

NEWS FROM CASSEROLE CLUB

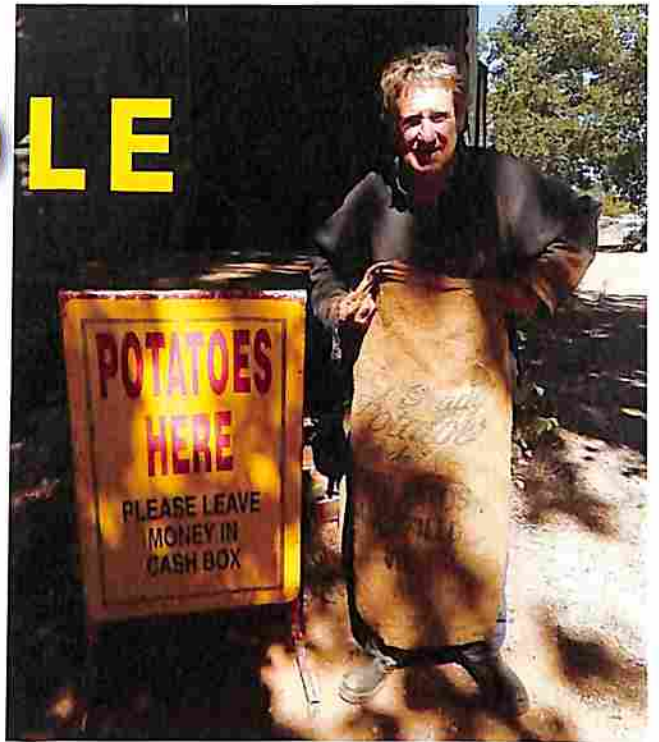
It's been a big few months since we launched Casserole Club in October 2014 and it's safe to say that we're officially up and running in the Lancefield and Romsey area!

Casserole Club is a free, community food sharing initiative where volunteer Cooks prepare and deliver meals to residents (Diners) who are older and/or are unable to cook for themselves. Macedon Ranges Shire Council is the first regional council in Australia to pilot the program.

We've had such a great response from the local community with new friendships formed, delicious meals shared, neighbours united and more people signing up every day to cook and share. On 27 January, local Cook Monique and Diner Mark were interviewed on Radio National's The Drawing Room, prompting a flood of enquiries from around Australia!

A big thanks to our local businesses the Lancefield Fruit Shack, Lancefield Meats and Lancefield Bakery for jumping on board to support Casserole members with a range of discounts on fresh local produce. We still need more Cooks so please sign up or urge friends to do so by visiting our website. You may know someone who could benefit from a home cooked meal delivered by a friendly neighbour – why not encourage them to join – it's free!

Listen to Mark and Monique on Radio National: www.abc.net.au/radionational/programs/drawingroom/the-casserole-club/6035356



CASSEROLE CLUB DINER PROFILE

Barry Hunt
69 years old
Born in Lancefield
Third generation Potato and Sheep Farmer

If you had the power to change one thing in the world, what would you do?

Well probably change all the suffering for people in Syria and places like that, I'd like to change that.

Describe your idea of a perfect day...

Any day's a good day to be alive! Probably just no wind and a temperature of about twenty degrees and nice sunlight.

What are the ingredients for a successful potato crop?

Good soil, plenty of water, planted reasonable early (in the year) and good certified seed. And the seasons, not too wet but rain regularly over the summer period. And probably good management as well!

If you had one day left on earth what would your last meal be? Special Fried Rice and a Sustagen Gold.

WANT TO HELP?

Could you cook an extra portion of dinner for an elderly Neighbour?

Would you like to Cook for Barry or someone like him in the community? You could make a real difference in a community member's life—sign up to cook or refer a diner at www.casseroleclub.com.au or contact Jessica Bridgfoot via jbridgfoot@mrsc.vic.gov.au or by calling (03) 5422 0233.





THE WINNING 'COLOUR PURPLE'

Lancefield Country Practice has won the Paint the Town Purple competition, organised to promote the 2015 Lancefield/Macedon Ranges Relay For Life. Judge, Donn Gray, was impressed by the window display, with its message of Hope, and the purple clad and wiggled staff in the Surgery.

The business located on High St Lancefield, was one of several along the town's main shopping strip that took up an invitation by the Relay For Life committee to promote this year's fundraiser for the Cancer Council Victoria*. Incorporating the Relay For Life message of hope, the participants created attractive promotions and organisers have acknowledged their efforts by awarding a free advertisement in the Lancefield Mercury to Lancefield Country Practice and presenting certificates. Other businesses who participated included Cottage Gifts on High, Lancefield Hardware, Lancefield Bendigo Bank, The Hair Room, The Tree House, Purple Lily, the Aspy, Town House, Lancefield Op Shop, Red Doors Books, Lancefield Post Office, Lancefield IGA, Field Store, Lancefield Pharmacy, The Corner Store and Lancefield Bakery. Similar

competitions were held in Romsey and Woodend and it is hoped the promotion will get stronger each year.

*At the time of going to press the fundraising amount for this year's Lancefield/Macedon Ranges Relay For Life was not finalised.



LANCEFIELD FIRE BRIGADE

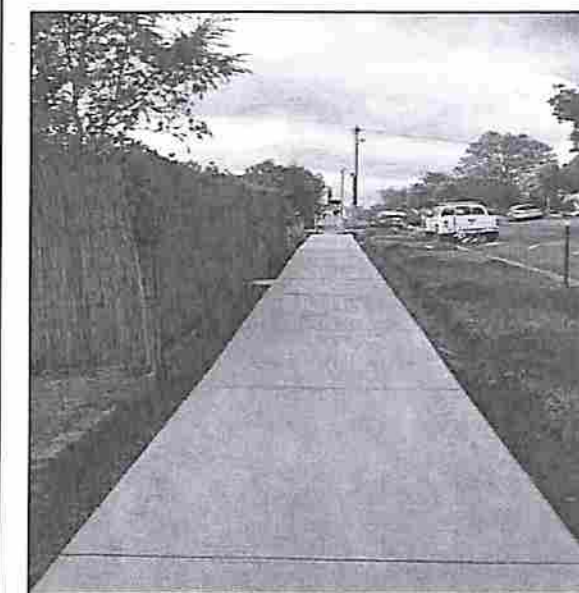
LIGHTNING STRIKES TWICE!

Friday 13th lived up to its reputation last Friday when as a result of a thunder storm two lightning strikes were reported at the same time. The brigade responded with three vehicles and fortunately with the heavy rain with the storm none got away. I would remind people to be aware of the roads, even minor or seldom used roads, in their area as this can greatly assist as Brigade members with their local knowledge will know where they are. Another item of assistance is the use of rural property numbers when calling 000. These numbers are designed to allow people to locate a property and allow emergency services to calculate the distance along that road to the incident.

The Brigade has also attended a number of small fires and this is an indication that fire restriction regulations are not being followed. A bit of rain does *not* mean that they can be ignored. Become aware of the regulations but the easiest thing to do is do *not* burn anything until the restrictions cease. Permits may be granted under specific conditions but these must be applied for through the Fire Prevention Officer.

This month's article has been a bit of a lecture so I will finish with this comment, be aware, be careful and be safe.

Stuart Mustey
Captain



ROAD AND FOOTPATH UPGRADES

Trucks and rollers have been out in full force on the shire's roads, including a number of roads in and around Lancefield. New bitumen and gravel has been laid over sections of sealed and unsealed roads to ensure the safe passage of motorists, and some sections of road and footpath have been reconstructed. In Lancefield, a section of Pyalong Road has been resealed, and 140 metres of new footpath along the service road on Main Road has been constructed. Council wishes to thank residents for their support and understanding during these construction and renewal projects.

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We cannot accept any electrical items including computers, printers etc, car seats, prams, cots or any other safety equipment. Owing to lack of space we cannot accept any large items of furniture

ROAD CLOSED

McNotts Lane, Lancefield has been recently closed to traffic due to safety concerns on the existing timber bridge. Alternative routes available to traffic are McIntosh Road via either Kilmore-Lancefield Road, or Cemetery Road. Council has scheduled the replacement of the timber deck for this financial year under the 2014/2015 Capital Works Program. The \$30,000 project will commence in April and take four weeks to complete. Council wishes to thank the community for their understanding whilst the road is closed and works are completed.

FARMERS' MARKETS

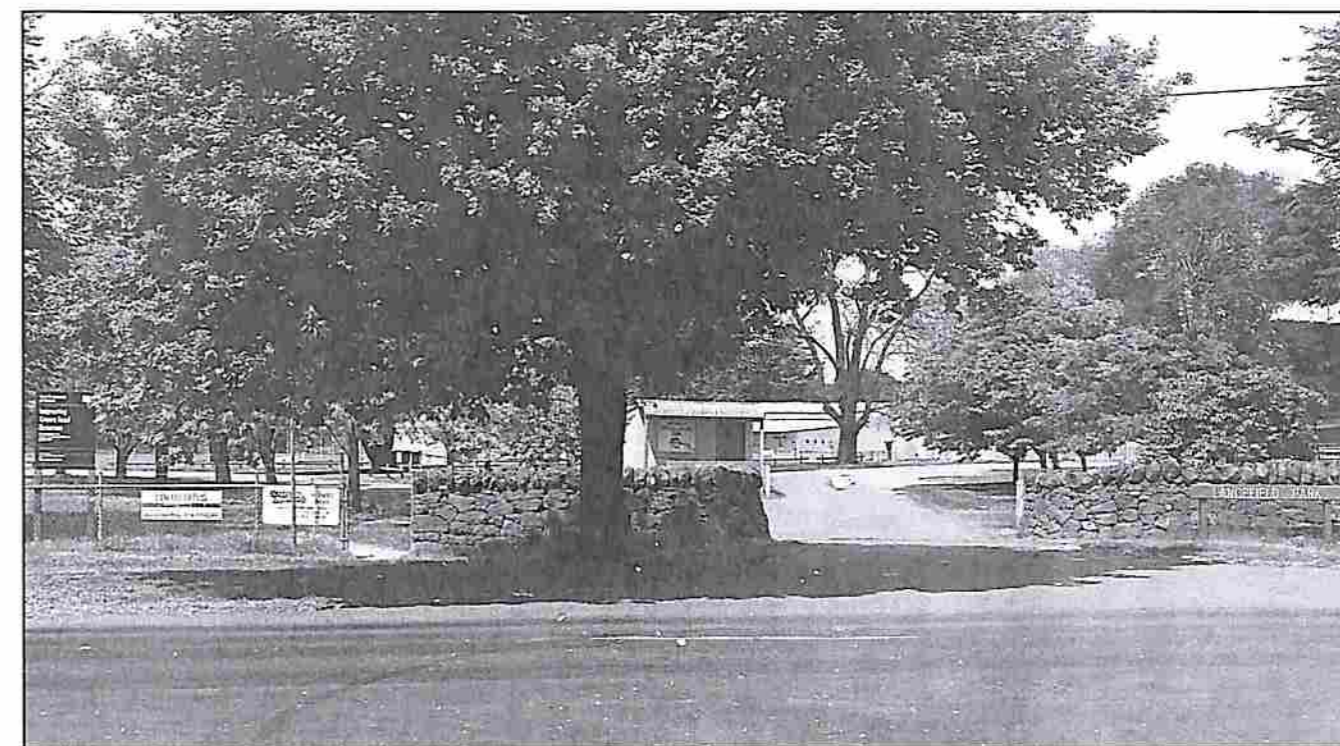
Woodend Community Farmers' Market -
Sat 7th March
Cnr High & Forest Streets, Woodend - 0487 444 090
Sharon Kittson

Kyneton Farmers' Market - Sat 14th March
St Pauls Park, Piper Street, Kyneton - 54 221 025
Veronica Manifold

Riddells Creek Farmers' Market - Sat 21st March
Riddells Creek Primary School, Riddells Creek -
0419 523 324 Amanda Johnson

Lancefield & District Farmers' Market -
Sat 28th March
Centre Plantation, High Street, Lancefield -
0407 860 320 Meggs Hannes

This month the Lancefield & District Farmers' Market celebrates its 12th birthday! Come along & show your support for the Macedon Ranges' longest running farmers' market. Fidel & Sarah Anne will be performing with some sweet bluegrass tunes in the sunshine...



