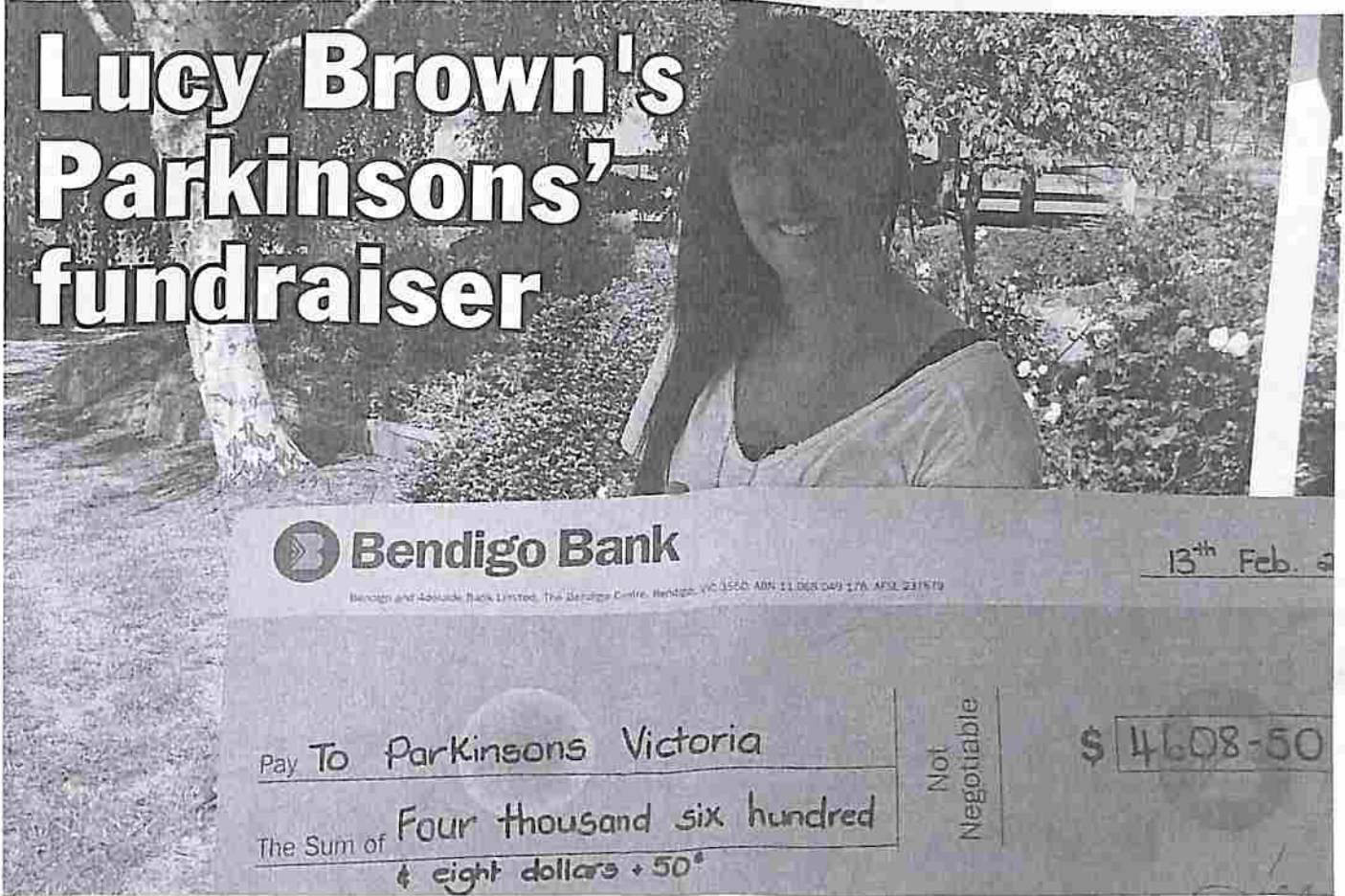


Lucy Brown's Parkinsons' fundraiser



A group of Lancefield residents have come together with the help of family and friends from across Victoria to raise \$5000 in aid of Parkinson's disease. Inspired by the strength of her mum's 10-year battle with the incurable condition, Lancefield's Lucy Brown organised the event which brought more than 100 people together for a garden style party. The \$5000 has been donated to Parkinson's Victoria, which provides support to sufferers, funds research and strives to raise awareness of the crippling disease. The event, entitled 'A lazy Saturday' was held on January 28 and saw guests buy raffle tickets, play games and enjoy a Lorrain Lea demonstration. Lucy said she had watched her mum fight the disease for more than a decade now and decided it was time she did

something to help. "I knew living in a small town was special but this day showed just how special it was, the generosity and kindness of everyone was overwhelming," Lucy said. "The day would not have been possible without all the support of local businesses, guests who attended and Lorrain Lee, who donated 10 per cent from their sales on the day."

Lucy also urged others wanting to contribute to the cause to take part in this year's Parkinson Unity Walk to be held on Sunday, August 26. "The walk involves a 4km leisurely stroll along the Yarra River and there is a shorter 2km option also," she said. "I'm hoping to get a big enough team together this year to run a bus from the Lancefield/Romsey/Kilmore area down to the walk and back again." If anyone is interested they can call Lucy



Brown on 0407807458 Registration forms are available online at www.unitywalk.com.au

Thank you to all the business that made this day possible, especially the local wineries without their help the day could not have been possible.

David O'Neill

Terry Connors and Family would like to sincerely express their heartfelt thanks to the many people who have supported them and sent well wishes and sympathy during Anns illness and passing. We have been overwhelmed with the love and support of her many friends and family.



Special Thanks goes to Father George who gave a beautiful service to the overflowing St Mary's church in Lancefield. We also thank Shirley Shelton and helpers, Dr Paul Carter and Staff, Paramedics and District Nurses.

LANCEFIELD QUICK SHEAR MARCH 24TH.

Lancefield Quick Shear is back on Saturday 24th March at the Laurie Green Pavilion. The Shear Off will begin at 4.30pm with registration. This event is good family entertainment with plenty of rides etc for the kids. There will be football and netball practice matches before hand against Newlyn.

Dear Sir,

I am writing concerning an article which was printed in the February, 2012, issue of "The Mercury". A centre page spread titled "Women..." by Murk Schoen. I realise that on page 2 you state that "Views expressed are not necessarily those of the editorial committee", however, I wonder if any of the members of the editorial committee (other than Mr. Schoen, the author) actually read this article in full. I very much doubt it. Otherwise it would not have been printed!

I personally found it to be offensive in the extreme. A comment echoed by many of my contemporaries who also read it. I quote a (male) friend of mine who sent me the following message after reading the item - "Tis better to remain silent and be thought a fool, than to speak and remove all doubt".

I usually enjoy my read of "The Mercury", learning of local happenings and events and of course finding local tradespeople or businesses that I might wish to use. I think I will be less inclined to open the pages if you continue with articles such as "Women..." which can cause such offense and appears to me to be in breach of current laws.

I am a very disappointed reader.

Kate Christie

Lancefield Mercury Inc.

A0045845D

Items for publication should be mailed or can be emailed to editor@lancefieldmercury.org.au

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

Mail address: PO Box 61 Lancefield 3435

All articles should reach The Mercury by the fifteenth of the month to be sure of inclusion.

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.

Editorial Committee:

- 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.

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- Full page \$140 ½ page \$80
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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.

CFA Firefighters recognised for bravery

CFA firefighters from the Northern and Western Metropolitan Region have been recognised for their dedicated service during Victoria's most significant natural disaster. At the Royal Humane Society award ceremony today, volunteer firefighters from Greenvale and Epping CFA were presented with Certificates of Merit for acts of bravery during the February 2009 bushfires. This involved the rescue of a family from their burning house in Humevale, performed by Greenvale and Epping crew members: Steven Povolo; Alan Severn; Andre Smith; John Cheevers; Damion Sloane; Matthew Gedge; Kathleen Kelson; David Woodford; Jeffrey Mendoza and; Michael Cawthan.



Humble in accepting the honour, Lieutenant Steve Povolo - who was crew leader of the Greenvale tanker that day - said all CFA members who served during the campaign fires were worthy of the recognition.

