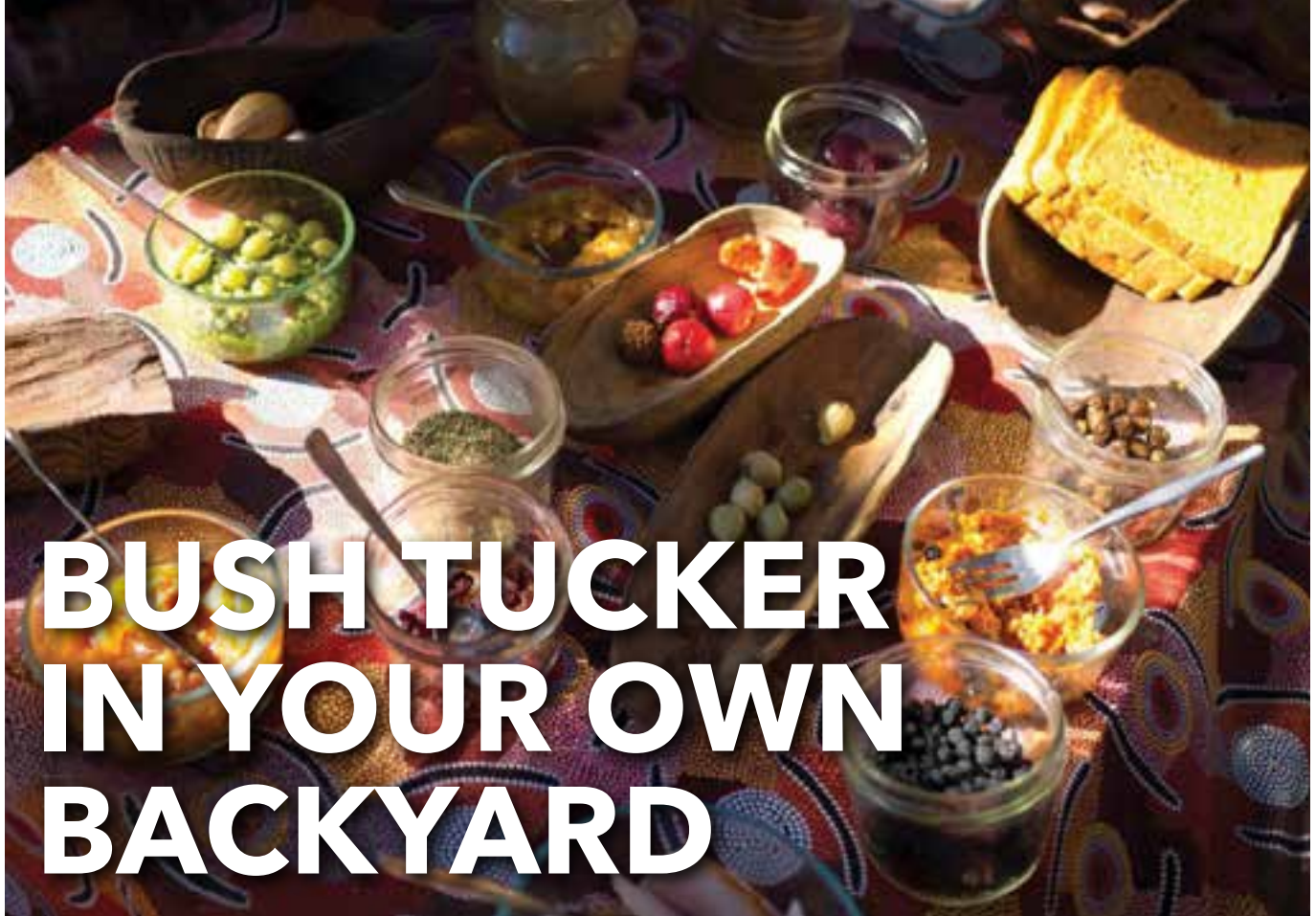




DEEP CREEK LANDCARE GROUP

Covering Lancefield – Romsey and Monegeeta Districts



BUSH TUCKER IN YOUR OWN BACKYARD

The Lancefield Agricultural Show is almost upon us and it is an exciting time of year.

This year the Deep Creek Landcare Group is organising an Indigenous food and fibre exhibit that showcases the kind of “bush tucker” that you can grow, harvest and eat straight from your own backyard. Many indigenous plants have multiple uses including food, medicine, paints/dyes and fibre for weaving and binding tools. The purpose of this presentation is to demonstrate some of the known uses of native flora from the local area and the indigenous cultural uses and offer some alternative foods in a changing climate where these foods thrive naturally. On display, just to name a few, will be species such as kangaroo grass which was used as a grain crop, yam daisy which was an important staple root crop, Cumbungi which is a wetland species that has an edible rhizome, native pepper which is currently used in modern culinary practises and wattle species that have multiple uses including edible saps, seeds which make a lovely refreshing cup of tea and the bark was used traditionally for weaving and rope making. Many of these species had a range of uses by the traditional aboriginal culture and with further education can be easily adapted in a rural community. Many

of the species involved are well adapted to the Australian climate to produce sustainable food and other products for a changing climate into the future.

Some of the species demonstrated in the display will be available to our community for free along with our usual native trees and shrubs giveaway to anyone interested. Growing bush tucker at home in a pot on a terrace, in your back garden or larger scale on your property enhances and preserves a native species whilst enjoying the benefit of an attractive edible garden.

Our general landcare display will also include native flora of the Macedon ranges information, weed identification and eradication information as well as friendly local land carers who are happy to talk with you and assist in plant selection. We look forward to seeing you at the Landcare marquee at the Lancefield Show, come and say hello.

The next meeting will be held on Monday 9th October @ 8pm at the Lancefield Mechanics Hall Annexe. All are welcome. Any enquiries please contact us at deepcreeklandcare@gmail.com

Hayley Goodman.



The Council is in the process of developing a 10-year plan to build new footpaths in towns around the Shire, and I'll be weighing in to ensure Lancefield gets its fair share. We've been left behind in these developments in the past, and we need to ensure we're not put on the back burner again. A perfect example is Chauncey St. It's the main road from town across to Woodend and the western side of the Shire, is important enough to come under the jurisdiction of VicRoads, yet, is an embarrassment without made footpaths. There are enough young families with kids in prams and pushers, plus older citizens who use Chauncey St as the main thoroughfare to the High St shops or St Mary's School to justify proper concrete paths. Instead, our youngsters and older citizens have to negotiate an uneven, unmade goat track where there's always the hazard of losing your footing

and twisting an ankle. The other alternative is to walk on the road and risk mixing it with the cars.

We've worked hard on the Council to increase funding for footpath construction this year, but we need to ensure Lancefield gets its fair share. We'll soon be calling for comment and consultation, and I want our Lancefield residents to join with me in pushing for a fair share of the dollars. Our residents are best placed to know which paths are the most urgent, so I urge you to join with me in developing our priority list when the time comes. Things we also need to think about include any "missing paths" needed to connect to existing paths and which ones need to be shared pathways for bikes.

Cr Henry Bleack
Your East Ward councillor



LANCEFIELD FIRE BRIGADE

SKILL UPDATE

Each year before the fire danger period starts the operational members of the brigade are required to do Pre Season skills maintenance. This involves:

- Make Tanker Safe
- Draughting & Pump Operations
- Navigation & Communications
- Grass fire attack methods
- Work in a team.