WORKING BEE IN **YOUR** PARK

A community working bee will take place in the Lancefield Park later this month.

Volunteers are invited to join with park committee members from 5pm onwards on Monday, March 23. All welcome!

Maintenance works are carried out on a regular basis in the park, where 'tidy ups' are necessary to keep this community facility in good order for locals and visitors alike.

The park committee appreciates any help provided by volunteers, who are covered by insurance at declared working bees. Lancefield is very fortunate to have such a large established multi-purpose park available for recreational and

community purposes.

Dog shows, equestrian events, a big heritage truck show and the annual Relay for Life activity have been held in the park recently.

The football season is soon to begin, involving senior and junior sides, with pre-season training in full swing.

A working group arranged in conjunction with the Department of Justice is now visiting the park on a monthly basis, carrying out valuable improvement and maintenance works in conjunction with the park committee. The work of this group is commendable, and the park committee is pleased to receive this "outside" assistance.

LANCEFIELD MERCURY INC.

A0045845D

Items for publication should be sent to
editor@lancefieldmercury.org.au"

Advertising should be sent to
advertising@lancefieldmercury.org.au

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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Andy Moore
Craig Longmuir
Karen Barr
Meryl Green
Robert Green
Kellie Wilson
Murk Schoen
Marjorie Dobbs

Views expressed are not necessarily those of the editorial committee.

Advertising Rates:

Full page \$140 ½ page \$80
¼ page \$40 Business card \$30

Editorial Enquiries to Andy Moore 0430 448 120

Advertising Enquiries to Kellie Wilson 0438 501 258

www.lancefieldmercury.org.au

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 editor@lancefieldmercury.org.au? Thank you.



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LANCEFIELD NEIGHBOURHOOD HOUSE MEN'S SHED

BRIGHT EYED AND BUSHY-TAILED

We returned to 'the Shed' all "bright eyed and bushy-tailed" (as old farmers would say!), ready for a year of good companionship and productivity.

Our first task for the year was to construct a "HOPE" sign for this year's 'Relay for Life' at Lancefield Park. We are pleased to have the opportunity to contribute in our own way, to this very worthy activity. I am sure this sign will reflect the goodwill and care for all who are touched by this disease. Our best wishes go with the organising committee for another successful event.

Our annual raffle once again proved very popular and the money we raised will go towards supporting our activities for 2015. The winner was a member of Woodend Men's Shed and the bench/table combo has promoted considerable interest there. Thankyou to all who supported us. We look forward to designing and presenting a new prize initiative for this year's raffle. Look out for it about September.

Once again this year we will offer the 'Kids in Sheds' Program to our local primary schools, thanks to the generous support of the Neighbourhood House, 'Opportunity Knocks' op shop as well as funds we raised through our raffle and projects etc.

An extension to this is a trailer fitted out so that we can take 'The Shed' to the 'Kids'. More details will follow.

Last year we increased our membership and continue to grow. The prime focus of our group is to provide a friendly and supportive place for men to meet, to participate in projects and to make links with our local community.

Membership is open to all men in our area. It is a non-profit making organisation. Cost of membership is \$20, of which \$5 is towards affiliation with the Neighbourhood House. The balance is used to maintain the needs of 'the Shed' such as tool purchase, maintenance etc.

'The Shed' is open Tuesday, Wednesday and Thursday from 10:00am to 4:00pm. Working days are Tuesday and Thursday; lunch and friendship day is Wednesday.

To join us, just call into 'the Shed' and speak to Mario, the secretary, or call Graham on 54291051.

All are welcome!

Graham Knell
President

THANK YOU TO THE LANCEFIELD MEN'S SHED - RELIC RESTORED

I recently tasked the Men's Shed to take on a restoration project. The 1960's outdoor garden furniture was a relic from my childhood where we would spend many hot summer nights dining out beside the pool. The furniture had 50 years



of rust, rotted wood throughout and remnants of many coats of paint over the years. The entire setting had to be demolished, the old steel legs sandblasted back to bare metal and all bolts and wood replaced.

A big thank you to the Men's Shed for what was a tedious and time consuming job. The end result (pictured) was a fantastic revitalisation and instead of finishing up on the

tip, the old setting has a new life and hopefully withstand another 50 years of the elements.

I would recommend anyone with a project, to seek the assistance of this worthwhile community organisation and ensure its continued operation.

Julie Arnold-McGill



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BIKE SAFE: PEDALING FOR SAFETY

Bike Safe Macedon Ranges is currently working on a number of projects aimed at improving the safety of cyclists on our regional roads including safety campaigns, maintenance and infrastructure proposals. We are a volunteer not for profit organization. Having support from our local cycling community makes a big difference to our success.

It costs nothing but your time to give us a hand or only \$25 to become a member. New members are welcome and appreciated. The fee primarily goes towards keeping our safety wheels turning.

Connect in through our Facebook page <https://www.facebook.com/BikeSafeMacedonRanges>, give us a call on 0407759860 or email us at bikesafemacedonranges@gmail.com to join our team.

Our facebook page is a valuable resource for both cyclist and motorists – well worth a look for a different perspective on sharing the road!

Margaret Douglas
President, Bike Safe Macedon Ranges

HANGING ROCK BY MOONLIGHT

Experience the mystery and magic of Hanging Rock at night by camping out at the Rock on Saturday 21 March. The Rock will be open for one night only to a limited number of campers who want to have a Hanging Rock experience like never before. Come along and enjoy an evening in the great outdoors; join in a guided night walk exploring the reserve's flora and fauna, or simply relax with friends and family in beautiful surrounds.

Camping is not usually permitted at the Rock, so this is a great opportunity to be one of the few that can say they have spent the night at this magical location. The local SES will be providing a sausage sizzle on the night, and bacon and eggs for breakfast on Sunday morning for a small fee. Camps can set up from 4pm on Saturday 21 March, and must be packed up by 11am on Sunday 22 March.

Campers are welcome to arrive earlier and stay later, but camps must be set up and packed up during the designated times.

Bookings are essential, with a limited number of places available on a first in, first served basis. Book online at mrsc.vic.gov.au/CampOut or contact Council's Recreation team on (03) 5421 1468.

Camping fees are \$21 per adult, \$12.50 per child and \$54 per family. School and organised groups are also welcome to attend. Children under 18 must be accompanied by an adult.

ROMSEY AND LANCEFIELD SENIORS CLUB

Inviting men and women 55 to 105 who are retired lonely and helpful. We meet every Monday for lunch and afternoon tea at the rooms behind the Romsey Mechanics Hall from 11am to 3pm.

Some groups play cards others sit and chat or play indoor bowls. For those that don't drive we have a council bus that will pick you up and drop you off in the afternoon.

Cost on Mondays is \$5. Hot soup rolls, nibbles and biscuits and cake. Once a month we have professional cooks come in and give us a two course lunch, this meal is \$10.

We also have a bus trip to some very interesting places on the first Wednesday of the month with a 2 course meal and morning tea. Trips are \$40 which include your lunch. The trip for 25 March is to the Garden Show.

Contact Rae Hooke 5429 1602 or E.Parks 5429 1314



DEEP CREEK
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'ODD' WORKING BEE

The first meeting for the year has been held and it was decided that there will be a working bee every odd month of the year depending on weather.

The first working bee will be Tuesday 17TH March at 9 am at Doggett's Bridge.

Many hands make light work. All welcome.

The next meeting is on Monday 16th March @ 8.00pm @ The Mechanics Hall Annex Lancefield

Then

Monday April 13th @8.00pm

Monday May 11th @8.00pm

Monday June 15th @8.00pm

Monday July 13th @8.00pm

Monday August 10th @8.00pm

Monday September 14th @8.00pm

Monday October 12th @8.00pm

Monday November 9th @8.00pm

Contact: Secretary: Ken 0404886580

Email: ken.allender@bigpond.com

Website: www.deepcreeklandcare.org.au

Macedon Ranges Shire Council **casserole**

Casserole club

Home-cooked food, made by neighbours, shared with neighbours

If you live in the Lancefield and Romsey area, why not join us?

- Sign up as a Diner and enjoy a home-cooked meal made by a friendly local face. Phone 5422 0233.
- Sign up to Cook! Visit www.casseroleclub.com.au

When you sign up, you'll receive discount vouchers for fresh produce and exclusive offers from the Lancefield Fruit Shed, Lancefield Meats and the Lancefield Bakery.

Call 5422 0333 or visit www.casseroleclub.com.au

Opportunity at Lancefield Laundrette

Looking for a few hours' work per week?

We're looking for someone to assist

approx 1 hr per day

Days to be negotiated but 4-5 days per week

****Must be reliable, enthusiastic and**

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- Opening in the morning around 7:30am
- Cleaning up (either morning or evening)
- Locking up in the evening around 8:30pm

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PRIZE

A selection of quality local wines.

Or

A dinner for two at a local Romsey restaurant

To the value of \$100.

PRIZE

If you visit our new office during the month of March, or if you become our follower on twitter or facebook, you will enter the draw to win your choice of two great prizes.



Recently Mary-anne Thomas attended assembly and then stayed to participate in a discussion about the priority issues that schools are facing.