"It's one of the worst scenarios I have faced but it's part of the job you're there to do," Mr Povolo, a firefighter of 24 years, said. During rescuing a man, his son and grandson from their house on

February 7, Greenvale and Epping tankers both became over-run by fire, forcing crews to flee the scene with the family on board one of the trucks.

"We'd already gone into survival mode (bunkering in the truck) but Epping was out of water and we were down to our last quarter of a tank so we just had to make the decision to try and get out of there," Mr Povolo said.

"It was so surreal to be calling a Mayday over but everything was just instinct and I attribute that to our training - we just did what we had to do."

Michael Cawthan who was driving the Epping tanker during the incident said if crews hadn't made the decision to leave, they

wouldn't have survived. "A will to live is human nature and in the end we made the right decision in leaving," he said. "It was like sitting in a furnace, all you could see out your windows was yellow and orange from the flames and all of the aluminium was starting to melt and twist."

Nominated by the McKinnon family who they rescued, both Greenvale and Epping members have kept in touch with the family - catching up each year for the anniversary of the 2009 fires.

"I am very appreciative for the award and am glad that Epping brigade has been able to keep such a strong bond with the family," Mr Cawthansaid.

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Hall happenings

2012 has kicked in quickly and the hall committee have had their first meeting for the year. The committee is made up of the following delegates from the township of Lancefield: John Severson, Sandra Clarke, Aileen Webster, Sandra & David Cockroft, Jean Buist, Richard Dickinson, Geoff Kerins, Angeliq Mott and Terry Kingston.

We have started off the year on a great note with a successful application to the Bendigo Bank for a grant to update the floor in the main hall. This is currently in progress and we look forward to the new fresh look in the main hall. At the end of last year we also purchased crockery and cutlery for functions. We can now service up to 120 place settings for your needs when running events.

The Mechanics Institute of Victoria (MIV) are currently running a project to scan all historical documents relating to the Mechanics Hall. We have already been assisted by various town people and the Historical Society, however we

are looking for further items of interest. If you have any documents, old photos, paper clippings etc we would love to hear from you. All articles will be handled with care and returned once scanned, please contact us on 0457 287 811 if you can assist. On this note we are also looking for any photos of events run in the hall from old time balls to fashion shows etc we are particularly looking for how you decorated the hall for the event.

I know one of the first events I ever attended in the hall was the St Mary's centenary ball/dance. There were over 150 people in attendance and the hall was abuzz with energy and vibe. Please contact us if you have any snaps of any events that we could copy/scan and keep on file to promote the hall and be part of the hall history.

The committee are concentrating on their master plan and will be applying for many grants this year. If anyone is interested and can provide support or help in this area we would love to hear from you, this is a big job and a lot needs to be done.

Our first calendar quarter of bookings has seen the patchwork ladies back in action, other groups who meet regularly and use the hall are Landcare, CWA, Social dance class (held on Monday nights) and the indoor market.

The first fundraiser was also held in January for the relay for life with an old time dance which coincided with Col Richmond's 80th Birthday. It was great to see so many faces in attendance dancers and non-dancers alike to help Col celebrate his milestone.

As always we would love to increase our user group base, so if you need to book the venue or know of a group or club who are looking for a regular place to meet, day or night please contact us on 0457 287 811. We also hope to create a new online viewing and booking system over the next few months along with a web page for the hall. This should assist with your booking needs and help us service you better.

Aileen Webster
Booking Officer
0457 287 811

It's Back - Quick Shear for Lancefield

The Lancefield Quick Shear is once again being held on the 24th March, 2012 at 4.30pm in the Laurie Green Pavilion. After the great success in the previous four years The Lancefield Football/Netball Club is holding this great family fun day out for the whole community to attend. This event involves shearers from around the region coming together to show off their skills and compete in heats and a final with the quickest times for the day

taking home various prizes. Registrations for shearers interested in competing will be taken on the day between 4pm and 4.30pm. Competition categories include open, intermediate, learners, father & son and team event.

Entry is free, so come along and enjoy a great day out with your family. Any enquires please contact Martina Choate on 0409542912 or Bert Parks on 0407131253.

Martina Choate

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Whack those Weeds

The Deep Creek Landcare Group is getting ready to whack weeds in the Lancefield and Romsey areas thanks to a \$500 grant from the Bendigo Bank to purchase a 100 litre 12-volt spray unit. The unit came in right on budget thanks to a generous discount from Rodwells, Kilmore and will be used by the group for preparatory spraying for new plantings and maintenance spraying of existing plantings.

Pictured here is John Anderson getting the new pump ready to go.

Interested locals are welcome to attend the regular meeting of the Deep Creek Landcare Group held at 8pm on the second Monday of the month in the Lancefield Mechanics Institute, unless that day is a public holiday. The Group covers both the Lancefield and Romsey areas, and there are usually about a dozen community members in attendance to discuss Landcare projects and matters in general. Anyone can join up on the night or just pop in for a chat.

Have a look at the Group's website at www.deepcreeklandcare.org.au Just come along, or give President Robin a call on 0428 315846 or Secretary Hayley on 0409 936814.



To The Editor

Your readers will probably be aware that an independent investigation is underway into concerns that people may have been affected by training activities at the CFA Fiskville facility, south of Ballan. The investigation is now fully operational and advertisements have been placed in the metro and regional press, seeking input from anyone who believe they (or a relative, friend or colleague) may have been exposed to harmful chemicals as a result of activities at Fiskville or at CFA regional training facilities. The Investigation team would also like to hear from people who have worked or trained at Fiskville and can provide our investigators with information about past chemicals handling and fire-fighter training practices. People who would like to make a written submission or to meet with an investigator are encouraged to contact the Independent Fiskville

Investigation by close of business Friday 17 February 2012 by phone 5420 9260 or e-mail info@fiskvilleinvestigation.com.au or by visiting the investigation website www.fiskvilleinvestigation.com.au, where the Terms of Reference are available.

The report on the Investigation is to be finalised by the end of March, so I strongly encourage those wanting to make an input to get in touch with the investigation team as soon as possible.

Yours faithfully

Professor Robert Joy
Chair, Independent Fiskville
Investigation



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CWA

In December we invited the grade 6 pupils to lunch, and presented "Book Awards" towards the purchase of books to Rebecca Ingleton from the Primary and Andre Winardi from St. Mary's Schools. These awards are from a legacy left by a member many years ago and are recommended by the schools. A very enjoyable day. We thank the Bendigo Bank for their contribution to this event.

We began this year with lunch

and a meeting at Riddells Creek, and we welcomed a new member, making our total 19. The second Friday in the month is our social day - chat, do some knitting etc, have lunch, chat and meet new and old friends. You would be most welcome.

Meetings. March 9th SOCIAL MAD GALLERY 10-30-AM March 23rd MEETING MECHANICS HALL 10-30 AM *Betty Bucknell* 5429 1568

RED CROSS

Our members were saddened at the loss of our long serving Treasurer - Anne Connors. Anne had been a member of Red Cross for many years, coming to Lancefield from Darraweit Guim Red Cross, and was a tireless worker. Vale Anne

We commenced our meetings in February by visiting Mrs Hilda Gallpen, our President, and our

work has begun. March is "Red Cross Calling" month and our members will be "calling". If we miss you - we will be in the main street on "Market Day". One small donation grows into one large amount, which helps many people.

The next meeting is March 11th at 2pm *Jean Buist* 5429116

Macedon Ranges Model Railway Club INC

The Macedon Ranges Model Railway Club will again be holding their Annual Model Railway Exhibition and Craft show at Sacred Heart College, Kyneton on March 10th, 11th and 12th [Labour day weekend]. Entrance to the sports stadium where the show will be held is by New and Begg Streets. Signs will be placed to assist visitors, so watch out for them as you all are most welcome to see our displays and meet the small but dedicated group of members. We look forward to seeing you there

For further information contact Gary on 5427 1221 or Robert on 54291392

Robert Green

GARDENING VARIETY

Gardening Variety evolved four years ago from volunteer gardening in and around Lancefield to a small business hiring local contractors. We had many clients from a wide demographic and work generally was a pleasure for us all.