Members need to keep their skills up to date not only to help protect the public but also for their own safety and the safety of their fellow fire brigade members that will be on the fireground with them. If you see us out and about give us a wave.

The Brigade is still looking for anyone who is interested in volunteering. If you are interested drop into the station Sunday mornings from 8.30am to 10.30am, or contact Captain Stuart Mustey on 0407 509 859 or Jenny Davis on 0448 656 426.

Brigade Community Safety Coordinator Jenny Davis
Burn off notification: 1800 668 511, Bushfire Information Line: 1800 240 667.

THE MINI MEGAFUNA FESTIVAL



The 2017 Megafauna Festival is on Saturday November 25. There will be lots of activities for the Festival and as well the Farmers Market will be in full swing. There will be a talk session in the Mechanics Hall annexe by palaeontologists bringing us up to date on progress with the dig and what has been found. You will be able to visit the dig site area. We are hoping to run tours to the Mt William stone quarry in the afternoon. Digging Dinosaurs will be entertaining and educating the younger attendees with hands on palaeontology and fun science activities. In the plantation there will be music, mega jigsaws to do and Landcare will have a display. The museum will be open as well. The Lancefield Bakery will even have Mega Buns to celebrate the weekend.

The hard working committee will need some extra hands on the day – if you have some spare time get in touch with Neighbourhood House on 5429 1214

There is a scoping study being done to identify what needs to be done to preserve and develop the megafauna site at the Park. If you haven't done the survey jump online at <https://www.surveymonkey.com/r/megafauna>

Visit the Lancefield Megafauna facebook page and lancefield.org.au/megafauna-festival for more details

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RIDING THE MAGNIFICENT RANGES

Spring is a time for new growth, to break free of the blanket of winter and explore a refreshed world. New Year resolutions seem to be the go but our calendar is an artificial creation and has no partnership with the rhythms of the seasons. I always see the Spring equinox as the start of the year, the time to plan new pathways and new branches in your life after a winter of consolidation.

With the rising sap comes the rising energy. It's a perfect time to get the bike out of the shed, pump up the tyres, lube the chain and get out there in our magnificent Macedon Ranges. Feel the wind and the rising and falling waves of our

landscape. Smell the blossom and that freshly cut grass.

Maybe this year is the one that you commit to riding or walking the kids to school. Save the car for those rainy days or the time you need to bring the school project home. Just remember to be safe out there and to teach your kids to be safe on their bikes. At Bike Safe we are actively working with the local council to improve safety for all road users.

Get out there and make it fun. We will all feel better for it.

Jem Richards
Bike Safe Macedon Ranges

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27-29 Chauncey St, Lancefield & 85 Main Rd, Romsey, Parish Priest: Fr. Vinoth Santiago, Fr. Martin Fleming - Administrator
Parish Secretary Mrs. Tammie Dalgleish, School Principal: Ms Julie McDougall, School Website: www.smlancefield.catholic.edu.au

MASS TIMES

1st & 3rd Sunday of the month: 8:00am Lancefield and 10:00 am Romsey

2nd, 4th & 5th Sunday of the month: 8:00 am Romsey and 10:00am Lancefield

COMMUNION SERVICES

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

ROSARY

Saturdays 9:45am Romsey

RECONCILIATION

By arrangement.

BAPTISMS

2017 – Romsey Church – November 5th.

2017 – Lancefield Church – December 10th.

2018 – Romsey Church – January 7th, March 4th, May 6th, July 1st, September 2nd & November 4th.

2018 – Lancefield Church – February 11th, April 8th, June 10th, August 12th, October 14th & December 9th.

For more information, please phone 5429 2130.

SACRAMENTS

Parents with children not attending St. Mary's School who are scheduled to receive Sacraments in 2018 are invited to email their details to the secretary at lancefield@cam.org.au to register your child. Information will be sent out early in 2018 with the Sacramental schedule for the year.

Like us at <https://www.facebook.com/stmarysparishlancefieldromsey/> to keep up with parish activities and news.

PARISH NEWS

Welcome home Fr. Vinoth! It is wonderful to once again be celebrating Mass with Fr. Vinoth who has returned from his extended stay in India. Mass will continue to be held each Sunday at both 8am and 10am alternating between Romsey and Lancefield churches. As Spring has sprung and all the colour will soon be coming out, I'd like to take the opportunity to thank all of the wonderful volunteers who continue to care for both Churches and their surroundings.

100 WAYS

Following the success of 2016's 100 Ways in 100 Days campaign in creating hundreds of opportunities for young people across the Central Ranges region, we've decided to make this appeal an ongoing one.

There are 100 Ways to help young people prepare for their futures. We'd like local businesses, schools and community partners to get together to celebrate and participate in this concept. Whether it's creating a work placement, offering a job, mentoring a young person, sharing a career story or sponsoring a youth program, there are 100 Ways to help our young local people, all day, every day.

We'd like to invite you to take part in this exciting movement around supporting local young people to get ready for their futures. Young people are 100% of our future, and there are 100 Ways to help them.

Guest speakers will include Ms Mary-Anne Thomas MP, State Member for Macedon and Ms Ana Rees, Executive Principal of Kyneton SC, and a panel of local youth and business people who will discuss creative approaches to generating opportunities for young

people in the Kyneton area. A short documentary about the journey of some local VCAL students will also be previewed.

The platform for capturing offers of community assistance will be www.100ways.com.au, where business and community members can register their pledge to help a young person.

Kind Regards,
Central Ranges Local Learning and Employment Network

EVENT TO BE HELD AT THE FOLLOWING TIME, DATE AND LOCATION:

Wednesday, 13 September 2017 from 5:30 pm to 7:30 pm (AEST)
Kyneton Mechanics Institute
81 Mollison Street
Kyneton, VIC 3444
Australia

LANCEFIELD MERCURY INC.

A0045845D

Items for publication should be sent to editor3435@gmail.com

Advertising should be sent to advertising3435@gmail.com

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.



The Lancefield Mercury should be delivered to every dwelling which receives a mail delivery from the Lancefield Post Office. The Mercury committee would be keen to make sure that no-one misses out on their monthly copy of the paper. If you have missed out on a copy, either regularly or occasionally, or know someone who has, can you let the editor know at editor3435@gmail.com If you want a copy of the Lancefield Mercury emailed to you, on a regular or one-off basis, send an email to the editor. Thank you.



Editorial Committee:

- Andy Moore
- Craig Longmuir
- Karen Barr
- Murk Schoen
- Fay Woodhouse
- Ken Allender
- Julianne Graham

Views expressed are not necessarily those of the editorial committee.

Editorial Enquiries to
Andy Moore 0430 448 120

Advertising Enquiries to
Ken Allender 0404 886 580.

Advertising Rates at 2016-2017 Financial Year

- One eighth page \$35
- One quarter page \$55
- Half page \$100
- Full page \$165

Rates for one year – 11 editions (no edition in January)

- Annual 1/8 page \$280
- Annual 1/4 page \$360
- Annual 1/2 page \$650
- Annual full page \$1000

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HARD TO BELIEVE TERM THREE IS OVER

It has been a very busy term at St Mary's and I think everyone is looking forward to a relaxing break and hopefully sunshine ahead.

SCHOOL CHOIR

Thanks to the dedication of Mrs Marg Redmond, a school choir has been formed. Our choir practices at lunchtime every Monday and made their first appearance at our Parish Mass on Sunday 17th September, 10am at Romsey.