FIRST AID COMES TO LANCEFIELD PRIMARY

At the beginning of the year the teachers participated in a whole day of level 2 First Aid training and a follow up session on Anaphylaxis. St John Ambulance also delivered free First Aid in Schools training to all students.

Through the First Aid in Schools program, trained St John presenters led students from all classes through tailored sessions on the importance of First Aid and what to do in the event of an emergency.

Our junior students learnt about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance.

Senior students learnt about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency. More information about the St John First Aid in Schools program can be found at: www.stjohnvic.com.au/schools



OUR FRONT DOOR.

At LPS we have a new design on our front door. The design symbolises our motto – Growing together For the Future and also symbolises our KidsMatter philosophy of building a sense of connectedness and belonging. The colors in the dots



represent our aboriginal history in Lancefield. Thanks to Sharna Smith at r-tistik designs.

VISITS FROM ESSENDON FOOTBALL PLAYERS

Recently we had a visit from 8 Essendon Football Players. They spoke to our students about leadership and team work. Our students and Principal couldn't believe how tall they are.

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PREPARE

Preparation forms a major part in our lives when we have to make ready for special visitors with much spring cleaning of our homes and sprucing up of ourselves. How much more needful to prepare ourselves for meeting God - King of Kings and Lord of Lords? Who is able to stand in His Presence in the awesomeness of His holiness which shines with such intensity no-one may approach Him?

Moses who met with Him on Mt. Sinai and glimpsed some of His Being, resulting in his face shining with such radiance that the people were unable to look at him, so he covered his face with a cloth.

We as fallen, sinful humans are not able to stand in His Presence but in His great love for us He Himself has opened the way - in the Person of Jesus Christ. But first we must have faith in Him, as the writer to the Hebrews 11:6 says, "Without faith it is impossible to please God because anyone who comes to Him must first believe that He exists and that He rewards those who earnestly seek Him."

Jesus says of Himself that He is the Way, the Truth and the Life and no man comes to the Father except through Him.

He died on the Cross, His blood was shed for us that we, with our sins forgiven, are covered with His righteousness, God then looks on us as found in Christ and we are able to stand before Him.

This is the starting point of our preparing, making ready to meet Him face to face when we ask Jesus into our hearts to be our Saviour, Lord.

*Nothing can for sin atone - Nothing but the blood of Jesus,
Naught of good that I have done - Nothing but the blood of Jesus,*

O precious is the flow that makes me white as snow, no other fount I know,

Nothing but the blood of Jesus.

R. Lowry

FEBRUARY 2015

This was a quiet month as the various groups met together again after the long break and began planning for the year ahead Rev. Bill Carroll has settled well into the life of our community again.

Ash Wednesday services were observed marking the beginning of the forty days of Lent, each person left to decide for themselves what form of discipline to observe during this solemn period.

The Parish will be holding Bible studies.....
Enquiries.. Church Office 5429-1380.

MARCH 2015 DIARY

Fri. 6th 11am The World Day Of Prayer focussing on The Bahamas at Christ Church Lancefield Lunch to share Welcome to all in our community

Sun. 8th at usual services Mothering Sunday with Simnel Cake

Thurs 12th 8pm AMS - DVD Night -God's Outlaw- the life of William Tyndale & his printing of the Bible in English. Open Invitation To be held in Christ Church Hall Chauncey St. Lancefield.

Sun. 15th 2.30pm Victoria Welsh Choir -Cor Bach- Concert At Lancefield Mechanics Hall .. \$25 .. Afternoon Tea Funds to Christ Church Restoration Appeal ..

Tickets Glenice 5429-6418 Betty 5429-1597
Sun.15th 7pm.. Healing Service.. Rev. W. Carroll
Thurs.19th..1.30pm..The Guild meets Christ Church Hall Lancefield .. (Glenice 5429-6418)
Sun.29th Palm Sunday and Harvest Festival Easter stock for Melbourne's needy.

APRIL 2015

Thurs.2nd 7pm..Maundy Thursday ..St.Paul's Romsey .. Holy Communion

Fri...3rd 9am .. Good Friday Liturgy .. St.Paul's Romsey Combined Churches Walk Of Witness

Sat...4th 7pm.. Easter Even .. New Fires Service .. Christ Church Lancefield

Sun. 5th 9am,,Easter Day .. Holy Communion St.Paul's Romsey

10.30am .. Holy Communion .. Christ Church Lancefield.

*How wonderful, how beautiful the sight of Thee must be,
Thine endless wisdom, love and power, And awe-ful purity.*

F. W. Faber.

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WEATHER COMMENT

JUST AS WELL I DIDN'T MAKE ANY RASH PREDICTIONS ABOUT THE COMING YEAR...

I have been looking at last year's records and have found that at this stage of last year we had less rain than we have recorded this year. 2014 at the end of February 30mm whereas this year we have had to date [15-2] 52mm the difference, of course, has been a run of 34 days without a measure.

The paddocks started to show some promise of growth after the January falls but this soon disappeared as the hot days returned with strong winds sucking the moisture out of the soil. Just as well I didn't make any rash predictions about the coming year.

The weather continues to be hot and there does not seem to be much of a chance that we will get a repeat of Friday's storm activity or any other change in the weather pattern in the foreseeable future.

Not much on the farm front, the lambs have been drenched weaned and shorn and have taught themselves to eat hay from the hay feeder which is there for the cattle to eat. Quite a sight to see them around the feeder when the cattle are not there.

The cattle still are in good condition and we will wait for Autumn to make the decision about selling them. I am reminded that Toby must get a mention. He is enjoying his biscuit of lucerne hay each evening and is always reminding us at about 5pm that he is there and would like a feed.

Our little vegie plot is doing well and has kept us supplied with onions, beetroot, lettuce, tomatoes, silver beet, potatoes and beans. Acting on advice from a great Romsey gardener we have tried planting another carrot crop and wait with some confidence.

The recent rain might encourage the tiny seeds to grow. Some areas of the flower garden are still colourful but the heat has knocked many plants. The oleander and buddleia plus dahlias, gladioli, also smaller perennials, summer annuals and even an Easter daisy are in flower.

Please continue to watch this space.

Robert Green

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(Fittings extra, other sizes avail)



HORSE ARENA - \$2200

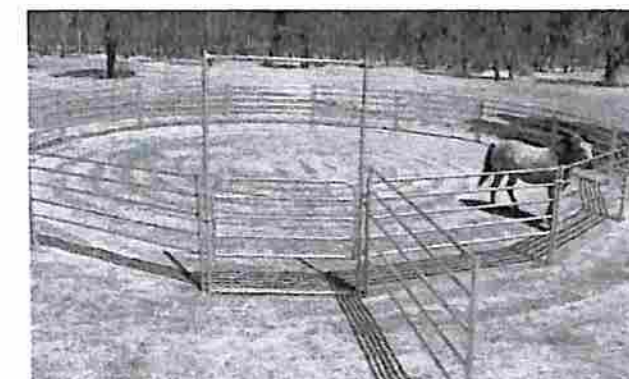
15.5m diameter

14 panels x 3.3m wide plus

1 x gate 2.1m wide. 1.6m high

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ROMSEY'S INAUGURAL ANTIQUES AND COLLECTIBLES FAIR

Romsey will be holding its inaugural Antiques and Collectibles Fair this month. This is a joint community event being organised by Romsey Mechanics' Institute and Romsey Neighbourhood House.

The Fair will be held at Romsey Mechanics' Institute, 122 Main St Romsey, on Saturday 21st March, 9.30am - 4.30pm, and Sunday 22nd March, 10am - 3.30pm.

There is plenty of free off street parking at the rear of the hall. Entry will be \$5 and morning and afternoon teas and lunch will be available for purchase from local community groups.

There will be many stalls with a wide variety of items for sale including furniture, china, glass, antique and costume vintage jewellery, antique oil lamps, sewing machines and vintage materials and collectibles. Local Romsey artists will have art work on display and for sale. The Romsey and Lancefield Districts Historical Society will also have a display.

This event is proudly sponsored by Romsey Community Branch of the Bendigo Bank, Macedon Ranges Shire Council and Romsey Fresh Fruit Shop.



AFTER HOURS HEALTH SERVICE OPENS IN MACEDON RANGES

The Macedon Ranges has a new after-hours health care service. Happy Bodies Health Service (HBHS) officially opened its doors on Friday 30 January. The Service will be operating from the Riddells Creek Neighbourhood House, 59 Main Road Riddells Creek, and will be open on Friday and Sunday nights between 6.30 - 10.30pm for a six month trial period.

After hours services in the Macedon Ranges have been virtually non-existent over the last few years. Carers, parents and unwell members of our community have had to make difficult decisions after their usual health care provider is closed.

The options have included: do nothing and wait (which can be extremely stressful); drive considerable distances out of the Macedon Ranges to seek access to other health services; or as a last act of desperation, call an ambulance, unintentionally tying up the shire's limited ambulance paramedic resources. With the opening of Happy Bodies, there is now a new option.

HBHS will be open when general practice or health services are not available. According to HBHS' research, the need for after hour services peak on Friday and Sunday evenings.

HBHS aims to fill the after hour void by offering a walk in, no appointment needed service from 6.30 - 10.30pm on Friday and Sunday evenings. This innovative new service will provide triage, assessment and management (including prescriptions) to the residents of the Macedon Ranges.

HBHS is led by a local Nurse Practitioner/Physician Associate and has a supportive staff including a registered nurse, primary care paramedic and health & medical

service assistants. The service is designed to supplement services that are already provided by your local doctor during the hours when he/she is not available. Happy Bodies Health Service is *not* a replacement for your regular GP. We are here for those out of hour health crises when you are just not sure what to do.

Nurse Practitioners can assess patients, diagnose, prescribe medication, order tests, refer to specialists and provide an advanced level of patient care.

At HBHS, we will provide first line patient care subsequently referring patients back to their usual GP for ongoing management.

So if you, a family member or a friend are just not feeling right, have a tummy ache, developed a rash or require a check up, and it is a Friday or Sunday evening, then come and visit Happy Bodies. No appointment is needed and you don't need to phone. People seeking assessment can simply drop in.

Happy Bodies Health Service has been overwhelmed by the positive feedback from local residents congratulating Happy Bodies Health Service for recognising and fulfilling a vital health service requirement within the Macedon Ranges.

HBHS offers peace of mind to the Macedon Ranges community. Residents no longer need to leave town to seek health care or advice. For further information visit our website at gpafterhours.net.au

Or follow us on our Facebook page.

For further information please contact:
Andrew McDonnell, Senior Practitioner, 0434783004

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THE MACEDON RANGES FILM SOCIETY MORE PEARLS FOR FILM SOCIETY

The Macedon Ranges Film Society year began on Wednesday 11th February with a very enthusiastic and cheerful audience. The much-anticipated film, *Healing*, is set in and around the Macedon Ranges and the Kyneton Bushland Park. Starring Hugo Weaving and Don Hany, the site of (now-closed) Won Wron prison was used to create a film based on a true story when prisoners were encouraged to bond and care for some of the eagles and other raptors from the Healesville Sanctuary. The plot centres around one man, Viktor, and his struggle to come to terms with his imminent release into society and the return to his family.