Due to various reasons, I have made a decision to wind up the business. Consequently, I would like to take this opportunity to thank all of our clients, past and present, for their support over the years. Without them I would not have had a business. I would also like to thank that kind person/persons who nominated us for Excellence in Customer Service in the Macedon Ranges Business Excellence Awards last year when we were finalists.

This was a most unexpected reward. Thank you to all of our suppliers, especially Rob and Anne from Lancefield Hardware and Vince and Michelle from Ruralistic. You have been most helpful.



Thank you to all my contractors, who have now been able to move on to other employment. Jacquie now works at "Cuttings, Kitchen and Botanica"; Dustin has moved to Echuca, Ben to Melbourne; Andrea has opened her own small business: "Purple Lily"; Jacob Lobb has an apprenticeship as does Jacob Edelsten (Horticulture); Hannah has finished at William Angliss School of Hospitality and is working at the Bakery; Eva - my trusty ride-on mower lady. For me, it is a wonderful thing to look back and see how I was able to give them all work when they needed it.

Sheila Chapman

Grant Writing Workshops

As part of the Community Funding Scheme, Council offers free grant writing workshops. The workshops are informal, friendly and designed to help community organisations feel equipped to seek and write grants.

In 2012, workshops are planned for Tylden, Lancefield, Riddells Creek and Macedon. The dates and locations will be advertised in local newspapers in March and on www.mrsc.vic.gov.au To register your attendance contact Kate Strahan on 5422 0345 or email kstrahan@mrsc.vic.gov.au

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Lancefield Primary School

Start of the Year

The first weeks of school have started well with students settling into their new grades and teachers establishing their class routines and expectations for learning.

The new Preps got through their first weeks extremely well.

The bush fire drill was held last Friday and all children and teachers are aware of the procedures.

Prep News

Great to see so many of the Prep parents attend the Prep Reading Information Feb. at 3.30pm. and 6.30pm. Thanks to Mrs Stanton for providing the sessions.

Each Wednesday for the month of February Mrs. Stanton is involved in testing each new prep child. The testing takes about an hour for each child and provides the teacher with important information about where the entry point is for each student

in regards to their Numeracy and Literacy skills.

Would you like tips on how to support your child in their first year at school? Then subscribe to the

Department of Education and Early Childhood Development's new weekly Prep for Parents email.

You will be sent an email every Wednesday during school term that will include tips, advice and information about the day-to-day experiences children have in the classroom and things you can do at home to assist and encourage your child.

To subscribe to Prep for Parents <http://www.education.vic.gov.au/aboutschool/prepare/prepforparents/default.htm>

Curriculum Day

March the 9th will be a pupil free day as the teachers will be attending a curriculum in service

Active After School Communities

The Active After School Communities have commenced for 2012. This year the program will be operating on Tuesday and Thursday afternoons. The programs are a great way for your children to get a taste of sports that they may not have experienced before. The coaches are qualified coaches who are trained in all of the activities and are registered to work with children. The games and activities are designed for maximum participation in a fun and safe environment. Basketball will be held on Tuesdays and Lawn Bowls will be held on Thursdays.

Afternoon tea is provided for the students and all age levels are catered for in the modified games.

Monday Assembly

Our Prep children presented a dance this week that they have been

learning in Music. Many parents and friends attended to see this fun presentation

Parent Information Night

The school held a Parent Information Night on Monday 20th February. It was preceded by a family get together Parents and children enjoyed their picnic hampers or fish and chips or pizza

The get together commenced at 5.30pm. The information sessions followed.

Information was provided about the curriculum and other programs operating in the school such as swimming, homework, camps and excursion, iPads, Netbooks, Parent Helpers, and the values and expectations in our learning community. This evening provided an excellent lead in to the forthcoming Parent Teacher interviews.

WEATHER COMMENT 15-2-12

I know that last month I didn't compare rainfall figures for the period that the article covers, but old habits die hard, and I am going to do a comparison of the readings for similar times over the last three years. The figures run like this, 2010 we measured 66mm then we move on to 2011 and we measured an astounding 132mm and most of the country green and wet as a result. The big contrast is this year 2012 when we measured only 26mm and as well there has only been 31mm for the year to date. This means we have an abundance of dry grass from the wet Spring and the soil is rock hard and a high fire risk.

The news from the farm is that the cattle are very pleased to be fed twice a week and are cleaning the hay up very well. It doesn't take them long to associate the sound of the tractor or the ute with a feed of hay. The numbers remain the same but I will be looking at the situation about the time that my next weather comment is due to be written. In the meantime feeding will continue with the aim of putting some more weight on them. The sheep are also thriving and up to date there has been no blowfly trouble in them but when talking to other farmers there have been isolated instances of fly strike. Not as bad as last year thank goodness.

The vegie plot is slowing down a bit but we still have beans, carrots, silver beet, chives, parsley, potatoes, tomatoes, onions, beetroot and lettuce. There are still splashes of colour in the flower garden with summer annuals doing well plus butterfly bushes, alstromeria, gazania and gaillardia. Soon be time to think about Spring bulbs. The seasons march on.

Robert Green

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The House is up and running for 2012.

Apologies to everyone for not having a February report. You may think that we were enjoying our holidays. Maybe for some, but many of us were very busy pulling apart the Op Shop and putting it back together again for our 2012 opening on 16th January. We are very proud of our "Opportunity Knocks" and are forever grateful to our wonderful volunteers and the community who donate goods. Please see a further report later in this article.

At the House:

We have already run a boat licence course, had our regular bus shopping trip and started the Feng Shui workshops. Early

in February we held our 'Great Kitchen Clear Out Sale'. It really is true that one person's trash is another's treasure. We received some wonderful donations from people who cleared out their excess 'stuff' and most of the donations became an exciting new addition to someone else's kitchen. The funds raised from the sale will be used to purchase equipment for the mobile demonstration kitchen which is being built for the Farmers Market. A huge thank you to all the donors and purchasers. Despite the wind we had a great day and a wonderful shared lunch, something we will definitely do again in the future, so keep a look out.

Farmer's Market:

We hope to launch the mobile kitchen at the 24th March Farmer's Market which will also be the market's 9th birthday. To celebrate we will also be holding a Pork lunch at the Lancefield Hotel on Sunday 25 March at 12 midday. The Hotels chefs will be cooking free range pork from some of our local producers who will be on hand to share their pork expertise. Bookings - Lancefield Hotel, 54 292 202.

Opportunity Knocks:

As mentioned previously we opened with a wonderful shop, rejuvenated with cleaned carpets, great clean out, new stock and a great new vibe. We were very pleased that we did not suffer the fate of other Charity Shops (as per many articles in the press) in Melbourne and other areas with the dumping of huge amount of rubbish. We did receive many donations however over the break and again we would like to ask all donors to only leave clean, saleable items. We

are lucky enough to be able to take electrical appliances as we have wonderful volunteers who have been trained in this field, so if you buy an electrical item you know that it has been checked, it works and it is safe. We would ask that TV's, all components of computers and child/baby car seats not be left as we are unable to deal with these and our costs in disposing of these goods is our largest expense.

Funds raised through the shop have been allocated to supplying Defibrillators to 5 locations within Lancefield. Lancefield Primary School, St Mary's Primary School, Lancefield Equestrian Group, Lancefield Football/Netball Club and Lancefield Tennis Club have indicated their willingness to participate in the Defib Your Club For Life program. We are extremely pleased that we are able to offer this wonderful program. Hopefully they will never be used. If any other group or club would like to look at this program please call the House. I would also like to take this opportunity to mention that we have had a few instances of theft from the Shop. This is quite an unbelievable phenomenon and something we find very hard to comprehend. To whomever decided that the two marquisite brooches were theirs for the taking, please have some guilt pangs and don't come back into the shop, you are not welcome!!!! Our local constabulary have been

informed and we will not hesitate to call him if such things happen in the future.

On a very sad note we also mention that we farewelled over the holidays our very lovely Lynette Simmons. She had not been overly well for a while but her death came as a shock to all of us. Lynette was a very popular volunteer at the Op Shop on a Saturday morning and a past Committee member of the Neighbourhood House. She always greeted you with a wonderful smile and kind words. I would like to think that Lynette would be very pleased with the lovely send off she received and we continue to send our love to David and Michael. Lynette, you will never be forgotten!