We hope that in the coming months our Choir will sing at a number of events including our Seniors Morning Tea and the Community Christmas Carols.

2017 ART SHOW & CONCERT

Thursday September 14 saw our annual Art Show and Concert. The students worked extremely hard on their artwork throughout the year and it was fantastic to see their amazing artistic talents on display.

The Art Show was followed by the concert which showcased the student's talent in singing and dancing and for the first time this year the senior students performed a play - a wonderful evening of entertainment

BIKE EDUCATION

Our 5/6 students have been participating in Bike Education. Over three weeks they have been out riding 3 days a week to learn about such things as bike safety, road rules and being a responsible cyclist.

Thanks to Mrs Giles for organising and running such an amazing program for the students and to Michelle Rix for assisting with the program.



BOOK WEEK

All our students and teachers participated in Book Week 2017. On Friday 25th August we had our annual Book Week Parade and the staff and students outdid themselves. What a colourful display of costumes, from Fantastic Mr Fox, to Harry Potter, Captain Underpants, Alice in Wonderland, Where's Wally and so much more. All are to be commended on their fantastic efforts. Students spent the remainder of the day participating in Book Week activities, which consisted of storytelling, art and craft. A wonderful day was had by all!

DISCOVERY LEARNING

Our Prep, One & Two students continue to enjoy Discovery Learning twice a week. Discovery Learning is purposeful play that is strategically shaped by teachers to enable students to learn more about themselves; how to live and work with others; and the world they live in. Discovery is

a time when students make choices about what learning opportunities they want to engage in, who they do this with, and where they do it. Teachers provide opportunities by creating stations or areas that encourage children to play, create, discover and explore in different ways.

INVENTION CONVENTION

The Grade 3/4s have been investigating Inventions over time. The students presented their Invention Convention last week to families and fellow students. This began with a 20-1 slide presentation about the most important inventions over time. Each student made a model of their own invention or modified a current product. Lastly the students explored "Scratch" coding and designed their own computer games. Guests to the convention had the opportunity to see the wonderful inventions and ask questions about them. They also had a chance to try the computer games designed by the students. Congratulations to all 3/4 students for all the hard work they put into their inventions and computer games, everyone was most impressed.

FATHER'S DAY


A Father's Day breakfast was celebrated with all our Dads / Grandads on Thursday 31st August. A big thanks to our helpers who cooked up yummy bacon and egg rolls for our special guests to devour. It was great to see so many in attendance. Our preps wrote about their fathers and



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made them a lovely tie book full of information about their dads. We hope all our dads / grandads had a fantastic Father's Day.

COBAW SPORTS

The 3-6's have been participating in the Cobaw District Athletics at Bendigo. They had a great day and many returned with a ribbon or two. The 5/6 's went to Cobaw District Basketball at Sunbury, winning quite a few games. Our boys team finished runners up in the tournament only losing 2 games for the day. The girls team finished fourth. A great day was had by all. A big thank you to our parent helpers for coaching and scoring.

VISITORS

We have been lucky enough to have had many visitors to our school throughout the term. Everyone enjoyed the visit from the CFA to talk about Fire Safety, but they were most impressed with getting the chance to squirt the fire hose! Western Water visited our students to discuss water saving and next term will see the Life Ed Van visiting.

INCREDIBLE EDIBLE LANCEFIELD

We are very excited to become involved with Lancefield's Incredible Edible. For the remainder of the year our students will be involved in helping to plant seedlings in the barrels in the Lancefield streets and assist with maintenance



and labelling of the barrels. This is an exciting project for our students who are also preparing our own school garden beds for planting this Spring.

KNITTING CLUB

Thanks to the CWA, specifically Agnes Kennedy, we now have a Knitting Club which runs at lunch time every Tuesday. Agnes has kindly volunteered her time to help teach students in the school how to knit. Once students have mastered the art of knitting (our Juniors have been finger knitting) they will then begin knitting items which can be donated to those in need.

We look forward to continuing our work with the CWA and the students being more involved in learning craft activities that can be displayed in the CWA's Spring Show.

As the term rolls to a close we wish our 3/4 students a great time on their overnight camp to Campaspe Downs and everyone a safe and relaxing holiday break. Ready and rejuvenated to start it all again in October...

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or Helena Richmond 0437365700
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OCTOBER IS THE MONTH TO GET INVOLVED

The Neighbourhood House AGM will be held on Thursday 19 October, 7pm at the House.

The mission of the committee of management is '... to contribute to a happy healthy, connected community'. If being part of the community in this way appeals to you come along and join the committee.

LAST CHANCE

This month is your last chance to utilise the free 'Tax Help' service. If your tax is relatively simple and you're not a high income earner than we can help you to do your tax on-line. The service includes helping set up a MyGov account, linking to the ATO and filling in your return or we can just show you how to do it for yourself in the future. Phone the House to make an appointment on a Tuesday, Wednesday or Friday.

This week is your last chance to book in for our term classes;

- Social Media Marketing Plan
- Beginners Sewing Class
- Yoga
- Soap Making

You can also join our regular classes and groups starting next week;

- Social bike riding
- Crafty Wednesdays
- Meditation
- Euchre Afternoon
- Decorative Painting
- Boomerang Bag making
- Scrapbooking and Card Making
- Lancefield Singers

For information and bookings for all of the above you can; Phone the House on 54291 214. Visit our bookings page at www.lancefield.org.au/lancefieldhouse

Email us at lancefieldhouse@tpg.com.au

Come into The Town House and collect a brochure or ask one of our wonderful volunteers.

IS THE MEN'S SHED FOR YOU?

The Men's Shed is a social and supportive space. It is also a very hands on shed with the Men contributing to many community projects. Some of the projects the Men's Shed have been involved in include building the jumps for the equestrian group, refurbishing the tiered seats for the Show and welding frames for the Romsey Christmas trees. The Shed houses a wide range of woodwork machinery and some

welding equipment. Come along and use your skills or learn some new ones.

The Mens Shed is open Tuesday–Thursday 10am-3pm. Social 'tools down' lunch on Wednesdays.

YOUNG FAMILIES

The House committee would like to explore expanding options for young families in Lancefield. A brain storming session is going to be held in the next few weeks. Please phone or email the House for exact day and time if you would like to contribute your ideas to this project. In particular we are looking at a dedicated 'child' space in Lancefield and want some thoughts on how, where and what.

MEGAFUNA FESTIVAL

This year's festival was going to be a mini-mega festival but is shaping up to be as big as last year. A day of information and entertainment for the whole family the Extinct – Lancefield Megafauna Festival 2017 will be held on Saturday 25 November.

Details of the day's events will be available on posters around the town and the website after 15 October. www.lancefield.org.au/megafauna-festival.

We will need a few volunteers on the day to help out for an hour or two, please ring the House if you are interested.

EMBARK ON A JOURNEY OF DISCOVERY



On the weekend of 18 and 19 November over 30 wineries nestled in laneways across the Macedon Ranges come to life to welcome you. Hidden away in the natural landscape you will discover small and diverse wineries and vineyards. The region is cool to cold by world standards. As a result the region offers wine that is limited in quantity and exceptionally high in quality. They grow outstanding grapes to make outstanding wine that can often only be sourced at the cellar door. They can be found on these charming roads less travelled and yet still only an hour from Melbourne.

Food from local producers and entertainment will be available. Buses have been organised to help you discover the wineries and enjoy the festivities. Why don't you stay over and really get away? Book a Festival dinner or lunch event where local chefs from the finest restaurants present food that celebrates the exceptional wines of the region.