The film society prides itself on presenting films of many genres. In March, we go to Vietnam with director Cuong Ngo's film, *Pearls of the Far East*. This anthology of seven short films featuring different generations of women is set against the backdrop of the natural beauty of Vietnam's landscape as inner lives and forbidden loves are explored. The collective vision of womanhood is one that is handled with intelligence and sympathy.

The Macedon Ranges Film Society meets on the second Wednesday of each month so this film will be shown on



Wednesday, 11th March at 7.15 p.m. in the Woodend Community Centre. Film notes are supplied and the film is followed by an informal supper.

MRFS is a membership-based club so initial enquiries must be made by emailing mrfilmsociety@gmail.com or phoning Lorraine on 5427 0921 or Christine on 5429 5452.



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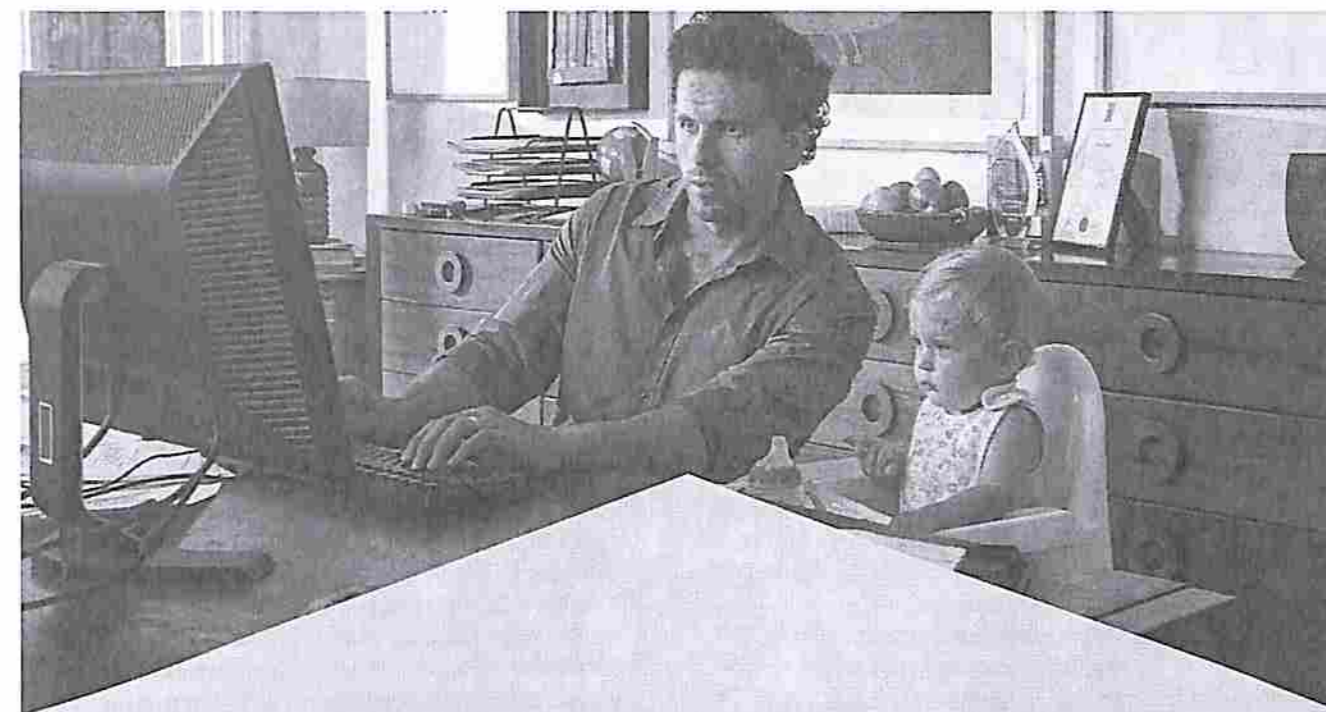
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ROMSEY'S BANK OF THE FUTURE IS HERE NOW

Romsey's Community Bank has moved into its new home, and it's even more welcoming now for customers and staff. Built to the design of Bendigo Bank's innovative "Bank of the Future" concept, the new Romsey branch is open-plan, where customers and staff can interact at desks in the main chamber. Local Community Bank chair Tim McCarthy said the brand new, purpose-built branch in the heart of the Romsey commercial business district on the western side of Main St was more convenient and welcoming for customers.

"This opening of our new branch is a very exciting time in the history of community banking in our region, and further demonstrates our commitment to 'bank-proof' Romsey and ensure that the Bendigo Community Bank model has an enduring role in the future of the town," Tim said. "Our Community Bank company purchased the site in 2010 to secure our future in Romsey, and the new building provides a 'bricks and mortar' demonstration of our long-term commitment. It confirms that we're here to stay."

There was a lot of interest from the community as we all watched the building going up in recent months, and everyone was excited when we completed the move from across the road and opened our doors for business on January 20. This is more convenient, comfortable and efficient for customers and staff as we had outgrown our old branch building, where we first opened our doors in August 2005."

Manager Rod Browning and our customer support officers are able to deal face-to-face with customers in the main chamber of the new branch, or go to offices for more privacy when required. Mr McCarthy said the Romsey and Lancefield Community Bank branches of Bendigo Bank are operated on behalf of around 500 local residents and businesses, who put up their own money to become shareholders.

"Our two branches today provide full banking services in Romsey and Lancefield, open from 9am to 5pm week days, open during lunch hour and open on Saturday mornings," he said.

CWA

MOUTH WATERING SCONES

A new year, an exciting new opportunity. The Lancefield CWA were approached at the end of last year and asked to participate in what could be the beginning of something wonderful....but we need your support. Every Farmers Market, at the end of the month in Lancefield, a group of CWA ladies will be hosting morning tea in the Mechanics Hall. It will be like the Spring Show morning tea but available every month instead of once a year.

Mouth watering scones, hot cups of tea, all beside the warmth of the fire in the dining room. Could you imagine anything nicer on those cold Lancefield mornings? Many of you know that the Lancefield CWA is a non-profit organisation and any money raised will be plugged straight back into the community. Last year our little branch of 18 members, were able to give over \$800 directly to different community groups. A majority of these funds were raised from our annual Spring Show in September - imagine how many more groups could benefit if our monthly market morning teas are successful! So if you are partial to a hot scone with some homemade jam and cream then come along and find us in the Lancefield Mechanics Hall kitchen on market day. There



will be signs up to remind you to pop in and visit. Our first day manning the kitchen is on February 28, but as with anything we will be building on our ideas and processes every month and also aim to have CWA merchandise available for sale as we go along. We look forward to a wonderful year ahead and catching up with many of you on a more regular basis.

If you are interested in joining the Lancefield CWA please don't hesitate to phone or email Meaghan on 0439 381 977 or keoghs6@bigpond.com

Our meetings are on the 4th Friday of the month starting at 10.30am and always finish with a wonderful lunch together.

DATES FOR THE CALENDAR.

- Friday 13th March - 10.30am - CWA casual craft day @ MAD gallery
- Friday 27th March - 10.30am - CWA March meeting @ Lancefield Mechanics Hall Annex
- Saturday 28th March - 9-12am - CWA Morning Tea @ Lancefield Mechanics Hall Kitchen/Dining



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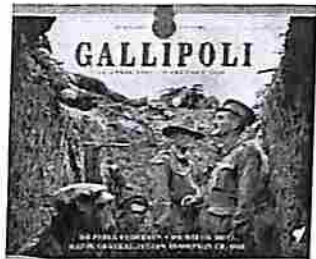
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BOOK REVIEWS

NON FICTION:



Gallipoli: 100 Years, Centenary Edition by Dr P. Pederson, D H. Oral & Major General J. Thompson RRP \$59.95

From 25 April 1915 to 9 January 1916, troops from Australia, New Zealand, the UK and Turkey engaged in a bitter struggle for the Gallipoli peninsula. The Allied forces wanted to forge a passage through the Dardanelles in order to create a sea route

to Russia and capture the Ottoman capital of Constantinople. Despite having more troops and being better supplied, the Allies suffered devastating losses in the face of the brave and resourceful Turks. Gallipoli tells the story of this campaign in a unique and comprehensive manner, through three authors who expertly describe their country's role and the impact the conflict had. For the Turks it was a defining moment in their history, becoming the basis of the Turkish War of Independence, for the British it was almost the downfall of Winston Churchill and for the ANZACs Gallipoli was the birthplace of the ANZAC spirit. With evocative illustrations,

comprehensive descriptions of events, incredible stories, and rare and newly researched removable documents and memorabilia of historic importance, Gallipoli is the ultimate commemoration of the battle.

Reviewed by Red Door Books:

ADULT FICTION:

The Book of Lost and Found by Lucy Foley RRP \$29.99



This story begins in 1913 when two six year olds Thomas Stafford and Alice Eversley first meet while holidaying in Cornwall. They become

inseparable as their friendship is filled with adventure and exploration, games of spying for pirates, swimming and building shelters from driftwood. Once the holiday is over both promise to meet up next holiday, but the war breaks out and neither family ever returns.

Their paths don't cross again until briefly in 1928 when a chance meeting occurs. Their next meeting doesn't happen again until 1939 when Alice is living Paris and Tom is now a world famous artist.

Fast forward to 1986 and Kate Darling who is still grieving over the loss of her mother a year earlier, has been bequeathed an old portrait by her grandmother along with some old letters. It is

these items that lead her on a journey of both of self discovery and true identity.

Lucy Foley has written a seamless tale that travels back and forth through time across Europe and includes cities such as London & Paris and finally ends in Corsica.

It is an grand tale that weaves itself through history to the present day where at last the truth is discovered.

TEEN FICTION:

The Shadow Cabinet by Maureen Johnson RRP \$16.95 Reviewed by Nielson Bookdata



In her weakest moment, Rory will find true strength. Grieving, shaken and feeling very much alone, Rory's life as a member of the Shades of London has changed irrevocably. It's only been a matter of hours since Stephen was taken from her, possibly forever. Her classmate Charlotte is still missing, kidnapped by the same people who tried to take Rory. Rory is no longer a schoolgirl haplessly involved in the dealings of a secret government unit. She is their weapon in a matter of life and death. With hardly a moment to think for herself, Rory gets back to work. Charlotte must be found - as must Stephen, if he is even out there. Lines must be drawn and forces rallied. Something

is brewing under London, something bigger and much more dangerous than what has come before. The Shadow Cabinet holds the key to everything, and it is up to Rory to unravel its mysteries before time runs out...