Funding

We have received some funding to hold community get together events. We will be organising a dinner for representatives of all our wonderful community organisations and a progressive street party for Neighbour week. If you think you might like to help with these events call Vivien on 54291214.

Regular activities

We have a range of classes running that can be joined at any time through the term - Tai Chi, Yoga, Decorative Painting, Art group, Card Afternoons and Zen Meditation. Phone the House for details.

Mens Shed

An increasing group of men are meeting for lunch at the shed on Wednesdays, new faces are very welcome to come down and find out what it's all about. By the time you are reading the Mercury we should have our building permit passed and have the internal fit out complete and hopefully the electricity and water connected. Some machinery has been delivered and more will be on the way soon. We have been promised some extra special scones, baked in the oven very generously donated to the Shed, for the opening celebration on Wednesday 21 March. Please RSVP on 5429 1214 if you would like to attend the opening.

Community Development

The House is working with a partnership of organisations to look at the training needs of our local businesses with the aim that in the future we can offer training which will lead directly to jobs in the local area. Behind the scenes the House is involved in investigating many projects that aim to strengthen the community that we live in. The Op Shop, Farmers Market and Mens Shed are some examples of these. We hope to work with the youth of our town in the future and to look at creating stronger connections in the community. Please call if you would like to assist with our work or could contribute some volunteer time to any of our projects.

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World day of prayer

Theme -----let justice prevail

This service has been prepared by christian women of Malaysia. The address will be given by Miss Robyn Langford[formerly with SAMS in Argentina and CMS in central Asia and Sudan

Where ? Christ Church Anglican Church Chauncey St Lancefield

When? Friday 2nd March at 10am -11am service in the church inc offertory with Rev W Carroll - light lunch to follow

About the world day of prayer

Formerly known as the Women's World Day of Prayer it began in Canada and the USA in the 19th century and has now spread worldwide. The first service begins in Tonga at sunrise and moves around the world until

the last service at sunset in neighbouring Western Samoa. Men and women of Romsey and Lancefield come and join us !!!

Contacts Glenice 5429 6418 Joy WDP convener .

St Paul's Anglican Guild Romsey

Invites you to join them to learn what it is like to be in "the inside"

Speaker ----Rev Bill Carroll 'My five years in Grafton prison "[as a prison Chaplain]

Venue Christ Church Anglican Church Hall on Thursday 29th March at 1-30 pm

Donation \$5 raffle door prizes trading table afternoon tea

R.S.V.P. .23 March enquiries Doreen -54296060 Glenice 54296418

A sad day

Thursday 9th February was a sad day for the shops in High Street Lancefield. During the night the Lancefield Healthy Lifestyle Meats butcher shop was broken into. Considerable damage was done to the shop, an amount of cash was taken from the till, and a large quantity of meat was stolen. The remaining meat had to be disposed of because we could not guarantee the quality assurance in handling.

Police attended the following morning and fingerprints were taken. Several leads are being followed and security footage of several cameras is being analysed. If anyone has information please contact Romsey Police Station or Bendigo CIB, or Brent at Lancefield Healthy Lifestyle Meats who can pass the information on.

It is sad that such behaviour has crept into a quiet country town such as Lancefield. It would be nice to think that the culprits will be caught and that this it is not a sign of things to come.

Robyn Morley

Discounted Microchipping Day for Pets

Macedon Ranges Shire Council is holding a microchipping day for cats and dogs on Saturday 24 March 2012 from 10am until 2pm at Buffalo Stadium Woodend for the discounted rate of \$25 per animal. Microchipping your pet can help ensure that you are reunited with your pet if it goes missing. However, it does not replace the need to register your pet. State legislation requires that all new applications to register your pet cannot be accepted unless the animal has a microchip. If you are planning on attending the microchipping day, all dogs must be kept on a leash and cats in a cage. A microchip is about the size of a grain of rice and contains a barcode that is linked to your contact details and recorded on a national database. In the event that your pet is lost, a vet or Council officer can use a handheld scanner to identify the microchip and trace the barcode back to your contact details held on the national database. The procedure to insert the microchip is simple - one quick injection under the skin by a vet and the microchip causes no discomfort or pain to your animal.

CLEAR OUT YOU BOOKSHELVES OF ALL THOSE UNWANTED BOOKS !

The Lancefield CFA will be holding a Second-hand BOOK SALE on Saturday 26th May (Farmer's Market Day). We are seeking donations of books to sell - this is a great opportunity for you to have a clear out of the book shelf and help the CFA fundraise in the process. Books can be left at the Lancefield Fire Station any Sunday morning during March, April and early May between 8 and 10 am or for an alternative drop off point call Vicki on 0402334282.

LANCEFIELD SWAP MEET APRIL 15TH 2012

On Sunday 15th April 2012, come along to the Lancefield Car and Collectables Swap Meet. Entry is \$5. An outdoor site is \$15 and an indoor site is \$20. The meet opens at 7.30am and judging begins at 11am on the main oval. Categories include: Best Street Rod, Best Vintage Car, Best Vintage Motorcycle, Best Classic Car, Best Classic Motorcycle, Best Harley, Best Overall Vehicle. Breakfast BBQ from 6 am and the canteen will have snacks, pies, hot dogs, soup, sandwiches and hot and cold drinks. For more bookings and more information contact Gary or Pam on (03) 5429 2249
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 School Principal: Mr. Anthony Falls. Presbytery: St. Joseph's House:
 St. Mary's Primary: 5429 2130. Parish Website: www.users.bigpond.com/stmlancefield

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

After weekday Mass or by arrangement.

BAPTISMS

February, 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.

Spiritual Guidance: Last Tuesday/Wednesday of each month at the Presbytery, 27 Chauncey Street, Lancefield.

John Stuart, Counsellor and Guide. Appointment necessary. Tel: 5429 2130 for more information.

WORLD DAY OF PRAYER

The World Day of Prayer will be hosted by the Lancefield Anglican Church on Friday 2nd March.

Venue: Christchurch, Chauncey St, Lancefield

Times: 10am Prayer & Scripture 11am World Day of Prayer Service, followed by a shared lunch (please bring a plate).

Please support this prayer day.

LENT

Ash Wednesday 22nd February begins the special time of preparation for Holy Week and Easter.

This is a time of deeper prayer and good works to prepare our hearts to celebrate the centre of our Christian faith.

EASTER CEREMONIES

Mass of Anointing: Karinya 14th Mar 11.00am
 Parish Reconciliation: 2nd Rite 21st Mar 7.30pm Romsey
 Holy Thursday 5th April 7.00pm Romsey
 Evening Mass of the Lord's Supper

Good Friday-

Ecumenical Way of the Cross 6th April 10.30am
 Anglican Church Lancefield
 Good Friday Ceremonies 3.00pm Lancefield
 Easter Vigil - Holy Saturday 7th April 7.00pm Romsey

Easter Sunday 8th April
 8.00am Romsey
 The Resurrection of the Lord
 10.00am Lancefield

Read Romans 7 sometime, live with the agony of Paul and see that he's just like every one of us. Why do I do what I don't want to do? I hate myself for doing it. And I don't understand myself, woe is me. Paul says, "Who will rescue me from this body doomed to death?"

There you can feel a man almost tortured with self-hatred, trying to get out of his body. Haven't all of us, at some point in our lives, disliked the person we'd become? Church people set out to be nice people. Yet, in our moments of honesty, we know much of our soul is not of God. We have negative, destructive, even violent and vengeful thoughts toward other people.

Romans 7, thank God, is followed by Romans 8. St. Paul

leaps to the most ecstatic chapter in the New Testament: "This I know, in Christ there is no condemnation" (8.1).

What allowed Paul to jump out of the immense self-hatred of Romans 7 into immense hopefulness? Whatever it is-grace? Enlightenment? Conversion? Powerlessness? Surrender? - it's the most important thing to pray for: "Lead us not into temptation, deliver us from evil.... Thy kingdom come." God will answer that Our Father and deliver us from Romans 7 to Romans 8. Depend on it.

Richard Rohr

BINGO!! BINGO!! BINGO!!