Tickets are from \$20 for a weekend of tastings. For Festival information, to buy your pass and to book a bus visit www.budburst.com.

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DEEP CREEK LANDCARE GROUP
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MACEDON RANGES WINE AND FOOD

Budburst
FESTIVAL

18 and 19 November

PREPARING YOUR PROPERTY FOR THE FIRE SEASON

Spring is a great time to start preparing your property for the summer bushfire season. You can reduce the risk to your home and property by cleaning up and clearing potential fire hazards before the fire danger period arrives, including: removing tree branches that overhang your home and shrubs over one metre high next to or below windows; clearing gutters and keeping grass short; removing items away from the outside of your home that can trap leaf and other litter; ensuring any rainwater tanks are easy to access and pumps are tested regularly; ensuring you have a bushfire survival plan in place and practise it regularly and attending local CFA community meetings about fire preparedness.



PROPERTY INSPECTIONS AND NOTICES

Council's Fire Management Officer will soon begin inspecting properties for fire risk within the shire and will issue fire prevention notices to those properties that pose a fire risk. If you receive a notice, don't ignore it as heavy penalties can apply to owners who fail to comply. Properties are expected to be maintained to the required standard throughout the fire danger period. If you are

grazing stock, you must demonstrate that the number is sufficient to reduce the risk and if not, you may be required to do additional fuel reduction work.

For more information about preparing your property, visit mrsc.vic.gov.au/fire-ready or call Council on 5422 0333. You can also like us on [facebook.com/MacedonRangesEmergencyAlerts](https://www.facebook.com/MacedonRangesEmergencyAlerts)

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We will be unveiling our newly transformed hair studio over the coming weeks. So keep an eye out. For those that haven't heard. We've moved to

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YOUR WORLD OF POSSIBILITIES

As winter slowly recedes more people are out and about enjoying the first sunshine of Spring. Wherever we live, it is the people around us who make life meaningful and prosperous. Where you have connection in a community you have wholeness, whether it's a cheery wave from a neighbour or a lifelong friend, you are part of something. Community wholeness is central to the ProLocal ethos.

ProLocal was conceived in the Macedon Ranges region, by people who loved where they lived and wanted to see their communities thrive. Rather than looking outwardly for work, business or employment they focussed within their communities. Instead of pouring their energy, talents and time away from where they live, they turn this around to create prosperity within their own communities. At its simplest, ProLocal is a community engagement platform that connects people within our community to meet our needs. It uses purpose-built technology that allows locals to create



Moff Sievers

and realise opportunities, promote local businesses and share their unique talents and service offerings. Jobs can be posted free of charge. ProLocal is a source of connection and building relationships, not just a business listing! ProLocal is about togetherness in heart as well as in business. By encouraging connection and collaboration (win-win) rather than competition (win-lose) our communities grow and thrive.

There is room for everyone. Your world of possibilities exists right here, right now, in our own backyards. www.prolocal.com.au

KYNETON BADMINTON CLUB

The summer badminton season of the Kyneton Badminton Club will start on Monday 9th October. Games are held in the Kyneton Toyota Sports

and Aquatic Centre beginning at 7:00pm. New players of all ages and abilities are welcome. For more information contact Kevin Roberts on 5422 3057.

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Do you provide services, products or work in the local area?

ProLocal is a community engagement platform that allows individuals, home businesses and local businesses to list their products and services for locals to easily find them, and also allows them to post jobs, creating economic prosperity for the local community.

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HOW TO PACK A SHOEBOX

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Grab a shoebox Pre-printed shoeboxes are available for purchase at 50c each at Encourage Church 7 Mitchell Court Romsey or grab any average-size shoebox and cover the box and lid separately with brightly coloured paper.

Choose boy or girl Will you fill your shoebox with gifts for a girl or for a boy? And what age? 2-4, 5-9, or 10-14

Shoebox labels & donations Order your labels and donate \$10 for each shoebox you are going to pack. Donations can be made online and you can Follow Your Box and see where it goes!

Fill each shoebox with simple gifts. Include something from each of the 6 categories. Something to wear, Something to play with, Something for school, Something to love, Something special, Something for personal hygiene. Download Gift Ideas and Knitting Patterns: www.operationchristmaschild.org.au

Pray for the child Pray for the child who will receive your

shoebox gift. Include a personal note of encouragement and a photo.

Drop your shoebox off Encourage Church 7 Mitchell Court Romsey is a Registered Drop Off Point. Please drop off your shoeboxes no later than 10am on Sun 29th Oct. Shoebox Drop Times from Monday 2nd October to Friday 27th October 2017 Monday and Tuesday: 9am - 3pm; Wednesday and Friday: 4:30pm - 6pm

Spread the word Post a picture of your shoebox on Facebook and Instagram with the hashtag #onemorebox and spread the word.

If you would like to learn more about the Christian faith, please call our Church Office on 5429 6327 or come and join us for one of our relevant, modern, contemporary Sunday Services. We would be happy to help you find true peace and joy in life. *Encourage Church: "Encouraging one another to be ALL we can be in life and in God"*.

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

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Senior Pastor Marilyn Hunter - "Encourage Church"

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ROMSEY-LANCEFIELD & DISTRICT AMBULANCE AUXILIARY NEWS

SUPPORT OUR LOCAL STATION

Our auxiliary continues to work hard to support our local station and the wonderful paramedics who work there. From our latest fundraising efforts including the Mothers day raffle, we have purchased some supportive splints. Thank you to everyone who purchased raffle tickets and gave us donations. Our next raffle will be held in November and we will be cooking a BBQ at the November farmers market in Lancefield. Our AGM was held in August and once again we congratulate our office bearers : President David Strack, Vice President Geoff Neil, Secretary Helen Richardson and Treasurer Beryl Cole. We welcome new members Wendy Gosden and Sandra Strack to the auxiliary.

Did you know that the auxiliary has purchased 2 Automatic External Defibrillators (AED)s that are accessible in the community? An AED is a small, portable electronic device that can shock the heart into a normal rhythm when it stops pumping as a result of a cardiac arrest. They are located at the Romsey service station and the Lancefield service station. Please note that there are a number of other AEDs located throughout the community. If anyone is interested in joining our auxiliary ,or can assist us in our fundraising efforts, please contact Helen Richardson ph:0448208655

ROMSEY BRANCH REPORT

Staff movements - Dave Newman has gone up to Shepparton on the MICA unit for 3 months followed by a month in Bendigo. Spending time on busy MICA units has proven to be very beneficial to MICA paramedics in maintaining their skill levels. New graduate Elise Akmens has just completed her 4th month on road in Romsey. She has been progressing well and will shortly be moved up to Bendigo for her next phase as a graduate ambulance paramedic. She has made considerable progress during her time here in Romsey and is on track to becoming a qualified Ambulance Paramedic. A new student named Stacey Webber will be starting in Romsey next month, we look forward to training her too. Two of our staff members Andrew McGowan and Wayne Brown have returned from Melbourne who were part of the new single responder programme for 3 months. They enjoyed their time in Melbourne but are very happy to be back home in Romsey. Jessica Sheppard is looking at returning from maternity leave after being away for 12 months. We look forward to welcoming her back soon. Our

paramedic educator – Andrew McIlroy is about to have his first child in September

PERFORMANCE

There has been a recent push from government to improve response performance – A significant amount of money has been invested by government to improve performance, improvements have been made to the way in 000 calls are triaged and the way ambulances are dispatched to cases. Although paramedics don't have a large impact on response times there has been a push for individuals to improve their own performance. Over the last 24 months Romsey as well as other nearby branches have been performing extremely well in regards to response times which is a credit to each individual staff member. Clinical performance has also been great. Andrew the Paramedic Educator and myself are tasked with auditing patient care records to ensure the clinical performance is to the required standard. Andrew and I both agree that Romsey are performing well in that space too. We have had some challenging cases of late which include a young doctor from Romsey who was killed in a motor vehicle accident. Another case attended to by myself was an elderly gentleman found by his family in the middle of the night to be unconscious. The gentleman was in a cardiac rhythm known as ventricular tachycardia which is normally associated with a very poor outcome for the patient. We were able to treat the patient appropriately using the new Zoll cardiac monitors and rendezvous with an intensive care crew en route to hospital. Upon arrival to hospital the patient had improved from being completely unresponsive and in severe life threat to alert and orientated and actually thanking us in person.