The Future King: The Waking World. By Tom Huddleston RRP \$39.99 Reviewed by Abbie Bennetts



A young adult fantasy novel, 'The Future King: The Waking World' is set in a future society which is completely different to the world as we know it today. The earth has been damaged by human

intervention such as pollution, and society has reverted back to the ways of the past, living off the land. The main character in the story is Aran, whose father is the law of Hawk's Cross. Aran is being brought up learning how to run the farmstead but he wants more than anything to be a warrior. One day a mysterious stranger comes into Aran's life and changes the way he will see the world forever, as well as making him realise his true heritage.

The island has always been vulnerable to attack by the Marauders but when Hawk's Cross comes directly under threat, Aran must fulfil his destiny with the help of his friends and the mysterious stranger. This

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BOOK REVIEWS

novel is an interesting twist on the traditional story of Merlin and it is a very enjoyable read. I found it intriguing, captivating and entertaining.

We Were Liars. by E. Lockhart
Reviewed by Abbie Bennetts



We Were Liars is about Cadence Sinclair Eastman, eldest granddaughter in the sophisticated and incredibly wealthy Sinclair family. Every summer the Sinclair's go up to their private island, Beechwood, and every summer Cadence, her cousins Johnny and Mirren, and Johnny's friend Gat are

inseparable. Everything changes during the summer they are 15, when an accident leaves Cadence sick and with no memory of what happened. The book takes us through Cady's struggle to remember what happened, and uncover the lies, secrets and rivalry that are threatening to tarnish the Sinclair name. We Were Liars is a really good novel. It is clever, full of suspense and written fluently.

CHILDREN'S FICTION:

Lighthouse Girl by Dianne Wolfer \$19.95
Reviewed by Nielson Bookdata



Fay lives alone with her father on bleak, windswept Breaksea Island, but her isolated life takes a dramatic turn with the outbreak of World War I. Fay collects the messages of lonely soldiers heading to the frontline.

She is their last hope of getting messages telegraphed back home. After their departure for the battlefields of Egypt and Gallipoli, she follows their fortunes and continues her long-distance conversations with letters and postcards. Then one day, a single, sad telegram arrives, and the war is brought brutally home.

Based on the true story of Faye Howe, this gentle tale brings to life the hardships of those left at home during the

war - waiting, wondering, hoping. Drawing on fascinating archival material, and interweaving fact with fiction, Dianne Wolfer deftly recreates this period in Australian history from the perspective of a young girl.

What's in my Lunchbox?
By Peter Carnavas



This children's book tells the story of what is in an imaginative boy's lunchbox for school every day. There isn't much text but there are beautiful pictures illustrated by Kat Chadwick.

This book is perfect for young kids just starting school or kids with a big imagination.

Gus & Me- By Keith Richards.



This is the story of how Keith Richards was first introduced to music. It also explores the special bond between grandparents and their grandchildren. Keith's granddad Gus had a big influence on him and supported his career. The art in this book was done by Theodora Richards; Keith's daughter. It is a heart warming story for young children

Paper Planes- By Steve Worland.



Twelve year old Dylan Webber lives in outback Western

Australia in a small country town. When he discovers he has a talent for folding and flying paper planes, Dylan begins a journey to reach the World Junior Paper Plane Championships in Japan.

Along the way he makes unlikely friends, clashes with powerful rivals and comes to terms with his family's past before facing his greatest challenge- to create a paper plane that will compete with the best in the world.

Steve Worland brings you the exciting, heartwarming story of Paper Planes, adapted from the award-winning family film that features a cast of Australia's finest including Sam Worthington, Deborah Mailman, David Wenham and Ed Oxenbould.



SINGING IN THE RANGES

The Victoria Welsh Male Choir Côr Bach (The "Small Choir") will perform in the Lancefield Mechanics Hall-The Crescent, Lancefield on Sunday 15 March 2015 at 2.30pm.

A program of varied music and items for all to enjoy!! All welcome!

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NEWS FROM ST MARY'S LANCEFIELD



WELCOME TO OUR NEW PREPS

The Preps have settled in well to school life at St Mary's. They are enjoying a variety of new experiences and are making lots of friends. They are looking forward to all that the year will bring.

ESSENDON FOOTY PLAYERS

St Mary's was lucky enough to have four Essendon football players visit on Tuesday 10th February. Students had an opportunity to ask questions, get autographs and kick the footy with professional football players.



STUDENT REPRESENTATIVE COUNCIL

Student elections were held in the first weeks of the school year. Congratulations to the students who will be representing their class to help make St Mary's a positive, respectful and cooperative place to be.

Pictured right are: Elysse Brundell, Kade Ryan, Chloe Dyer, Callum Sankey (Back Row)
Eve Keogh, Eliza Newnham, Leila Marr, Lachlan Brundell, Amber Ryan, Isabelle Perry (Middle Row)
Hamish Berryman, Evan Turok (Front Row)



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ST. MARY'S PARISH - LANCEFIELD & ROMSEY

27-29 Chauncey St, Lancefield & 85 Main Rd, Romsey Parish Priest: Fr. Arnold Heredia Pastoral Associate: Mrs. Joanne Reuther 5429 2130

MASS TIMES

Saturday:

- 6.00 p.m. Lancefield
1st & 3rd Sunday of the month:
- 8.00 a.m. Lancefield and 10.00 a.m. Romsey
2nd, 4th & 5th Sunday of the month:
- 8.00 a.m. Romsey and 10.00 a.m. Lancefield

RECONCILIATION

Saturdays 9.45am Romsey & 5.45pm Lancefield.

BAPTISMS

April, June, August, October, December.
For more information, please phone 5429 2130.

REGULAR EVENTS

SVDP Drop-In: First Thursday of each month,
10.30 a.m. to 4.00 p.m., St. Mary's Church Hall, Romsey.
All welcome to come for a game of cards/chat and free lunch.

SACRAMENTAL PROGRAM 2015

Parents of children not attending St. Mary's Parish School wishing to receive the Sacrament of Reconciliation (grade 3), Eucharist (grades 4 & 5) or Confirmation (grade 6) in 2015, are asked to contact Tammie Dagleish, the Parish Secretary, at St. Mary's presbytery on 54292130 by Friday 6th March 2015 to register your child.

LENT AND HOLY WEEK

- *Ash Wednesday: Wed 18th Feb Masses 9:10am Lancefield, 7pm Romsey
- *Stations of the Cross: Fri 7pm alternating Romsey and Lancefield
- Fri 20th February Romsey (next week L/F and so on)
- *Reconciliation: Wed 25th March 7pm Lancefield
- *Palm Sunday: Sat 28th March 6pm Lancefield
- Sun 29th March 8am Romsey, 10am Lancefield
- *Holy Thursday: Thur 2nd April 7pm Lancefield
- *Good Friday: Fri 3rd April 11am Ecumenical Way of the Cross Christ Church Lancefield - (Anglican)
- Fri 3rd April 3pm Passion of the Lord Romsey
- *Holy Saturday: Sat 4th April 7pm Easter Vigil Lancefield
- *Easter Sunday: Sun 5th April 8am Lancefield, 10am Romsey

WORLD DAY OF PRAYER

The Service This Year Has Been Prepared By *The Women Of The Bahamas* and is being held at Christ Church, Anglican Church, Chauncey Street, Lancefield on Friday, 6th March 2015 At 11Am. Lunch To Follow.

Dr. Bronwen Scott-Branagan will give the address at the service.

This world-wide service begins at dawn on the Tongan Islands and concludes at sunset on our following day in the Aleutian Islands North America.

All in our community is invited to join the world-wide community in this service.

Enquiries Jay Brooks 5429-6163 (Convenor) Glenice 5429-6418

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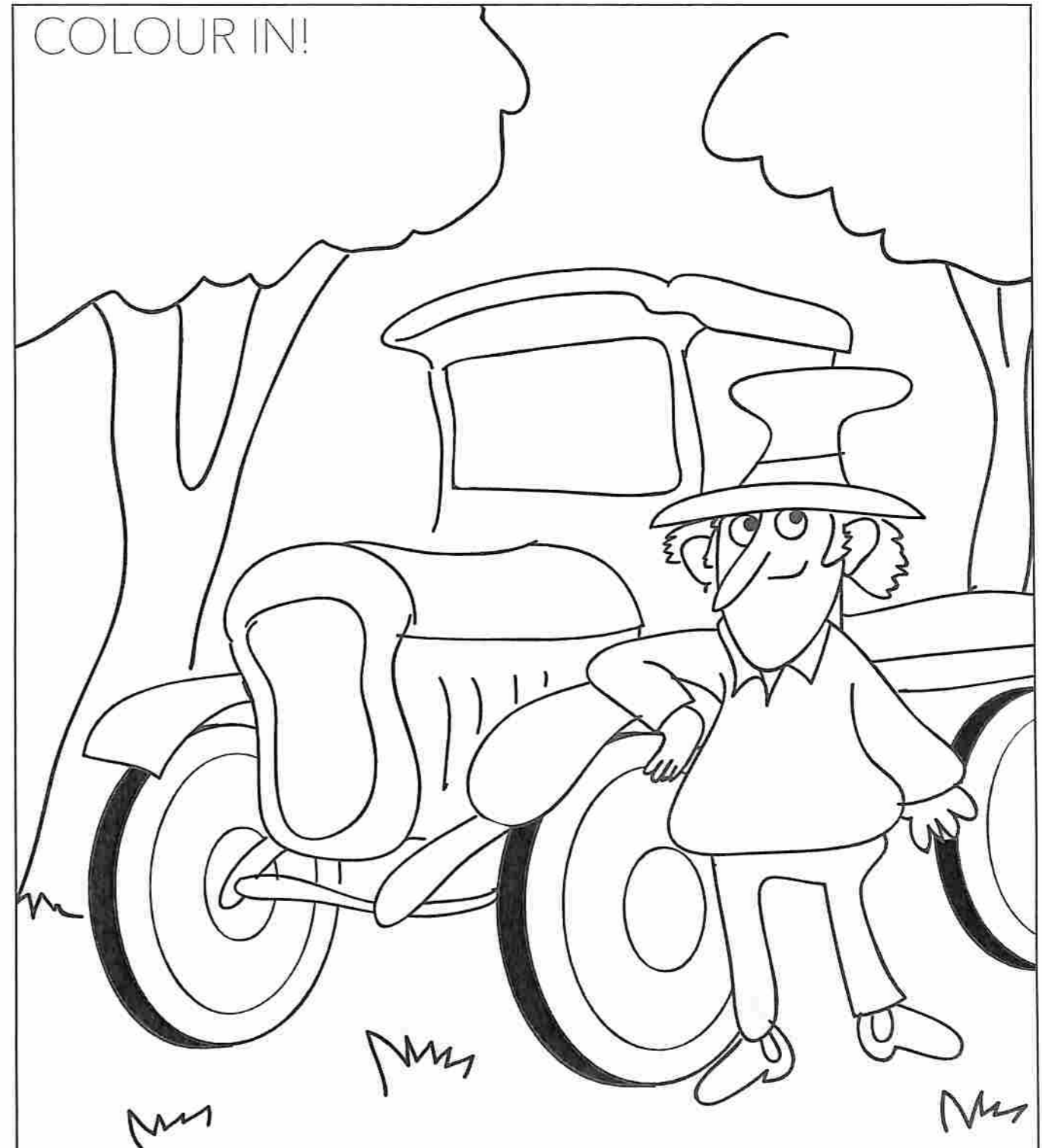
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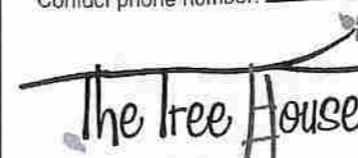
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Entries can be posted or left at the shop by the 25th of each month.
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LANCEFIELD GOLF CLUB REPORT

A GREAT START TO THE YEAR

A great start to the year for the Golf Club with welcome green "greening" rain in early January and now another downpour this week. It all helps to keep the course in good playable condition over the harsh summer months. So well done to the weather bureau!