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Important Information

This summer, electricity businesses will be modifying their powerline safety settings to reduce the risk of bushfires. This may delay restoring power if a fault occurs. Consider your need for back-up power if you are highly reliant on electricity. Remember power outages can also affect phones, radios and water pumps.

- Have a battery-powered radio and spare batteries or a wind-up radio available to hear alerts and warnings in case power fails;
- Have a landline with a cord, a fully charged mobile phone as backup and a spare battery and;
- Have a non-electric pump available that can be operated from an alternative water supply such as a swimming pool, concrete or metal tank, or dam.

If you lose power, contact your electricity distribution business on the "Faults and Emergencies" number on your most recent electricity bill.

Be prepared. For more information go to www.esv.vic.gov.au

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Vanessa's Garden

Hello again. I think the past month's weather has been, in a word "windy"! Certainly up here in the foothills – maybe you've had a quieter time down on the plain. Looking at the poor, battered leaves around the garden and in the orchard I've been thinking about forms of shelter. The question foremost in my mind is how to create better shelter without increasing the fire risk? Sure I could put wire fencing and shade cloth around everything to help filter the wind but I'd really like to use planting to do the job, even though a hedge will obviously take longer to establish. I may have come up with a solution. In my reading I came across mention of a plant called tagasaste (*Chamaecytisus palmensis*) which keeps its leaves, has apparently been used extensively as windbreak/shelter belt in dry regions and has reportedly been used a green

firebreak here in Australia. I need to do a bit more research, but as long as it turns out to like our climate and isn't some sort of noxious weed, my current plan is to source some of these plants and if they're not too expensive, I shall be planting a hedge over the winter, along with some temporary shelter fencing, both to help the hedge get established and to help protect existing plants in the meantime. There will also be a range of natives going in such as more grevilleas and banksias to encourage the birds and insects.

The impoverished soil has limited yields of root crops (not unexpectedly) in the veggie garden, with a sparse harvest of potatoes from the designated plot and by contrast, an abundant crop of rather large potatoes from a "volunteer" plant which popped up out of the compost heap. Evidence if any were needed,

of the importance of healthy soil!

Summer pruning has also been on my agenda. It can be a good idea to do this if you are trying to manage unruly fruit trees. Summer pruning is not always necessary but if you pruned in winter and feel like the tree has responded with a spurt that has replaced much of the material you removed, you might feel like you're getting nowhere fast! Summer pruning checks the tree, rather than encouraging growth, which can be helpful in establishing and maintaining a manageable structure. Pruning, particularly of fruit trees, is actually good for them and you shouldn't worry about overdoing it. Trees are generally quite resilient. Summer pruning can be carried out before harvest but perhaps better just after. For further information, Flemings Nursery has produced a detailed and easy to read guide to pruning which may be

helpful to you.

We have also been busy clearing fire breaks, keeping the paddocks slashed and generally tidying up but every time I turn round the gum trees have cheerfully dropped another branch or two and a bit more bark. Still, all good for the winter wood pile. We have finally demolished the old and very rotten, tin/wood chicken shed. Himself had a very therapeutic half hour with the tractor pushing it over and the best pieces of tin and wood have gone to make a new compost bin behind the veggie garden.

International Women's Day Celebrations!

International Women's Day (IWD) is a global day celebrating the economic, political and social achievements of women past, present and future. It is a day when women are recognised for their achievements without regard for divisions, whether national, ethnic, linguistic, cultural, economic or political. The Zonta Club of Kyneton is one of many organizations holding special events in March to mark this occasion. As part of a global service organization whose charter is the advancement of the status of women worldwide, the Club sees this as an important opportunity to bring together women from the Macedon Ranges in an evening of celebration.

The guest speaker for the dinner, Christine Nixon, will need little introduction. She will focus on the theme for the evening of Lead, Inspire, Empower.

More than 200 women will come together for the dinner which will be held at the Kyneton Town Hall on Thursday 8 March. The dinner will be supported by sponsorship from the Macedon Ranges Shire Council. Bookings can be made with Nancye at Jetset Travel, 20 High St Kyneton 5422 1777.

How can you assist your children to grow...

How can you assist your children to grow, thrive and lead rich and rewarding lives in a sometimes challenging and constantly changing world?

How do children become resilient and have a good self-esteem?

Come along to this two hour workshop and discuss ideas, suggestions and practical strategies with other parents in a supportive environment.

Where Woodend Neighbourhood House 47 Forest St Woodend.
When Thursday 15th March, 2012. Time 10:15am -12:30pm

Facilitators Anna Garlick & Prue Robertson

Cost FREE (but please arrange your own Childcare)

BOOKINGS ARE ESSENTIAL

To register your attendance or for further information please contact

The booking line on 5422 0231

For information on Occasional Care please call Family and Children's Services on 5422 0231 or visit Council's website at www.mrsc.vic.gov.au

Business Networking Event

Tuesday 20 March 2012
6.30pm – 10.00pm

Gisborne Golf Club, Daly Street, Gisborne

A fantastic opportunity to network with businesses in the shire while enjoying a glass of local wine and great food.

Bring your team along to be inspired by guest speaker, Matthew Pollard presenting his winning sales formula:

"First Contact to Conversion: Tips and Templates to Drive Up Sales Revenue."

Winner of the Young Achiever Award at the Melbourne Business Awards in 2007, Matthew went on to create a telecommunications company that went national in three years, turning over \$4 million per annum. Now, Matthew is teaching over 1500 students his winning sales formula at the Pollard Institute.

Cost is \$30.00 including finger food.

For details on other exciting local business events, see Council's 2012 Professional Development Calendar which features a range of interactive workshops and seminars to assist businesses with marketing, social media, financial management and business planning.

For bookings or more information visit mrsc.vic.gov.au and follow the links to Tourism and Business.

Alternatively, contact Council on 5421 9616 or email jduncan@mrsc.vic.gov.au



CELEBRATE ST PATRICKS NIGHT

Sat 17th March

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Books reviews

Flyaway - Lucy Christopher,
Reviewer - Becky Cadman

The characters in this book truly make it an exciting read! The main character, Isla - you will feel sorry for all she has been through - especially with her friend moving away and her dad suddenly having to go to hospital. You will be annoyed with Jack - her brother - who is always teasing and annoying Isla, but deep down he really loves her. There is a bit of sadness, with her family and how one of their family members isn't talking to them because of grief and how Isla's dad has to have a heart transplant. But there is also happiness and joy, as a family comes back together again, through an almost magical swan. It truly will leave you breathless to find



your wings within and fly!

The Invention of Hugo Cabret - Brian Selznick,
Reviewer - Becky Cadman

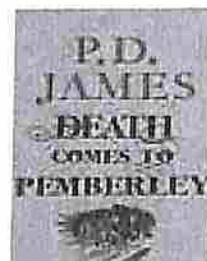
There are no proper words I can use to describe this book - it truly was an amazing read! The boy, Hugo, even though he is a thief - you can't help but feel as if he is a good friend of yours - the book makes the story seem real. You will wish that he would tell his secrets to the Old Man, so the story will work out. This book is so cleverly written and beautifully detailed, with charcoal pictures through-out - you will begin to wonder if the story is actually real! There is a movie coming out based on the book - so I suggest you read this book now! It is thrilling, exciting and tastefully done - great for all ages! Everyone will love this book and the characters in it. And



who knows, you might even discover magic - in the world of Hugo Cabret

Death Comes To Pemberley - P.D. James,
Reviewer - Gabbie Smith

When I first considered reviewing this book, I admit I was quite biased against it. As an avid Jane Austen fan, I was very protective of Pride and Prejudice. This 'fan-fiction' seemed like slander against my dear Miss Bennet. I did not like the idea of death, murder and mystery surrounding the Darcys and interfering with their peaceful family life, especially as Jane herself protested against such 'odious subjects' in Mansfield Park. As I settled down with my tea and blanket, I had already subconsciously doomed the book. I was sure P. D. James would be unable to produce



a satisfactory spin-off on Pride and Prejudice. I turned to the first page (the author's note) and began to read. The apology therein from James to Austen softened my heart a little, especially as she referenced the chapter of Mansfield Park in which Jane declares her abhorrence for all things 'odious'. The note had a respectful tone about it that warmed me to James. Just a little, but it was definitely a start. As I continued through the book and into the main story, I became increasingly aware of how skillfully James was weaving the warp and weft of the story into a beautiful fabric. She maintained the original pattern of the great classic, all the while creating complementary embellishments and enhancements. The beautifully flowing, dignified language remained the same and the hearts and souls of the characters we have come to love so dearly also remained authentic.

