - or the start of a complete nightmare that will upend their friendships, families and careers. The day after their ceremony, the newspapers report a small plane crash - two victims pulled from the wreckage, one a young boy. Were they responsible? Aimee thinks they are, Melinda won't accept it, and Lou has problems of her own. It's a toxic recipe for guilt trips, shame, obsession, blackmail and power games. They're not bad people. But desperate times call for desperate measures.

MERCURY QUIZ ANSWERS FROM PAGE 24
 1. Tasmanian Tiger. 2.1950's. 3. 336. 4. Right side. 5. North Atlantic Treaty Organisation. 6. 55%. 7. Star Trek. 8. All these are correct collective nouns for a group of eels. 9. Todd Russell and Brant Webb 10. Pastry



LANCEFIELD FOOTBALL AND NETBALL CLUB

OPPORTUNITIES AVAILABLE

Coaches Chris Collins and Meaghan Keogh have welcomed both past and new players back to training for the 2019 season.

However there is still opportunities available to ensure the Tigers are successful.

All ages are catered for - from under 19 through to a range of Senior grades

Contact Chris on 0417 300 884 or Meaghan 0439 381 977 for all the details
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NEWS FROM ROMSEY RECREATION CENTRE

From fitness classes and activities such as karate and squash, to services and facilities for hire, Romsey Recreation Centre is ready and waiting for you to drop by and visit.

Our junior sports programs include: Shooting Hoops basketball development, Monday 4-4.45pm. U13 mixed basketball competition, Monday 4.50pm. Goal kick indoor soccer development, Friday 4-4.45pm. U12 indoor soccer competition, Friday, 4.50pm. U16 indoor soccer competition, Friday, 6.30pm.

Our senior sports programs include: Men's basketball, Tuesday 7.30pm. Senior mixed soccer, Tuesday 6pm. Staying strong circuit classes - enjoy the benefits of improved health through attending this group circuit class for mature adults. Be taken through a range of exercises designed to build muscle and cardiovascular strength. Bookings are not required.

We've also got a range of fun and interactive programs available for 1 to 5 year olds, such as Lovaball Kids - a multi-sports program for children that develops sport specific skills, confidence, concentration, teamwork and sportsmanship.

Romsey Occasional Care also operates from the centre, providing quality, affordable care for your children in a safe, fun and relaxed environment.

If you're looking for group fitness classes we've got you covered, with sessions on offer to suit those who want to start an exercise program, maintain their current level of fitness, or simply challenge themselves.

For more information on Romsey Recreation Centre programs, classes, service or facilities for hire, visit mrsc.vic.gov.au/RRC, email rrc@mrsc.vic.gov.au or call 5429 5637.

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ACE THAI @ THE ASPY

It was a cold winter's night when Suanson (Cat) and Manasnan (Iang) met for the first time in a mutual friend's garage; they enjoyed Mookata together for the first time.

Mookata is a Thai BBQ with the meats running through the dish and making its own lovely soup.

Cat and Iang struck an instant friendship and this transferred into their love of cooking and eating.

Over the next 3 years their friendship became stronger and this was mirrored by the two Phils, yes each of the girls is married to a man called Phil - who would have thought!

The families enjoy camping on the Murray River and yes they can even make a carp taste very nice. They also enjoy eating out and generally having a great time, although the dinners always seem to be more authentic when they eat at home.

And at home is where the girls feel at comfortable, cooking and eating together.

Cat is from Isaan, north east of Thailand from the small county village of Wat Ban Mo which is near the city of Khon Kean. About two hours drive north is the border with Laos.

Cat can speak both Thai and Laos (as many from Isaan can) but it is the mix of food that excites us more here.

"Thai food can be very sweet and is sweeter here in Australia so the Aussie like it," she said.

"Laos food is more of a strong taste and can be a little spicy."

Iang comes from the south, from a village called Nar Kon si Tamarata, a four hour drive south of Phuket and has lived in Lancefield for over five years

"Our food is different from that in Isaan where Cat is

from," Iang said.

"My food is a lot spicier than Laos, I think that's why both Cat and I get on so well and enjoy each other's food."

The girls have joked around saying they should open a restaurant in Lancefield and let everyone enjoy Thai cooking the way it's meant to be - full of the true flavours of Thailand.

Finding premises in Lancefield has its limitations.

One of the Phils (Cat's Phil) thought that as The Aspy closes in the afternoon the vision was that The Aspy could run as a Thai Restaurant at night time with both Cat and Iang in the kitchen.

When they approached the owner, Heather agreed. "It's a great idea, Lancefield needs a restaurant" and gave the girls the confidence to run a Thai night at the Aspy. The night was very well received and the girls were asked if they could do another Thai night.

The girls opened on Friday the 15th February.

With a buffet and live entertainment the night was very successful!

Live entertainment will continue once a month with Thai New Year already booked.

Songkran (Thai New Year) is a 3 day festival in Thailand and can be celebrated at Ace Thai @ The Aspy on Saturday 13th April with bookings now open; a Thai duo will play on the night, with another amazing Thai buffet for \$40 per head.

Ace Thai @ The Aspy is open Thursday, Friday and Saturday nights for both dine in and take away. The Aspy will continue as usual during the day and morph into a restaurant at night.

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AN ABSOLUTE PLEASURE

It was an absolute pleasure to greet our students during the first week back at school. Each student brought with them such a positive and upbeat vibe to the start of the school year! Our prep students have settled in so well and are taking on the routines and demands of school life very well so far. Thank you to our prep parents and carers for being so organised and obviously preparing and supporting their children in this next exciting step of their educational journey.

The staff worked extremely hard over the holidays to ensure our school is a safe, orderly and welcoming environment for everyone.

On Friday 15th February, we hosted a Welcome Summer Picnic at the school for all families. We had some fun sports for the kids. It was such a lovely opportunity for families to gather together and the kids just love playing at school when it isn't actually school time!

We have officially welcomed our new 2019 School Captains, Nicole, Eloise, Huon and Jordan who are ready for action; we look forward to working closely with them throughout the year. We also have a great Student Council Team and Green Team, providing our students with lots of opportunities to take on some leadership across the school.

School Wide Positive Behaviours Support



2019 Green Team: photo: (Back Row): Hailee, Rylee, Sean, Flynn, Sylvia, Lily, Baylee, Sarah, (Front Row): Lachie, Grace, Luca, Phoenix, Jemma, Connor, Jack

Our school is working towards becoming an accredited 'School Wide Positive Behaviour Support' and with that there will be some changes to help make our school an even more positive and safer place for us all to learn, grow and enjoy. Our focus for Term One is our movement around the school.

The focus of movement around our school is important for safety and organisation. We are working on creating a calm and positive feeling as we move around our school by using walking feet, whisper voices and keeping our hands and feet to ourselves. We have some signage around the school to help remind students about our expectations.

The staff and students have begun working as a team to implement these changes and there is a fantastic positive feeling around the grounds.



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FARMERS' MARKET'S 16TH BIRTHDAY!

March sees the Lancefield & District Farmers' Market celebrating its 16th birthday!

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kids, delicious light lunch options, Lancefield Primary School cake & produce stall - you know the drill! Saturday 23rd March 9-1 High Street Lancefield.

This market is an initiative of the Lancefield Neighbourhood House Inc.

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