Our members have been enjoying a very social start to the year. A fantastic "Thai" night was thoroughly enjoyed by 72 enthusiastic diners on Friday evening 30th January. A 10 course meal consisting of tasting plates, main and dessert was expertly and deliciously prepared by our own Chris Wyatt and his partner Heather. It was a great night that raised important funds for our club. Thank you to Carole Mee and her helpers for coordinating this fund raiser.

We have been seeing lots of golfers on the course over the summer months and both the men's and ladies' days are also enjoying increased numbers. The Monday Clinic has been a great success attended by 14 ladies who are looking to improve their game and hopefully become members of our club. Thank you to Helen Dennett for running these days as it is always much appreciated when people volunteer their time so generously. The ladies Monthly medal winner for February was Carole Mee with

a nett score of 66. A fantastic effort and a good win for our hard working secretary. Unfortunately Carole forgot to sign her card and was disqualified and the honour was passed to Jenni Vennell. Carole took it all with good humour as she knows that she played a fantastic round. Well done to you both. The Men's Monthly Medal winner for February was Brett Lockens who was due for a win. Congratulations Brett!

Our annual Lancefield 1000 was held on Sunday 15th February and all our players had a great day. Weather wise that is. It was warm and sunny and we had just had an inch of rain so the course was as good as you could expect for this time of year. 48 players competed for the \$1000 prize money kindly donated by two of our sponsors, Frontier Gardening Supplies Romsey and the Lancefield Hotel. So thank you to Jodie Kefford and Brooke and the team at the Lancefield Hotel for their on-going support. Once again I encourage our members to support our sponsors whose names appear on signage around the club rooms and also around the course. The winners on the day, with a fantastic combined score of 147, were Brett Lockens, Mark Andrews, Chris Lingard and Jodie Kefford. Well done to the "Fantastic Four" who kindly put some of their

winnings over the bar so by the end of the day we were all enjoying a 'win'. It was a great day for the club and once again raised much needed funds. Thank you to Hilda and Peter Caly and Carole, Lyn, Di and others for preparing and serving a delicious lunch.

The new watering system is currently being installed and connected and to date 5 greens have been completed. Great work from all those involved.

We are looking forward to another successful year at Lancefield Golf Club and warmly welcome any new members. It is a very social group and there is golf for everyone. Saturday mixed, Tuesday Men's, Wednesday Ladies and 10 hole Twilight on Wednesday evenings. Come along and give us a try and maybe your name will appear as a winner one day! Ring Carole 5429 1026 or Barry 0419 150 349 for information.

Thanks again to all our sponsors and our green keeper Conway and remember, if you are in Lancefield on a Friday evening, don't forget to pop into the pub to buy a ticket for the meat tray raffles kindly donated by Michael and Brett at Lancefield meats.

Happy golfing!

NEVER BORING IN LANCEFIELD

Lancefield has avoided high levels of bore water in its drinking water supply this summer, thanks to the new Romsey-Lancefield pipeline. The \$1.75m pipeline, constructed last year, allows water from the wider Macedon Ranges supply system to be transferred to Lancefield via Romsey, from the Kerrie Reservoir. Western Water has been boosting Lancefield's water supply over this summer with a small percentage of bore water, compared to up to 70% bore water that was needed last summer. Water is due to start flowing from the Romsey-Lancefield pipeline into the Lancefield storage basin in late February or early March. Less reliance on bore water should mean an improved and more consistent taste for Lancefield's drinking water. Once this occurs, the Lancefield bore will be rested, bringing the town on to 100% reservoir water. The bore will be available to supplement Lancefield's drinking water again if needed. The Kerrie Reservoir is supplemented with water from Rosslynne Reservoir in Gisborne, the Macedon Ranges' largest water storage at more than 25,000 million litres. The pipeline also means Lancefield, along with the rest of the Macedon Ranges, has the backup option of using water from the Melbourne supply system if needed. This gives Lancefield a more secure water supply, in line with other towns in the Macedon Ranges.

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REFLECTION ON WHY LANCEFIELD

Whenever I see advertising "It's how the locals like it", it reminds me of Lancefield. Why...?

Our local policeman, Constable Barr wrote about, how long he was stationed in our town and that he hoped to stay here for ever. Fay Woodhouse wrote some time ago: "Lancefield my new Landscape". More recently she wrote that even that people before us liked Lancefield. Why do people like Lancefield so much?

My late wife and I have travelled for more than 40 years around the world. We have lived for 25 years along the Murray River, in the Riverina. But it was not until 6 years ago when we came to live in Lancefield that we realised how blessed this area is.

For starters our town is situated in the midst of some of the most beautiful country I have seen. Our locality is close to the centre of Melbourne and close to the main airport, close to major civic centres like Sunbury Kyneton and Kilmore. It is part of a Municipal Council which communicates better with its population than many other councils do. When the Council proposed a beautification plan for our town it was rejected because It was NOT how "The locals liked it".

But that's not all! Lancefield has so much to offer. For a start our town has got its own schools, churches of various

denominations, a supermarket, a service station with an good repair shop, a hardware store we can be proud of, a neighbourhood house, a men's shed, an independent fruiterer, a good bookshop, a butcher shop supplying locally grown beef and don't forget the all popular op-shop, which financially supports many local organisations and clubs. Our own police station. What about the public park, the many eating places and art gallery, two medical centres and a pharmacy. A show ground with walking tracks, tennis courts, equestrian area, a swimming pool, with swimming lessons, and much more. And what would we do without our own the CFA, with their new fire station and manned by volunteers who give their own time to our community free.

Then of course, we shouldn't forget the one and only "Lancefield Mercury" to keep the locals informed, how to enjoy all these facilities.

There are always things, some people don't like and can be improved. But Lancefield is a good place to live in. Why...?

"It's how the locals like it".

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www.romseymedical.com.au

Lancefield Medical Centre

20 Chauncey Street, Lancefield, 3435
Monday to Friday: 8.30am - 5.30pm
Saturday: services through Romsey Medical
Tel: 5429 5254

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On-call doctor available for urgent matters;
call HealthDirect on: 1800 022 222
- **On-the-day appointments**
Phone early for flexible options.
- **Telehealth Consultations**
Talk to your Melbourne based specialist
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- **Bulk-billed Quick Clinic**
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VANESSA'S GARDEN

LOOKING A BIT JADED?

AUTUMN FLOWERS

If your garden is looking a bit jaded after summer, you might like to plant some Japanese anemones which provide a lovely dappled patch of colour at this time of year, flowering in white or rosy pink. The flowers are held high above the plant's dark green foliage on thin stems which move about in the slightest breeze, and you might know this plant by its more common name of windflower.

They are easy to grow, asking only to be kept moist and have compost in the soil. They do well under deciduous trees and make great cutting flowers, keeping well in the vase once indoors.

PRUNING DECIDUOUS FRUIT TREES

I don't know about you but the apricots, peaches, plums and nectarines have had a bumper year and many people have said the same thing. I think it was a combination of no strong winds when the fruit was setting, the patch of heavy rain we had in January and then the temperatures remaining steady for the following fortnight.

However a heavy crop sometimes brings the disappointment of broken branches with it and these need to be dealt with as soon as possible. Pick a dry, low-humidity day and make a clean cut as close as possible to the next viable spur or branch. The aim is to avoid leaving behind an ugly and unproductive spur.

While you're out there with the secateurs and pruning saw, long whippy growth can also be tackled by cutting the branch or spur back to a good fat, outward-facing bud. You can thin out crowded and crossing branches at the same time and the pruning cuts will heal quickly, sometimes better than in winter.

PREPARING FOR WINTER CROPS

If you're thinking of having a go at growing onions and broad beans from seed, now is the time to get the soil ready. Both these plants, and winter brassicas such as cabbages, Brussels sprouts and kale, prefer a non-acidic soil so you'll want a neutral to slightly alkaline pH (7-7.5). PH test kits are inexpensive, simple to use and readily available in garden centres and hardware stores. Appropriate soil improvers for low pH are lime or dolomite dug into the bed. If the pH is too high, sulphur will bring it down. Once treated, leave the bed for a couple of weeks, then add some well-rotted compost and you're good to go!

GORGEOUS GARLIC

I generally plant my garlic this month for harvesting in late spring-early summer. It's really easy to grow, either in the veggie plot or, as I've mentioned in previous articles, round your roses, which also helps keep them free from aphids.

All garlic needs to succeed is well drained soil in full sun and a regular drink of water in early spring.

Plant it by breaking the bulb into individual cloves and plant each one pointed end up and about 7cm apart and with just the pointed tip poking through the soil. It's a good idea to cover them with some chicken wire at first otherwise curious and greedy birds often have a go at pulling them out and then find they don't like the taste but your precious cloves are left lying about on the surface.

Garlic is ready to harvest when its leaves are mostly brown and only a couple of green ones remain. Or you can do as I do and leave it in the ground until the top is all brown. Hang to dry for a couple of weeks to harden the skins and your home-grown garlic should keep for about 6 months as long as it is then stored somewhere dark and dry.

DON'T GO ANYWHERE - MARCH IS SET TO OUTDO ITSELF IN THE MACEDON RANGES

This March, with so much on offer locally, residents are encouraged to invite their friends and families to the Macedon Ranges to enjoy the ideal weather, perfect sunsets, major events, community activities and the local food and wine.