There were, of course, noticeable differences in the manner and speech of some of our friends. Jane seemed more headstrong and bold, which one can easily attribute to the good effects married life had upon her and perhaps the liberation from her overbearing mother. Dark, brooding Darcy is quite denuded of his gruff, cynical front. We travel alongside him and share his concerns and worries that spawn from the murder. We follow with bated breath as the true tale of the death unfolds to him at the same rate it does to us. James has created a gratifyingly satisfactory spin-off to Pride and Prejudice. Her talent for creating detective and crime fiction has inexplicably created

a wonderful book when woven into the well-established characters and storyline from Jane Austen's quintessential novel. While rather wild, the plot is structured incredibly well and is utterly believable and very imaginative. Overall, this beautifully written book was very engaging and interesting throughout. There was never a dull paragraph. After overcoming my original misgivings I am glad to say I thoroughly enjoyed myself while reading this book.

Beaten By A Blow - Dennis McIntosh,
Reviewer - John Webb

This autobiography tells the story of a young man in the 1970s, getting into the Australian shearing game. His initial youthful excitement at how much money can be made is gradually overtaken by the pressures imposed by the responsibility of a new family. We watch him struggle with the patchiness of the work, the frustration over the ever-present threat to the industry from Kiwi shearers and wide-combs, the distances to be driven, the toll taken by the heavy work and the heavy drinking. I loved this story. It's written on a shed-by-shed basis, which mirrors the nature of the work. It's harsh and at times bleak and at times very funny. I was so worried about Dennis after I'd



read the book, that I immediately Googled him to see how he'd got on since the time the book was written about and was relieved to find a recent article that showed him smiling from the page and told of his battle and eventual victory over the frog. I keep this book around. It's a great one to dip into. Quite often I'll pick it up to read once more about the hot shed at Brewarrina.

Dog Boy by Eva Hornug,
Reviewed by Justine Curatolo
Macedon Ranges Book Club

Confronting in every way, yet ridiculously addictive. Romochka is a 4 year old boy in Moscow, who is left to fend for himself after his mother and uncle abandon him. Eventually he is forced outside their apartment building in search of food and answers. Once outside he finds a large yellow dog, and with no other plan of what to do, he follows the dog and is accepted into a family of stray dogs. Over the next 4 years, Romochka lives the life of 'dog boy', until he eventually finds himself in direct confrontation with humans and, worst of all, the militia. This story describes the behavior of dogs, and their interactions with humans, in amazing detail.

The storyline is confronting, yet compelling, and challenges your perceptions of authority, stray animals and the vulnerable. Overall, it is definitely one of those books you need to add to your 'must read list'.



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Junior Tigers Prepare For 2012

The Lancefield Junior Football Club would like to wish all its players, supporters and families a happy new year. With the football season less than two months away, the committee has been preparing for the season ahead since November last year. The clubs registration night was held on Friday 10th February. If you haven't already registered your children, it is important to do this as soon as possible so that the club can nominate the required number of teams for each age group.

Registration for 2012 season

This year you will have the option to re-register on-line or in person at the club. From season 2013 it will be compulsory to re-register on-line. Any NEW REGISTRATIONS must be done manually through the club

as certain paperwork needs to be filled out. Registration fees for 2012 are - 1st child - \$120, 2nd & 3rd - \$95, 4th - free. There is an option to pay fees on-line using your credit card however this is optional. Should you wish to pay by cash or cheque to the club, please contact Jo Parus (joanneparus@hotmail.com) to arrange, or bring payment to training. Any queries regarding on-line re-registration should be directed to Jo who will gladly help you out. Please note: Any members who already registered back in November do not need to re-register on-line; it has already been done for you. All fully paid registrations this year will receive a football. All new U9's registrations will also receive a club jacket.

Coaches

The club is happy to advise we have

appointed coaches in all age groups for 2012 season. They are:-

U9's	Steve Giles
U10's	Paul Rix
U12's	Danny O'Meara
U14's	Shane Trewarne
U16's	Sean Tobias

All coaches have had previous experience in coaching junior football, and we look forward to them teaching and developing the players as this season progresses. Training nights and times are as follows:

Under 9's: Fridays 4.30 - 5.30pm
Commencing 16th March
Under 10's: Wednesdays & Fridays 4.30 - 5.30pm
Commencing 16th March
Under 12's: Wednesdays & Fridays 4.30 - 5.30pm
Commencing 29th February
Under 14's: Wednesdays &

Fridays 5.00 - 6.00pm
Commencing 29th February
Under 16's: Wednesdays & Fridays 6.00 - 7.00pm
Immediately

Positions Vacant

The committee would greatly appreciate some more new members to help steer the ship for the coming season. With over 100 children to provide participation for, there is always plenty of work that is required to keep the club financial and to help keep registration costs down. Please contact the club if you have a couple of hours per week where you might be able to assist us.

Merchandise co-ordinator & Registrar

Jo Parus has very generously offered to help with registrations and get us rolling for the 2012 season.

Should anyone be interested in taking on this role, please contact Jo who will be happy to teach you everything you need to know. The club sincerely thanks Jo for her commitment to the children and the club.

Canteen Helpers

Like last season, should the fixture advise that we have some teams away and some teams home each week, the canteen may very likely need to be manned in some way every Sunday. This clearly means we need some more hands on deck. Should you be able to help in any way this season, please make contact with Michelle Sinclair.

To stay up to date with all the events, fixtures and news from the club, visit our website at: www.lancefieldtigers.org.au
GO TIGES

Romsey & Lancefield Probus Club

President: Mrs. Jean Buist
5429 1116 Secretary: Mrs. Jeni Clampit 5429 5480

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

Probus is a mixed club for men and women. There is a guest speaker at each meeting.

We have an outing on the third Wednesday of the month. (Either a trip or luncheon)

Friday Morning Coffee
Musical Afternoons each month.
Ten Pin Bowling each fortnight.

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

Our next meeting will include the AGM on Thursday 22nd March.

Fringe Benefits Tax (FBT) Year Ending 31 March 2012

Businesses can minimise their FBT liability by keeping appropriate records.

Car Fringe Benefits - Statutory or Operating Cost Method

To ensure flexibility of choosing the most tax effective method, it is important to maintain current log books and to record:

- Car odometer reading at 31 March each year; and
- Car expense records.

Changes Affecting New Car Contracts

From 10 May 2011, new rates will apply under the statutory method to phase in a flat rate of 20% within four years regardless of kilometres travelled.

These changes may impact on the effectiveness of salary packaging cars and also impact employees eligibility for the following:

- Family tax benefit
- Medicare levy surcharge
- Personal superannuation contribution deduction
- Government superannuation co-contribution

Other common fringe benefits include provision of meals and entertainment, car parking, accommodation, expense payments, in-house property and recreation (i.e. gym memberships)

To discuss further please contact Andrew Marshall or Janine Orpwood - 54273790 (85 High St, Woodend)

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www.joanneduncan.com.au



Authorised by J. Duncan, Shop 14/9 Goode St, Gisborne



Lancefield Police News

NEW LAWS

No More Travellers

A new law has been passed in State Parliament making it an offence to consume alcohol while driving. The new law which came into effect on the 14th of December 2011 also means it is an offence for a person to drink alcohol if they are accompanying a learner driver.

This is pretty straight forward but it means that having a traveller on the way home after a hard day's work is no longer an option. Some people are probably shaking their heads thinking "Does this still occur?" It certainly does and we see a lot of it when conducting breath tests of commuter traffic in the evenings.

It is particularly prevalent on

really hot days or on Friday nights. There is a tradition in some work places to have a few drinks at the end of the week.

This is fine if you don't over consume, but now you must make sure you don't take one with you to enjoy on the way home or you may find yourself getting a substantial fine.

Supplying Liquor to a Minor in a Residence Without Consent of Parent, Guardian or Spouse.