YEAR IN NUMBERS FOR WATER

Western Water supplied 13,775 million litres of drinking water in 2016-17, enough for 5,500 Olympic swimming pools, or to fill the MCG almost nine times. The overall amount of water used was slightly down on the previous year, despite an increasing population, which is good news for water conservation. Customers across the region - which includes Sunbury, Melton, Bacchus Marsh and most of the Macedon Ranges – used 189 litres per person per day, while Lancefield and Romsey averaged 183 litres.

Other statistics to come from Western Water's 2016-17 Annual Report include:


- More than 10 million litres of sewage treated
- More than \$65 million spent on capital works
- More than 66,000 phone calls answered by staff in the contact centre in Sunbury
- 169 staff members, the majority of whom live in the area.

The report will be available on Western Water's website at WesternWater.com.au by the end of October. The website also has plenty of information and tips on how you can save water to reach the State Government's target of 155 litres per person per day.



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COMEDY GALA SUCCESS



A great time was had by all who attended the Comedy Gala on the evening of Saturday 26th August at the Mechanics Institute. The two acts, Adam Rozenbachs (Comedian) and Gerard V (Comedian Hypnotist) were a lot of fun. Thank you to our fabulous Parents & Friends group for all their hard work and organisation, and to all of you within the community that attended. The night was a huge success for the school raising over \$5000. Parents & Friends worked hard to secure the support from a large range of sponsors and we thank all of these individuals, businesses and organisations for their generosity and support.

On Friday 1st September we hosted a Father's Day and Special Other's Pancake Breakfast which was enjoyed by many dads, grandfathers and special others.

This Term we have celebrated Book Week (21-25 August), and Literacy & Numeracy Week (4-8 September). Activities included 'Wear Red and be well Read', students dressing up in their favourite Book Character costume and favourite books being shared by teachers with students. We also celebrated Indigenous Literacy Day on Monday 4th September with a Book Swap day and gold coin donation, for which the proceeds (\$147) have been donated to the Indigenous Literacy Foundation.



SPORTS NEWS

In LPS Sports news on 23rd August thirty six grade 3-6 students competed in Bendigo in the District Athletics. All students competed brilliantly and showed a lot of talent in many different events. Three students have qualified for the next round in Bendigo on 18th September, good luck to these students!!

GARDEN TO TABLE PROGRAM

In the Garden to Table Program the Preps/Grade 1's have been learning many table skills and manners, as well as gardening activities and in kitchen making delicious recipes including potato and rosemary pizzas.



5/6 CITY CAMP - BY AMELIA C

On the Wednesday 6th of September the year five sixes went to urban camp. We went on the train to the city we stayed at the Discovery Center. After we dropped our bags off at the Center, we went to ACMI and we went for a tour guide to look at all the street art. After the street art we went back to camp and then we ate dinner we had chicken schnitzel that was nice. After we ate dinner we had went to the night market.

In the morning Thursday we ate breakfast we had toast, hash browns, bacon and baked beans. After breakfast we left for the MCG we got to look in the locker rooms and the training we also went to the National \Sports Museum that was really fun. I played soccer with Ryan, Eric, Lyla and Billy.

After that we walked to the Shrine of Remembrance. We also went to the Art Gallery my favourite part was the chairs. After that we went back to camp, we had a rest, and after that we had dinner, we had spaghetti and garlic bread. Straight after getting our stuff we went ice skating. At skating we saw the men playing hockey but they kept on hitting the pucks at us.

On the Friday the last day we went to the Queen Vic Market and we bought stuff that we liked. After that we went to IMAX and we saw Walking with the Dinosaurs in 3D. After that some people went into the State Library. While they were in the State Library Maddy and I were making songs about people that was really fun.

SPRING FAIR DISPLAY

The Lancefield CWA worked closely with Mrs Welsh our Visual Arts teacher enabling students work to be displayed in the Mechanics Institute during the Lancefield Spring Fair. Thanks so much to all involved it, was lovely to see students art displayed in the community!

A big thank you also to the Lancefield CWA who have donated a \$100 Red Boor Book Store voucher to the school. This voucher will be enable the school to purchase valuable resources for our library.

GARDEN TO TABLE PROGRAM

Look at these gorgeous creations the Prep / 1 classes made in Garden to Table this past week. The classes also read the book 'Potato People'. Students are observing the potato's to see if they sprout and become old potato people just like in the book!!



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THE MANAGEMENT OF PERSISTENT OR CHRONIC PAIN

If you are a person who has or know someone with ongoing persistent pain and are hoping for a super cure, super tablet, super gizmo or for someone to fix the pain, then with gentle respect this is not what this article is about. To clarify chronic /persistent /ongoing pain is pain that lingers well after the healing time of an injury or pain in the absence of injury. Being told by your medical person you have chronic pain means any nasties should have been ruled out. This article is about what you can do to help with the pain you are experiencing; specifically, self-management. Self management is being an active participant in managing your pain. It's asking questions, understanding the pain process, identifying your strengths and weaknesses, where you decide you would like information and support and what you can do yourself?

If you are curious and cautious that's okay. There are a lot of quick fix merchants out there and their "cures" often don't work, cost a lot of money and cause a lot of confusion. So...straight off, persistent pain is not about the initial injury, damage, or even the muscle/joint you feel the pain in. It is a chronic disease where the brain becomes very worried and super sensitive to your thoughts, emotions and activities. The brain tries to protect you by giving you the pain you experience. Weird eh?

It's very individual and so it takes an individual bigger

picture. The bigger picture involves your thoughts, emotions, physical activity and other lifestyle factors e.g. diet, sleep, fun.

Dr. Chris Hayes 1 Director of the Hunter Integrated Pain Service says:

"The focus is on a whole-of-life approach involving "active self-management", and re-training the brain, based on concepts of neural plasticity. Together with establishing a healthy diet, exercise, relationships and interests, patients' experience of pain will decrease and their functionality will improve" How does it work? This is where it gets tricky? The brain becomes very sensitive and responds to certain factors that can make the pain worse and certain factors that can make the pain better. The good news is a lot of these factors are known and therefore can be managed. So maybe have a think and reflect on the following questions and see what factors may be contributing to your pain? What was happening when your pain first started? Was it after an injury, surgery, stress of a busy demanding life? When you have a bad night sleep or a good night sleep how is your pain? When you are tired, rushed, stressed how is your pain? When you are doing activities you like how is your pain? When you sit and lie a lot during the day does it help your pain? When you drink a lot of alcohol and eat junk food what is your pain like? Can you identify a couple of things you can

do to start being an active manager of your pain? The main thought to take away is that your pain is real and individual and there is hope that you can get back to having a life that is meaningful for you. The process is a journey, not a quick fix and requires you to be fully involved in the doing and deciding.