"Macedon Ranges residents should expect to find a free pass to visit Hanging Rock in Council's latest edition of Shire Life" says Helen Relph, Chair of Tourism Macedon Ranges. "A fantastic reason for locals to reconnect with the Rock and the local area."

March at Hanging Rock will also see 'A Market at Hanging Rock' on Sunday 15 March, a chance to 'Camp Out at the Rock' on Saturday 21 March and don't forget Rockin' Rod Stewart on 28 March.

Over the Labour Day weekend, 7 and 8 March, find over 80 artisans demonstrating their traditional skills in lost or rare trades at the Lost Trades Fair at the Kyneton Racecourse. "People who want authenticity and quality will find it in bespoke 'hand-made' items and it is a wonderful opportunity to connect to passionate, artistic people away from a digital screen," says Lisa Rundell, Co-founder and Curator of the Lost Trades Fair.

Remember to like the Macedon Ranges Naturally Cool Facebook page for regular inspiration about what to do in the Macedon Ranges.

Submitted by Lisa Dooley

A TALE TO TELL

OUR COUNTRY PRACTICE

Our town has a country practice
That serves all our medical needs
From cardiac arrest, to the common cold
And various therapies
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She say's he won't be long
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Unless things go terribly wrong.

Before you know it Paul is there
With a smile upon his face
Mr. Gash could you kindly step right in
It's nice to see you today
Within ten or fifteen minutes
My scripts are all up to date
Yes another day at the clinic
Thanks to Paul, Marina
And Dr Dan of late.

G. R.Gash © Jan 2015

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FOR ACTIVE RETIREES.

MONTHLY MEETINGS

Monthly Meetings are held on the fourth Thursday at 10am in St. Mary's Church Hall, Main Street, Romsey.

Persons interested in this club and wish to have more information please contact the President or Secretary at the above phone numbers.

We enjoyed a great day at Healesville on 18th February. Visited the Gulf Station a National Trust property at Yarra Glen, Lunch at the RACV club and then on to the Yarra Valley Chocolaterie.

The planned outing for Wednesday, 18th March, 2015 is a lunch at Dromkeen, 1012 Gisborne-Kilmore Road, Riddells Creek, at 12 noon. We will have a light lunch and tour of the property.

Next meeting Thursday 26th March, 2015 at 10am.

This is our Annual General Meeting, there will not be a Guest Speaker at this meeting.

We usually go for lunch after the meeting..

ARE YOU INTERESTED IN MEMBERSHIP??

We meet once a month and we deal with the normal matters

of a club, like correspondence, treasury, and discuss the last outing we had enjoyed, and most important, where we are going to next month, a short tour, a long tour, a lunch somewhere. Our monthly meeting always finishes with morning tea, which is followed by a guest speaker with an interesting topic.

A few of our members enjoy 'Ten Pin Bowling' each fortnight at Watergardens (definitely non-serious) followed by lunch at a nearby hotel or club.

We also enjoy a monthly musical/film afternoon at a members home and Friday coffee mornings at a local café.

If you are retired, or close to retiring, come along and join us and learn more about what Probus can offer you to assist you in staying active.

All we want to achieve is a day of enjoyment and friendship.

Please come and have a look at what we do and who we are.

Please check out our website for information about the Romsey & Lancefield Probus Club rprobus.org.au

President: Robert Barry 5428 5194

Secretary: Jenifer Clampit 5429 5480

DO YOU RUN A HOME BUSINESS?

Home-based businesses are thriving in the Macedon Ranges and there is a local network—the Macedon Ranges Home Business Network (MRHBN)—specifically designed to support this sector.

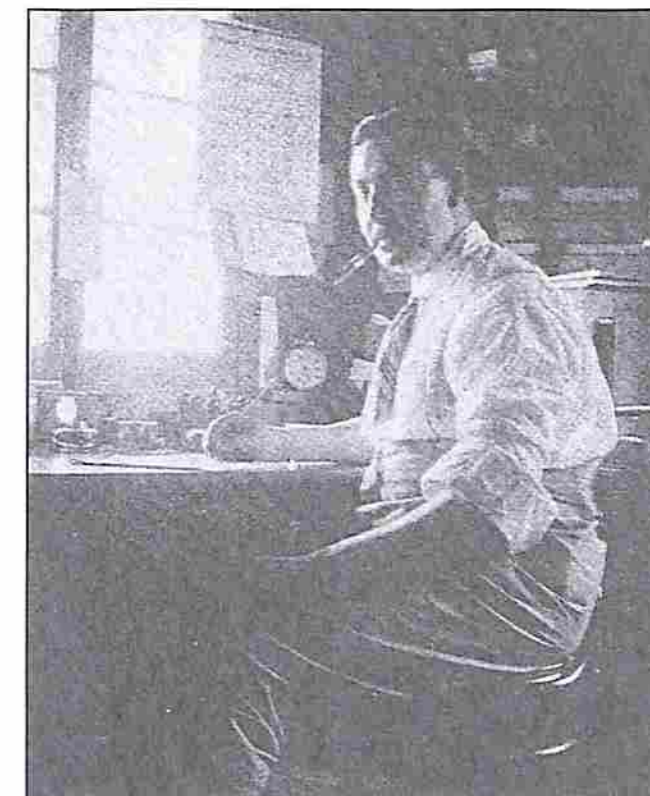
The network will hold its first of two home business morning tea events for 2015 on Tuesday 24 March from 10am–12pm at Dromkeen Homestead in Riddells Creek.

Each morning tea offers you the chance to meet with other like-minded businesses and learn from a range of interesting guest speakers to help you expand your business. Bookings are essential.

This event is part of Macedon Ranges Shire Council's annual Business Seminars, Networking and Training Calendar, which provides many networking and learning opportunities for local businesses.

To book your place or to obtain a copy of the complete 2015 training calendar, visit mrsc.vic.gov.au/business-events or contact Lianne on 5421 9616.

Register your business in our online directory Council's online business directory contains hundreds of



local listings and offers a one-stop-shop where residents can search for and find your business. Best of all it's free!

Register online today by visiting mrsc.vic.gov.au/directory.

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PASTOR'S PARABLES

New Testament scholar A.M. Hunter relates a story in one of his books about a dying man who asked his Christian doctor to tell him about the place he was heading. His doctor fumbled a moment for the right words, and then heard a scratching at the door.

"You hear that?" he asked his patient. "That's my dog. I left him downstairs and he's come up because he heard my voice. He has no idea what's inside this door, but he knows that I am here. Isn't it the same with you? You don't know what lies beyond the Door, but you know that your Master is there."

When it comes to what heaven will be like, there's much more we don't know than we do. But one thing is for sure: our Master is there. And because of that, everything else is incidental. What makes heaven heaven is the fact that we'll be with God forever! That is our greatest hope of heaven. Yes, it will be great when there's no more pain, no more tears, and no more sorrow. But the greatest thing about heaven is that we'll exist forever in the very presence of our Heavenly Master!

MORNING SERVICE

Sunday 15th March @ 10am Encourage Church Morning Service 7 Mitchell Court Romsey

Visiting Guest Speaker: Ps Steve McCracken (From David McCracken Prophetic Ministries)

Everyone Welcome

FAMILY FUN DAY

Tuesday 4th November @ 12 Noon - "Family Fun Day" @ Romsey Skate Park, Main Road Romsey

BYO BBQ food / Picnic, drinks, chair & wheelbarrow!

Lots of fun activities including prizes for best HAT competition (Men, Women & Children categories)

Everyone Welcome

If you would like to know more about faith in Jesus please contact Pastor Marilyn or our Church office Ph 5429 6327 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 also invited to join us at our Sunday Service: 10am at 7 Mitchell Court Romsey or one of our fortnightly Life Groups. Fortnightly Youth events and weekly Children's programs. We also offer Kidzone Before & After School Care | Vacation Care | 'mainly music' Program

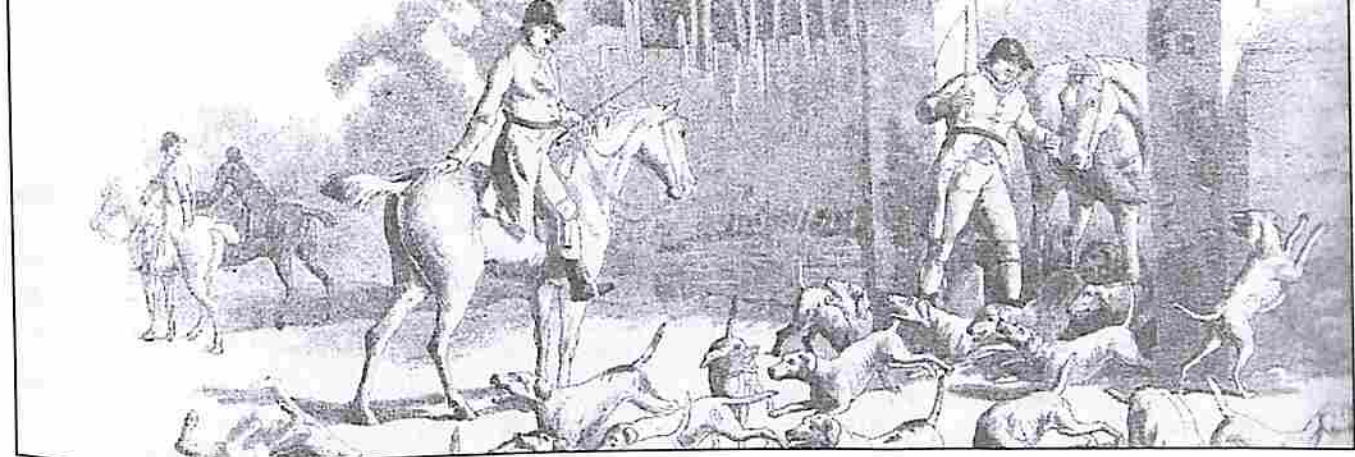
Pastor Marilyn Hunter - "ENCOURAGE CHURCH"

Encourage Church - Romsey

Office: 7 Mitchell Court Romsey

Ph (03) 5429 6327 Email: encouragechurch@iprimus.com.au

MAJOR EQUINE CENTRE EXPLORED



Macedon Ranges Shire Council is inviting community comment on the findings of a feasibility study into establishing a regional equine centre in the shire capable of hosting world-class events.

The study scopes the possibility of establishing a centre that will attract and host a range of competitions, events and other equine activities. It has been informed by broad consultation with the equine industry, including state and national stakeholders, the Macedon Ranges Equine Industry Network (REIN), business owners, as well as local horse-riding clubs which are located in the major towns across the shire: Lancefield, Woodend, Kyneton, Gisborne, Riddells Creek and Bullengarook.

Lancefield resident, Roger Lavelle, who is a representative for Lancefield Equestrian Group, Horse Riding Clubs Association Victoria and the Macedon Ranges Equine Industry Network (REIN), has provided input into the project. Roger is a keen supporter of the development of equine sports and as a member of REIN, is working on the implementation of emergency planning information and relocation options for horses.