Prior to 1st of November 2011 there was an exemption under the Liquor Control Reform Act 1998 that allowed liquor to be supplied to a minor in a residence without any legal restrictions. An amendment introduced on the 1st

of November 2011 provides that the exemption relating to the supply of liquor to a minor in a residence only applies where the person supplying liquor to the minor is the minors, parent guardian or spouse, or someone who is authorised by the minor's parent, guardian, or spouse.

The authorisation can be either orally or in writing. The onus is on the person who supplied the liquor to the minor prove that they had the necessary consent. The penalty for the offence is 60 penalty units so around \$732.

This is certainly worth considering in the circumstances where you hold an 18th Birthday Party (with alcohol supplied) and there are persons present under 18

years-of age who are drinking. It is up to you as the responsible adult running the party to ensure that you have the permission preferably in writing of the Parent, Guardian, or Spouse of each and every person under 18 years of age who is drinking alcohol. Good luck with that, it certainly makes the idea of a 21st rather than an 18th seem like a very good idea.

ANOTHER SCAM

The scam which is run out of India commenced in 2010. The scammers use legitimate Govt Department names such as Deregulation and Finance. The phone numbers given to victims are linked to mobile phone numbers in India and are not part of the Australian

Telecommunications Network. The scammers tell the victim they have a credit owing for \$5000 and to receive this money they victim has to pay \$175 via Western Union into a special account. The victim is continually harassed into paying more money into the scam. The scammers confirm with the victims their names and addresses and then give an incorrect date of birth which the victim will correct giving the scammers all correct details.

This scam seems to target the elderly. Be aware that there are more of these scams appearing all the time. Quite often they originate from African, Asian or Baltic countries. Quite often they involve the transfer of money via Western Union. The general rule is

"If it seems too good to be true it probably is." Never give out your personal or bank details over the phone to someone who has rung you, with a too good to be true offer. In fact do not give out your details over the phone unless you are 100% sure of the bonafides of the person you are talking to.

These scams also appear regularly over the computer and will turn up on your e mail list. I regularly get one at the police station from one of the big 4 banks stating I should supply them with certain details. The letter head etc looks genuine but I don't even have an account with this bank.

Be very careful.

Roger Barr

Officer In Charge Lancefield Police



'Towards a healthier & happier community'

Dr Paul Carter

Dr Marina Kefford

Dr Jennifer Anderson

Dr Dan Kaplan

17 High Street Lancefield

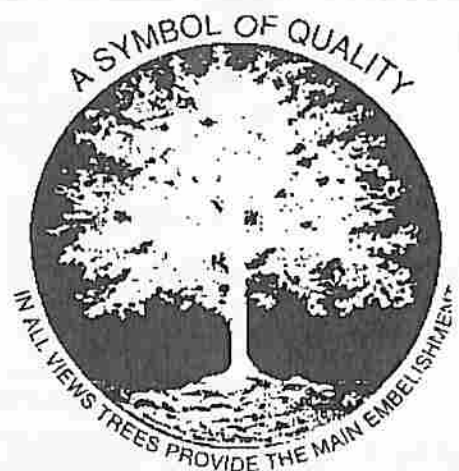
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Macedon Ranges Cup 25 March

The inaugural Macedon Ranges Cup will run on Sunday 25 March at Kyneton NMIT Park. The new race meeting will celebrate the food and wine of the Macedon Ranges, and is a partnership between Macedon Ranges Shire Council, the industry and the Kyneton and Hanging Rock Racing Club. "This new event will celebrate everything the Macedon Ranges has to offer and we expect this to become a key feature on the region's annual events calendar," said Mayor Cr Henry McLaughlin. "Council will work with the Kyneton and Hanging Rock Racing Club to grow this event year on year."

Features of the event include local marquee and VIP eating and drinking options, a 'touch up tent' for race-goers' beauty needs, a five piece band, children's activities, a food and wine marketplace showcasing local producers, and 'Bubbles Central' - a bar featuring the region's best sparkling wine.

"We encourage residents to take advantage while the weather is still warm and bring a group of friends or take the family to enjoy a wonderful day out," said Mayor, Cr Henry McLaughlin. Free shuttle transport will be offered from the Kyneton Train Station, Daylesford and Romsey (via Lancefield). The event will be promoted over the coming weeks, featuring special giveaways and packages available to race-goers. Keep an eye out for a 2 for 1 entry coupon in local newspapers and Council's newsletter.

General Admission is \$15, Concession \$9 and children under 15 are FREE. For information or bookings call 1300 139 402 or visit www.kyneton.countryracing.com.au

Local Retailers Pass Tobacco 'Sales to Minors' Test

The latest round of tests by Macedon Ranges Shire Council show that local retailers are doing the right thing and asking for identification before selling tobacco products to customers they suspect may be under 18 years of age. This is the second consecutive year that Council has worked with an under-age test purchase assistant to conduct random tests of tobacco sales to minors throughout the shire. Sixteen test purchases were undertaken on 30 and 31 January in outlets such as milk bars, service stations and supermarkets. This time none were found to have sold cigarettes, including six retail outlets who had previously offended during the first program conducted in July 2011. The aim of the program is to reduce the retail supply of cigarettes to people under the age of 18 years by increasing tobacco retailer compliance with the cigarette sales to minors provision in the Tobacco Act 1987 (Vic). All retail outlets in the shire have now participated in the program and follow up 'Sales to Minors' visits will be conducted by Council in the coming months. People concerned about retailers selling to children should ring the Council's Environmental Health Team on 5421 9670 or the Department of Health Tobacco Information Line on 1300 136 775. Information on tobacco laws is available at www.health.vic.gov.au/tobaccoreforms

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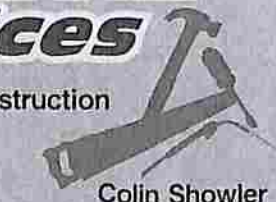
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Art for Art's Sake!

The Mount Players kick off their 40th Anniversary Year with "Art". Bookings are now open at www.themountplayers.com or 1300 463 224

Friendship is put to the test by a white square...or is it? Serge is the proud new owner of a modern painting. But the reaction of Marc is not what Serge hoped for, and their mutual friend Yvan tries to please everyone. Will the friendship survive the point of no return? Will Yvan take a stand? And what colour is white?

Featuring original artworks from Macedon Ranges locals, Art is a rewarding night out.

Duration: 1 hour 20 mins. No interval. Some coarse language. Don't miss this funny, thought-provoking show about the ties that bind and changes that can tear us apart... or let us discover what is really important. March 9-31 at the Mountview Theatre, Macedon.

Pastor's Parables . . .

By Marilyn Hunter - Senior Pastor Living Word Christian Church

Centuries ago in the country of Greece there was a young athlete who had so distinguished himself in the public games that his fellow citizens raised a statue in his honour, to keep fresh the memory of his victories. This statue so excited the envy of another athlete who had been defeated in the races that one night he went out under cover of darkness with the intention of destroying that statue and knocking it to pieces. First he tried and tried to tip over the statue. He tugged and pulled and shoved... and after an hour it moved just a little bit. This encouraged him and he gave one mighty push and the statue fell -- on top of him, and killed him. Envy always harms the one who is guilty of it.

Did it ever occur to you that when you envy somebody or you are jealous of somebody, that this does not hurt that person in any way... He or she does not feel it at all... It only hurts you: it eats your insides out... So, you see, that it is a useless, self-destructive exercise.

The Bible says: A heart at peace gives life to the body, but envy rots the bones - Proverbs 14:30 - NIV <http://www.biblegateway.com/passage/?search=Proverbs+14:29-31&version=NIV>

If you would like to know more about how you can have a heart at peace this year feel free to join us at either of our Sunday services, Midweek Life groups, or contact us at our Church office on 5429 6327. We would be happy to be of assistance to you. We are a Family church and welcome everyone.



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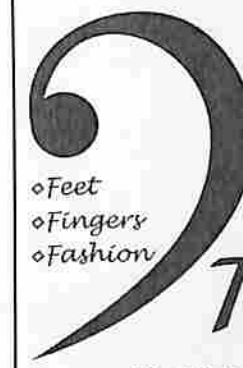
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What a hectic holiday season it has been!