Have you found physical activity can make your pain worse? Introducing physical activity involves planning: where and when to introduce it, it involves starting slow and with awareness. It needn't be difficult and is one of the best ways to address stress, posture and function and could possibly be a social time and fun. The following comment from Professor Lorimer Moseley² a clinical and research physiotherapist sums it up nicely:

"The very best solution for pain is something that almost everyone can do. Movement and exercise. This doesn't mean chronic pain sufferers should go and run 10 kilometres. You just have to do it slowly enough that it doesn't freak out your system. We say always do more today than you did yesterday, but not much more."

IF YOU CONTINUE TO BE CURIOUS, THEN

Check out the You Tube video: Understanding Pain in Less than 5 Minutes

Read the "Persistent Pain Booklet" Department of Health and Human Services. Tasmania

Loris "Jeannie" Hartney
Self Care Exercise Physiology. www.icanbeactive.com.au

AUSTRALIAN DECORATIVE AND FINE ARTS SOCIETY

QUEEN NEFERTITI. WHY DOES HER POWER AND BEAUTY STILL RESONATE TODAY?

The iconic bust of Nefertiti displayed in Berlin is the most well known image of arguably the most famous queen of Pharaonic Egypt. She was the Chief Royal Wife of Akhenaten and together they continue to fascinate. It was period when the idea of monotheism was challenging the prevailing polytheism. The female members of the royal family were exceptional. They had important political and cultic roles, which are expressed in stunning artistic representation.

Please keep Thursday 19th October free to attend the final Australian Decorative and Fine Arts Society (ADFAS), Central Victoria lecture in their 2017 series. Presented by Lucia Gahlin the lecture will regale you with 'Images of Ancient Egypt's most intriguing Queen'. Lucy is a respected Egyptologist who now works at London's Petrie Museum of Egyptian Archaeology.

The lecture will be held at the Kyneton Town Hall, 129 Mollison St., Kyneton, 7.00 for 7.30pm start. Casual entry is \$30 cash payable on the night and this includes supper and a glass of wine. Enquiries: Nicky Peters (03) 0400 958 449.

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YES? ... NO?

Yes! No! ...the question we are being asked to vote on, is whether or not we agree to legalising same-sex marriage. The result of which is not binding but will be left to Parliament to decide. At least we are being given the opportunity to express our thinking. There has been much publicity for the "Yes" vote but very little for the "No" and when attempts have been made to express this view they have effectively shut down. We all have the right to express what we believe is right and true. Unlike an atheistic and secular society, Christians align their wills to the will of God as revealed in scripture, the bible. Because of this we believe that marriage is between a man and a woman.

This has been the norm over time immemorial in society. Not all Christians agree with this position.

In changing this however, I believe we are opening a Pandora's box of problems in the years to come. Although the sky will certainly not fall in! Problems have arisen in the Church in Canada and the US where the marriage laws have been changed. God has given us all free will and we must live with the consequences of our decisions. Whatever the outcome we must live with the decision yet still hold on to our values. For Christians our beliefs must be undergirded by love – this is the royal law. God is love and it behoves his

followers, by his grace, to love as he loves.

As St Francis of Assisi expressed it in his prayer – "Lord make me an instrument of your peace, where there is hatred let me sow love". Christians can only go into the future trusting in Jesus, who is the way, the truth and the life.

Last month, two valued members of our church celebrated two special birthdays - Glenice Mitchell her 80th and Laurie Thomson his 90th. May god bless and keep them throughout the coming year.

The art show at Christ Church provided a lovely display of the artistic talents of those in our region and an opportunity for many of us to spend a pleasant Sunday afternoon. Thanks to Betty and Trish for arranging the show and all who came along to support it for the on-going restoration of Christ Church.

OCTOBER 2017 DIARY

We have no special events this month. **Sunday Worship Times** – Holy communion - 9am St. Paul's Romsey ...10.30am Christ Church Lancefield

Minister.Rev. Daniel Bol Nyieth Church office 5429-1380. D. Morgan..correspondent.



At the end of the season our juniors all did really well with our B2 team going into the Grand Final.

Our Saturday open mixed teams all made it to finals but all bowed out.

We are mid-season with our Tuesday ladies tennis and Thursday night open mixed competition.

Our ladies section 4 Diamonds team is currently sitting on top of the ladder and our ladies section 4 Pearls team is sitting third. We are always looking for new players so please contact us if you would like to play!

We have a number of teams in the Thursday night competition, which continues to be the most popular tennis comp offered by the MRTA.

Lancefield is on top of the ladder in section 1
We have 3 teams in Section 2 sitting at 1, 4, and 7.
We have 1 team in section 3 green sitting at number 3
We have 1 team in section 3 gold sitting at number 7
We have 1 team in section 4 sitting at number 6.

It's been great for our juniors to start playing more tennis in the open competitions – its a great transition especially when the junior competition is no longer possible. It's also very entertaining to watch the younger kids learn from/ tolerate the adults!

Enjoy the rest of the season all, the weather is now becoming much more enjoyable at night!

AGM

Our recent AGM saw the following elected: President (final year of three year term) Emma Stevens, Secretary Karen Bowden, Treasurer Peter Liersch, Grants Officer Roger Barr, Fundraising and lotto Coordinator Kris Rielly, Media Officer and Ladies coordinator Sarah Petschel, Social Organiser Susie Kosa, Junior Coordinator Jamieson Liersch, Open Mixed Coordinators Bruce Morgan and Roger Barr, Thursday Night coordinators Darren Patton and Greg Paulay, MRTA

representative Darren Patton, MDLTA representative Sarah Petschel

The committee would also like to thank the following for their years of commitment: Rachel Goodwin, Nicole Ryan Thank you Anne Liersch for chairing our AGM.

Our Junior Presentation day saw some rare sunny weather and we were able stand outside on the courts and hand out the trophies. Thank you to all the parents and players that came along! It's very rewarding to see how the teams start to gel and how everyone's skills improve.

Summer junior teams have been submitted and it is very encouraging to see that we have more girls starting to play tennis again! We have submitted 8 teams, with six teams being joint Romsey/Lancefield teams.

Our coach is offering Hotshots tennis and it will be starting up again in term 4 with extra groups due to the excellent weather and higher numbers and will cater for ages 5 – 12. Mixed junior squad will also continue with six sessions being offered during term 4.

Term 4 will see Monday night social tennis start up again! All are welcome, tennis balls provided, members free and non-members \$5. Social tennis is a great way to get back into tennis, especially if you aren't keen on jumping straight back into competition. From 6pm to 7:30pm.

Finally, our 2017/18 Registration Day is on October 22nd – all welcome for a hit!

Membership prices are as follows: Family competition \$240, Individual competition \$150, Family social \$120, Individual social \$75, Junior competition \$75, Associate membership \$50, Key deposit \$15 (only available with membership)

Lancefield Tennis club welcomes all new members and looks forward to seeing you up at the courts!

Emma Stevens
Lancefield Tennis Club.



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KNOW THE BIRDS IN YOUR BACKYARD

Find out more about the birds in our region through the following free events.