You can access the draft report on Council's website, mrsc.vic.gov.au/yoursay, and in Council service centres. Your feedback on this exciting project is welcome and can be

provided in a number of ways:

Via email to ldavey@mrsc.vic.gov.au

Facebook: Macedon Ranges Equine Industry Network (REIN) - please join into the social media conversation on #Macedonequinecentre

By attending an information session (details to be announced soon)

Written response to PO Box 151, Kyneton VIC 3444

This feasibility study is an action in the 2012-17 Equine Strategy, which aims to support the sustainable growth of the equine industry and create local employment opportunities. The equine industry contributes an estimated \$140 million each year to the local economy. The Victorian Government has contributed \$60,000 to the project, with Council providing the balance of the \$95,000 project.

The study has looked at a range of facilities options including indoor and outdoor arenas, stabling, yards, exhibition, entertainment and conference facilities. It has also considered other possible uses such as dog and agricultural shows and exhibitions.

To find out more, including dates and locations of information sessions, please contact Leanne Davey on 5421 9617 or ldavey@mrsc.vic.gov.au. To view the Equine Industry Strategy, visit mrsc.vic.gov.au/industries-strategies.

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LANCEFIELD FOOTBALL AND NETBALL CLUB

BIGGER, BETTER, MORE EXCITING!

The Lancefield Football Netball Club will again host the annual Quick Shear Competition at Lancefield Park on Saturday 28 March, with competition starting at 4pm. This event is extremely popular with talented members of the shearing fraternity, who travel from far and wide to compete for an impressive prize pool. This year, the organisers are inviting both the rural community and residents of local towns to join in the carnival atmosphere to see first-hand, the speed and accuracy of competitive shearing.

The program of events includes Intermediate, Female, Father/Son/Daughter, a Trans Tasman Challenge and the much coveted Open, which has a first prize of \$2500. Local identities, including the Lancefield footballers may find themselves on the competition stage in the celebrity challenge.

The action begins at 4pm in the Laurie Green Pavilion at Lancefield Park and carries on into the evening. Families are well catered for with children's entertainment, live bands and food and bar facilities. Rural businesses from throughout Central Victoria have provided generous sponsorship and many will have products and promotions on display at the event.

For all inquiries: John Conlan 0418 528417

CALLING ALL LANCEFIELD FOOTBALL NETBALL CLUB PAST PLAYERS

Join the Tigers in 2015

As season 2015 is fast approaching the Lancefield Football Netball Club is aiming to reconnect with past football and netball players from all eras in the Club's proud history. Past players have the opportunity to join the Club at a special rate of \$80 and enjoy a number of benefits and events at home games. "Our current playing group and coaches are aware of the depth of talent and the level of team spirit that has always existed at Lancefield. They see the names of premiership teams and league medal winners on honour boards and would be proud to have their support," says Club President Tony McKay. "We are looking forward to a great season of football and netball and encourage all past players to get behind the Tigers in 2015 by joining the Club. Come down and visit us on training nights, get involved in the excitement of home games and hear about the many social opportunities for members."

Membership packages are available through Club Treasurer Mrs Gina Morgan. ginam01@bigpond.net.au 0419661322

ESSENDON LEGEND
TERRY DANIHER TO ATTEND
LANCEFIELD FOOTBALL
NETBALL CLUB FUNCTION

Former Essendon Premiership Captain and popular football personality Terry Daniher will be the Guest Speaker and Presenter at the Lancefield Football Netball Club Jumper and Dress Presentation evening on March 19. Recruited from the tiny community of Ungarie in Western New South Wales, Daniher played 19 games with South Melbourne before being traded to Essendon, along with his younger brother Neale. His career at Windy Hill under coach Kevin Sheedy is legendary. Accolades include Premiership Captain in 1984 and 1985, Essendon's Best and Fairest and leading goalkicker, State representative and All Australian captain. In the past decade he has been named in the Australian Football and Essendon Football

Club Hall of Fame and Essendon's Team of the Century. Daniher is passionate about grass roots football and the role it plays in rural communities. He will provide the current squad of Lancefield footballers and netballers with a colourful insight into his playing days at Ungarie and Wagga and the many pathways that football led him down. The Lancefield Football Netball Club invites all members of the community to join the 2015 players and support this event. The 2015 Jumper and Netball Presentation evening will take place at the Laurie Green Pavilion on Thursday March 19 at 6.30pm.

Tickets are available from LFNC Secretary Julie Arnold Magill - 0408205988

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****WE ARE MOVING****

A New Year & a New Location! In an endeavour to expand & diversify I will be opening up in a new dedicated space just down the road in Romsey - opening 10th March.

My time working at the Lancefield Day Spa has been hugely rewarding & I have very much enjoyed the welcoming buzz that surrounds the whole Lancefield community. A huge heartfelt thank you to Silvia & all the girls at the Day Spa for your help & support over the past 12 months.

- Hannah Sutton

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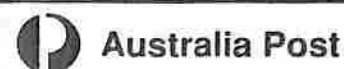
TrebleF is taking a new direction. First on our list is the name,,,,, Feet, Fingers and Fragrance is what we are all about. A beautiful range of take home products will be shortly available to an ever growing list of clientele. All our natural products contain No Palm Oil or hidden nasties. Now we can feel that Spring is in the air, the time has come to spice up our lives and get that glow back ready for the seasons ahead. Second on our list is our hours,,,,, that means, due to private treatments regularly taking place, it is essential to contact us ahead for all appointments. We look forward to seeing you very soon.

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 For all appointments please contact
 Helena on 0437365700
 helena1@internode.on.net

WHATS ON

MARCH 2015

- | | | | |
|----------------|--|----------------|---|
| 1 10.00 am | Relay for Life, Lancefield Park | 19 6.30 pm | Lancefield Football Netball Club 2015 Jumper and Netball Presentation, Laurie Green Pavilion, Lancefield Park |
| 3 11-3.00 pm | Romsey Lancefield Seniors Club, Romsey Mechanics Hall, \$5.00 lunch | 21 9-1.00 pm | Riddells Creek Farmers' Market |
| 6 11.00 am | World Day of Prayer, Christ Church Anglican, Chauncey Street, Lancefield | 23 5.00 pm | Community Working Bee at Lancefield Park |
| 7 9.00-1.00 pm | Woodend Community Farmers' Market | 24 10.00-12.00 | Macedon Ranges Home Business Network Seminar, Dromkeen Homestead |
| 8 | Mothering Sunday, Christ Church Anglican, Chauncey Street, Lancefield | 25 | Probus Club of Romsey & Lancefield, trip to the Garden Show |
| 10 7.00 pm | Macedon Ranges Book Club, Lancefield/Romsey | 26 10.00 am | Probus Club of Romsey & Lancefield, St Mary's Church Hall, Main Street Romsey, Annual General Meeting |
| 11 7.15 pm | Macedon Ranges Film Society film Woodend Community Centre. | 27 10.30 am | Lancefield CWA, Mechanics Institute Hall Annex |
| 13 10.30 am | Lancefield CWA Casual Craft Day, Mechanics Hall Annex, Lancefield | 28 9-1.00 pm | Lancefield Farmers' Market |
| 14 9-1.00 pm | Kyneton Farmers' Market | 28 9-12.00pm | CWA Morning Tea @ Lancefield Mechanics Hall Kitchen |
| 15 2.30 pm | The Victoria Welsh Male Choir Côr Bach ('Small Choir'), Mechanics Institute Hall, Lancefield | 28 4.00 pm | Lancefield Football Netball Club Quick Competition, Lancefield Park |
| 15 7.00 pm | Healing Service with Rev. W. Carroll, Christ Church, Lancefield | 29 6.00 pm | Palm Sunday and Harvest Festival, Christ Church, Lancefield |
| 17 9.00 am | Deep Creek Landcare Group (Lancefield/Romsey), Mechanics Institute Hall, Lancefield | | |
| 18 12.00 noon | Probus Club of Romsey & Lancefield Lunch at Dromkeen, Riddells Creek | | |



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LANCEFIELD AQUATHON

The Lancefield Memorial Outdoor Pool played host to some of the finest athletes in the Macedon Ranges at its first Aquathon on Sunday February 1, although mostly they were just honest toilers.

There were a number of different short and long course races on the chilly morning which involved a run followed by the brutally invigorating swim leg starting at 8.30am.

Young teenager, Cameron Anderson in the under 18 category, led the field through the run leg in the short course and the large group of spectators cheered, and held their breath, as he was the first brave soul to plunge into the freezing waters for the swim leg. Undeterred Cameron surged through the ice to be the first competitor over the line.

Kezia Laker was the first female over the line in the short course. The teenagers continued their dominance, with Kaleb Laker also in the under 18 category winning the long course shortly followed by Benjamin Galea.

The team race was the real highlight of the day and no doubt laid the foundation for what will become that quintessential Australian sporting icon, the "time honoured event". Tarin and Caitlyn Carter-Williams reigned supreme as Lancefields champion local athletes but only after a real battle against Kylie Calderwood & highly decorated former Donald 1500m champion Simon Donnellan. Kitty Schembri showed the benefit of a diet high in fruit and vegetables putting her team in a strong position but Dan Huggins was unable to hold up his end and the team faded into the bronze medal position. Emma Stevens & Angus Webb were the first, and only, mother & son team taking out fourth position.

The Aquathon finished with the mini course for children and beginners. This was by far the biggest field for the day—cameras lined the course and the participants didn't disappoint!

The day was organised by the Macedon Ranges Council and made possible by many local volunteers and the support of local businesses the Lancefield Fruit Shed, Lancefield Corner Store & Newsagency, Lancefield Takeaway, Soltan Pepper, Amcal Pharmacy Romsey, The Hair Room and Red Door Books.

Its only 12 months till next years event so it's never too early to start training & organising your teams for the prestigious 2016 titles.



VINTAGE TRUCK SHOW



Lancefield Park played host to the annual Vintage Truck and Transport Show organised by the Australian Chapter of the American Truck Historical Society on the weekend of 21st and 22nd of February.

The show which is in its 6th year attracts many local enthusiasts as well as visitors from all over Australia. Over 150 exhibitors, some travelling from as far away as Queensland and Tasmania came to proudly display their

vintage vehicles.

A highlight of the show was a Thornycroft Truck that was made in England and imported into Australia in 1923. It was later purchased by the Lester-Smith family from Woodend for 35 pounds in 1935 has been in the family ever since. The vehicle has been beautifully restored by Ern Lester-Smith and his son Gavin and has recently featured in channel 9 telemovie "Gallipoli".



Ern Lester- Smith from Woodend with locals Matilda and Patrick at the Vintage Truck Show.