BREAKFAST WITH THE BIRDS

Join local bird experts on Saturday 14 October from 7.30am to 9am for a special bird watching event, followed by a hot breakfast. Where: Barringo Bushland Reserve, 18 Shannons Road, New Gisborne

BIRDS, WINE AND CHEESE

Find out more about the significance of local woodland birds

on Saturday 21 October from 8am to 10am at this unique bird watching experience. Join us after the bird walk for locally produced mulled wine and cheese. Where: Cloud 9 Farm, 204 Goochs Lane, Pipers Creek.

Bookings are essential and numbers are limited. Register your interest at mrsc.vic.gov.au/environment-events

Both events are being held to coincide with Birdlife Australia's Aussie Backyard Bird Count (23-29 October) that invites people from across the country to spend 20 minutes outdoors during the nominated week recording sighted birds.

To participate, sign up at aussiebirdcount.org.au or download the Aussie Backyard Bird Count App (Apple and Android).

MOUNT PLAYERS

A SPECTACULAR SEASON

The Full Monty wound up a spectacular season on 10th September having entertained packed houses to the max!! The cast and crew thoroughly enjoyed putting on this memorable production.

Auditions for our first production of 2018, The Offshore Island By Marghanita Laski, will be held on Sat & Sun 7/8 October at The Mountview Theatre. The play requires 7 adult males, 1 adult female & a teenage boy & girl. This is a powerful drama and will be our VDL entry for 2018. Full details about this play including

performance dates are detailed on our website. To book an audition we invite you to call Director, Cherry Servis on 5426 1892.

Our last production for 2017 is a Noel Coward classic, 'Present Laughter'. This wonderful comedy will open on Fri 17 Nov and perform till Sun 3 Dec. Tickets are now available! Book via our website www.themountplayers.com or phone our box office on 5426 1892.

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must ensure that they abide by the VicRoads guidelines. Signs must be produced by a professional signwriter and approved by Council.

Applications must be received six weeks prior to the event.

To view the guidelines and find out more, visit mrsc.vic.gov.au/signs or call Council on 5422 0333.

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LANCEFIELD SMALL BORE RIFLE CLUB NEWS SHOOT OFF FOR FIRST!

Lancefield Small Bore Rifle Club members have had a busy time with competitions of late. The A grade team came second in the State 20m Prone comp following a shoot off for first against a Sale team. Club members are also competing in a 10m Supported Air pennant competition which they are currently leading. Also the Lancefield Postal comp is running at the moment with approximately 130 competitors entered from throughout the State.

Results for the week of 11th September in both practice and competition targets follow.

These show a great week for the lady members with some of the men claiming equipment failure!!

20M PRONE - POSSIBLE SCORE 100

Jarod	98.1
	96.3
Rodger	97.3
	98.2
Tim	99
	97
John	100

10M SUPPORTED AIR - POSSIBLE SCORE 300

Tarsha	291
Max	286
Rodger	285
John	283
David	282

If you would like to enquire about membership or find out more about the Club come along and meet some of the members at our stand at the forthcoming Lancefield Show or phone the Club Secretary Max on 54 292259.

20M BENCH - POSSIBLE SCORE 200

Anita	199.4
Lynn	198.5
Kate	197.5
David	197.4
Jamie	95.2

20M AIR BENCH - POSSIBLE SCORE 200

Max	197.3
-----	-------

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BOOK REVIEWS

supplied by Red Door Books, Lancefield

CHILDREN'S PICTURE BOOKS:



Once Upon a Small Rhinoceros by Meg McKinlay RRP \$24.99 Reviewed by Nielson Bookdata

Once, there was a small rhinoceros who wanted to see the big world. So she built a boat. And sailed away ... From the duo behind award-winning picture book No Bears comes a simple yet inspirational tale about challenging the norm, pushing boundaries and being true to oneself.

Pea Pod Lullaby by Glenda Millard & Stephen Michael King RRP \$24.99 Reviewed by Nielson Bookdata



I am the small green pea, you are the tender pod, hold meWords sing over the pictures in this evocative story: a beautiful lullaby about what we can be for each other. A mother and baby, a boy and a dog run for their lives. A little boat carries them across the sea. A polar bear, too, has come adrift. When will they find land? Where will they find friends? Who will welcome them in? The Pea Pod Lullaby is an inspiring and timely story of courage, endurance,

and hope... for a world in which we can reach out and embrace one another.

CHILDREN'S BOOKS:

Goodnight stories for Rebel Girls by Cavallo Francesca & Favilli El RRP \$32.99



I cannot believe how popular this book is! If you want to motivate and inspire your daughter at bedtime, this is the book to choose for the evening wind-down. The real-life role models range from Elizabeth 1 to the Williams sisters. The retelling of these life stories says goodbye to the monotony of patriarchal flavour which often accompanies

traditional night-time stories. Im reading it to my boys...I'm all for equality!

Birthday boy – what if it was every day? By David Baddiel RRP \$19.99. Reviewed by Nielson Bookdata



A hilarious rollercoaster ride of pure entertainment for 9+ readers everywhere, Birthday Boy is the new Baddiel Blockbuster: featuring David's inimitable and award-winning combination of wish-fulfillment, heart and hilarity, all brought to life by regular collaborator Jim Field's witty, stylish illustrations. What if it was every day? This is the story of Sam Green,

who really, really, really loves birthdays. He loves the special breakfasts in bed. The presents. The themed parties. Blowing out the candles on his cake. Everything. He is so excited about his 11th birthday; in fact, that he wishes it was his birthday every day. So, at first, it's quite exciting when his birthday happens again the next morning. And again. And again. And again... But it's not long before things start to go wrong. Soon, disaster strikes, threatening something Sam loves even more than birthdays. Sometimes you have to be careful what you wish for...

Why is Art full of Naked people? By Susie Hodge RRP \$27.99



Artists ask questions when they make art - and viewers

ask questions when they look at art. This gently provocative book provides an engaging way for young people to start asking and answering questions for themselves. 'Why is art full of naked people?' is structured around 22 questions, each one tackled over two spreads. The opening spread explores the question and answer, inviting the reader to study a full-bleed image of an important artwork. The second spread shows a selection of work on the theme from across history, showing how art can run with an idea to hugely different ends. The tone of the text is fresh and informal but not flippant.

YOUNG ADULT FICTION:

Genuine Fraud- by E. Lockhart. RRP \$19.99



From the bestselling author of We Were Liars, comes another thrilling novel in Genuine Fraud. Imogen is an heiress, a runaway and a cheat. Jule is a fighter, a chameleon and a liar. The book centres around the girls and the dark turn their friendship takes somewhere between the mansions of Martha's Vineyard and the shores of Cabo San Lucas. The story is captivating, full of suspense, and leaves you wanting more. It is made all the more interesting by the unique narrative style Lockhart adopts; the story goes back in time the deeper into the book you get, meaning you don't get all the pieces of the puzzle until the very end. A must read for lovers of YA fiction!

Maybe by Morris Gleitzman RRP \$19.99 Reviewed by Nielson bookdata



The next in the Gleitzman "Once" series.

1946. Europe is in ruins. Millions of people dream of finding happiness somewhere else. Fourteen-year-old Felix is one of them. When he's offered a journey to somewhere far away, he seizes the opportunity. So does someone very dear to him, even though she wasn't actually invited.

They have high hopes for their new land, and their dramatic arrival there makes them want to stay. But before Felix and Anya can embrace the love and friendship of their new world, they must confront the murderous urge for revenge still alive in the old.

Felix knows he hasn't faced anything like this before. He may not survive, but he's hoping he will. Maybe.

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BOOK REVIEWS

ADULT FICTION:

Wimmera by Mark Brandi. RRP \$29.99. Reviewed by Nielson bookdata. **Recommended by Sarah Petschel Lancefield Tennis Club.*



Wimmera is the 2016 Winner of the Crime Writers' Association Debut

Dagger (UK). In the long, hot summer of 1989, Ben and Fab are best friends. Growing up in a small country town, they spend their days playing cricket, yabbing in local dams, wanting a pair of Nike Air Maxes and not talking about how Fab's dad hits him or how the sudden death of Ben's next-door neighbour unsettled him. Almost teenagers, they already know some things are better left unsaid. Then a newcomer

arrived in the Wimmera. Fab reckoned he was a secret agent and he and Ben staked him out. Up close, the man's shoulders were wide and the veins in his arms stuck out, blue and green. His hands were enormous, red and knotty. He looked strong. Maybe even stronger than Fab's dad. Neither realised the shadow this man would cast over both their lives. Twenty years later, Fab is still stuck in town, going nowhere but hoping for

somewhere better. Then a body is found in the river, and Fab can't ignore the past any more. *Wimmera* is the 2016 Winner of the Crime Writers' Association Debut Dagger (UK).

Stranger Thingies – From felaful to now RRP \$24.99 by John Birmingham:



Stranger thingies is the latest from one of my favorite authors and I

have hidden in the office pretending to do work while reading this and laughing at Guy Manfellow. Who is Guy Manfellow? From what I have just read, it appears he may be the nemesis of John Birmingham... Read and weep (tears of laughter). *John Birmingham is a journalist, novelist, columnist, blogger, and a prolific tweeter who has more followers than you do. He wrote features

for magazines including Rolling Stone, Playboy and The Independent Monthly for a decade before publishing He Died With a Falafel in His Hand, now an Australian classic. He is the author of two Quarterly Essays, he won the National Award for Non-Fiction for Leviathan: an un-authorized biography of Sydney, he is the author of The Tasmanian Babes Fiasco, the Axis of Time series of thrillers, the Disappearance series and

the Dave Hooper novels. In 2016, he published How to be a Writer: Who smashes deadlines, crushes editors and lives in a solid gold hovercraft. He currently writes regular columns for Fairfax Media and lives in Brisbane. **NON FICTION:** Sunlight and Seaweed- An argument for how to feed, power and clean up the world. By Tim Flannery. RRP \$19.99

In his new book Sunlight and Seaweed, Tim Flannery explains several up-and-coming technologies that have the potential to ease our biggest environmental threats; food shortage, climate change and pollution. He makes these complicated ideas easy to understand and highlights the benefits of these modern technologies



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BOOK REVIEWS

in comparison to current methods of electricity generation such as solar and wind power. Flannery gives us an uplifting view of the future, and the hope that we can save our planet if we act fast.

Emergencies only by Amanda McClelland RRP \$32.99 Reviewed by Nielson bookdata.

In 2015, Amanda McClelland was awarded the Florence Nightingale Medal, in recognition of an extraordinary career dedicated to making a difference. As a nurse and a humanitarian aid worker she has battled against extreme poverty, disease epidemics and natural disasters, helping to rebuild broken lives and strengthen communities across the globe. From

nursing in remote Indigenous communities in Australia's Top End to re-building villages after the devastating Boxing Day Tsunami in Aceh, from fighting famine in Sub Saharan Africa to facing kidnapping on the war-torn streets of Mogadishu, from battling cyclone damage in PNG to heading up the Red Cross's West African Ebola response, Amanda has faced huge challenges

and collected incredible stories along the way. Emergencies Only is not a compendium of tragedy, but an eye-opening life-lesson in practicality, compassion and good humour, written with empathy and an eye for detail, and filled with the human stories that lie behind the headlines.



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LANCEFIELD GOLF REPORT

IT IS ALL IN THE PLANNING

The words 'it is all in the planning' is a bit difficult to quantify when the 'planning' is 12 months in advance. However, after all the rain, the sleet and snow flurries over the weeks leading up to the 10th September one has to wonder at why, on the day we hold our "September Stakes" Par 3 Event, the day is glorious. You know the field is good when not only the Clubrooms but the verandah area is packed with players and the ambience is abuzz with noise only stopping when everyone tucked into a magnificent 2 course meal – provided by our ladies of course. We must firstly thank our Sponsors for without them it isn't possible to run these sorts of events: First National Real Estate, Wild Melbourne, Lancefield Bus Service, Kristines Painting, Mahindra Tractors Kilmore, Rix Family Roofing, Craig Duncanson, Pride Plumbing, Mark Bollinger Trust, Lancefield Post Office, Lancefield Hardware, Rare Spares, Goodyear Auto Care Kilmore, Mt William Advance Tree Nursery, Frontier Garden Supplies, Alpha Power Equipment, Macedon Ranges Physio and our long time sponsor Curly Flat Wines.

There were some outstanding performances on the day but the best was Ken Lambert winning 5 of the NTP

and in doing so his Marker, Russell Barclay, received 5 bottles of wine which he kindly shared with the other duo of the playing group. Along with Ken, it is also good to see Danny Bellchambers back at the Club after his time off golf. The membership continues to grow and we welcome our latest new members this week, Ian McIntosh, Brian Moscop and Sandra Stevens.

The generously donated raffle of a 9 lb snapper caught by the Stomilovics was won by Barry Flentjar.

September also marks the onset of the Tournament Season which sees our ladies travelling far and wide to represent the Club, although the Tournament at Trentham was called off due to snow!!

This week the ladies travel to Yarrowonga for their trip away and they can only imagine what Kaylene Cruise & Jenni Vennell have in store for them to make it a fun couple of days.

Diary Entry: December 10 we hold the North Western Real Estate 4PPP Ambrose – open to all golfers whether you have a handicap or not.

Good Golfing and we will see you at the Show.

THE FIELD TRIP

KIDS LEAD WORKSHOP FOR COMMUNITY ENGAGEMENT PROFESSIONALS

FIELD TRIPPERS ENGAGED 2 ACT

On Wednesday 13 September, nine Field Trip kids from Sunbury and the Macedon Ranges achieved the incredible by attending the inaugural Engage 2 Act Unconference at the St Kilda Town Hall, aimed at community engagement experts and professionals across the country, to facilitate a workshop on 'strengthening engagement with young people' for the other speakers, high profile guests and delegates. Engage 2 Act is a collective of individuals committed to progressing high quality community engagement practice. It is a specialised field but all about assisting community members to increase their say on matters which affect them (<https://www.engage2act.org/>). With a room of 50 conference participants, volunteers and speakers from all over Australia, Hong Kong and elsewhere, the kids took to facilitating the group like they'd been doing it for years. They conducted the group as a choir (including some people who didn't speak English), taught them skills and led them wonderfully in wrapping wool around themselves symbolising their feeling of 'community'.

You can see highlights of the workshop here: [https://](https://www.youtube.com/watch?v=CoU06-cNaGo)



www.youtube.com/watch?v=CoU06-cNaGo

The feedback from Engage 2 Act Board members, conference delegates, volunteers and participants has been extraordinary and we're even discussing a possible 'youth division' for Engage 2 Act.

Very excited for The Field Trip kids in being part of this extraordinary event.



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