Thank you to everyone who booked in early to have Mani/Pedi's for the Party Season. I have a number of lovely new client's taking advantage of my MAN-E-CURE. Keep it up boys.

Now that our summer has finally hit, let's continue our good work with our hand and foot maintenance. A full colour range of CND Shellac is now available to all my clients.

Hand and Nail Harmony Gelish will remain on my menu for all who are enjoying its nourishing qualities.

Please contact Helena on 0437365700

For Valentine's Day & Mother's Day, I will be introducing new and exciting products, including clothing and accessories.

Keep your eyes peeled!

helena1@internode.on.net

Lancefield & District Farmers' Market Presents...

A Sunday lunch with local pork producers at the Lancefield Hotel

Ever wondered how our local pork farmers create such wonderful products? Pork has become a real focus at the Lancefield & District Farmers' Market, with three local breeders in attendance each month, strutting their stuff in the marketplace.

The time has come to celebrate pork & the Lancefield & District Farmers' Market's 9th birthday!! Join us at the Lancefield Hotel for an informative & delicious lunch featuring presentations from Matt & Abbey Brown of Springfield Pork PLUS Jillian Ryan & Robyn Harris of Pork from the Paddock.

Three course meal featuring (you guessed it) free-range pork

accompanied by fresh local vegetables & something sweet...

Sunday 25th March at 12 midday - 3pm Bookings - Lancefield Hotel 54 292 202

Presented by the Lancefield & District Farmers' Market in partnership with the Lancefield Hotel.

Lancefield & District Farmers' Market Turns 9 in March!

This month, we are celebrating at the farmers' market - 9 years in operation! Over this time the market has grown to around 50 stalls each month, 50 stalls of great produce, plants & provisions direct from producer to you.

Our market is the same size as

many of the metro farmers' markets without claustrophobia!

We are one of the most popular regional farmers' markets in the state & are regarded by many as 'the one to get to'.

That said, we are always looking at ways to improve the market. We have been the recipient of funding from Regional Development Victoria & the Macedon Ranges Shire Council to expand the market.

Currently we are working on a custom built mobile demonstration kitchen to be used in farmers' markets across the Shire & this year we will launch the Macedon Ranges Farmers' Markets marketing campaign, where we band together with our neighbours to celebrate our fabulous Macedon Ranges

Macedon Ranges Family Newsletter

The Macedon Ranges Family Newsletter is a free publication produced quarterly at the start of each school term. The aim of the newsletter is to provide relevant and up to date information that is useful to local families, specifically those with children aged from birth to eight years old. The Term 1, 2012 edition will be out at the end of February! To view or download a PDF of this edition please go to www.mrsc.vic.gov.au and select Council services > Children > Macedon Ranges Family Newsletter.

Paper copies are available at:

- Childcare centres
- Council Service Centres in Gisborne, Kyneton, Romsey and Woodend
- Kindergartens
- Libraries
- Maternal and Child Health Centres
- Playgroups
- Primary schools
- Toy libraries

To receive future newsletters automatically via email please go to www.mrsc.vic.gov.au and subscribe via our eNews link (located on the top menu bar). We hope you enjoy the newsletter!

Macedon Ranges Family Newsletter Team Macedon Ranges Shire Council Kerry and Rebecca

Email: familynewsletter@mrsc.vic.gov.au Kerry Haby 5422 0260
Rebecca Mustey 5422 0231

Farmers' Markets circuit.

Look out for our fliers & posters in March. We would also like to welcome Kyneton Farmers' Market to the fold, who have recently applied for accreditation with the Victorian Farmers' Markets Association, the peak body for farmers' markets in the state.

Keep an eye out in the months to come as we will be conducting more fundraising stalls - like the 'Great Kitchen Clean-out Sale' to raise money for the demonstration kitchen fit-out.

Our birthday market is Saturday 24th March. Come to the birthday lunch at the pub on Sunday 25th March from midday.

People wishing to get involved with the market can contact me on 0407860320. *Meggs Hannes*

Market Coordinator. On behalf of the Lancefield Neighbourhood House Inc.

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ROADS LESS TRAVELLED CHINA TOUR

In October 2011 Shou Mei from Wu Lin Retreat at Lancefield accompanied a group of 18 local people to China for a life time experience. She calls the tours Roads Less Travelled because the groups are treated to places of great interest not often visited by foreigners. In fact, they were the first non Chinese to visit the hanging temples at Maishan Mountain.

The ancient walled city of Pingyao was one of the favorite stops, one felt they had stepped back in time staying at the beautifully preserved city. Rafting and cruising down the Li River presented beautiful photos of the magical Wutai Mountain and its beautiful temples. In addition we dined on exquisite foods in the countryside, meals never seen in

Australian Chinese restaurants.

Beijing with its Temple of Heaven, Tianamen Square, Forbidden City and the awesome Great Wall of China is something one never forgets. Three days in Beijing was completed with a visit to the most popular Peking duck restaurant where the group enjoyed a meal beyond belief.

Members were surprised by the efficiency and cleanliness of traveling in China, in fact many of the same people will return again this year when Shou Mei is organizing another exciting tour. The 2012 tour will visit a larger section of the Great Wall at night and catch the cable car for magnificent vista.

We plan to visit the secret garden of the Emperor at Forbidden City, a new part of the



Palace never seen before, along with the UNESCO World heritage sites of Mount Huangshan, filming location of Hidden Dragon Crouching Tiger, and the ancient town of Lijiang. The Tour will wind up at Conghua the world famous hot spring-spa village, followed a free day of sensational shopping at Guangzhou City.

More information may be obtained by calling Shou Mei at WuLin Retreat on 54292122 or email james@jamesumarac.com

Tai Chi Classes

Saturdays at 11am. Beginners are most welcome at any time. Passive exercise & meditation for all ages that offer balance of mind & body for health, vitality and wellbeing.

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THE ROADS LESS TRAVELLED 13 Day CHINA TOUR

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Price includes:

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- Accommodation & meals
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Pancake Tuesday: 21st Feb. Our budding young chefs will be preparing, cooking and eating pancakes.

Relay for Life : Wed 7th March. Children will be involved in their own short relay. A gold coin donation can be made to support this wonderful cause.

St Patricks Day (celebrating on): Fri 16th March . Green, green and more green!

Teddy Bears Picnic: Thurs 22nd March. Bring along a special friend and join in the fun.

Crazy Hair Day: Mon 26th March. Let your imagination go wild and come along with an amazing hair-do.

Call Us today on 5429 2464 to Join Our Big Family.



Romsey Gets New Lawyer

James Kelleher Lawyers are pleased to announce and welcome an experienced lawyer in Kirsteen Milne. She completed Bachelor of Jurisprudence and Bachelor of Laws and was admitted to practice in Victoria giving her almost 3 decades of legal experience. Kirsteen will be known to many of you as she is a long time Romsey resident of 28 years. Kirsteen's experience and interest lies in Family Law and in 2011 she successfully completed a Masters of Applied Family Law. We can also assist you with many other legal services such as property conveyancing, wills, power of attorney, Probate, Leasing, Business and commercial matters, Litigation and Criminal law. Kirsteen joins Maureen Wiltshire a lawyer with over thirty years experience, having completed a Bachelor of Laws and a Bachelor of Arts and a Diploma of Family Law. Our two lawyers are ably assisted by the experienced support staff at James Kelleher of Kerry, Andrea and Elizabeth To make an appointment to see Kirsteen or Maureen, please telephone 54295292 or email: romlaw@bigpond.com

For more information go to www.jameskelleher.com.au and follow Maureen Wiltshire on Twitter

Breaking down the myth – just because you're on wages doesn't mean you have to pay more tax!!

One of the most common complaints from those who draw most of their income from a salary is that the self-employed get all the tax breaks and that nothing can be done to change this. Whilst it is true that with correct structures the self-employed do allow some tax planning opportunities not available to employees, it is not right to suggest that there are no opportunities available for the employed and self-employed alike. Below is a list of just some of the tax planning opportunities available to all taxpayers, whether employed or self-employed.

Superannuation contributions of up to \$25,000 for those under 50 years of age and up to \$50,000 for those over 50 years of age are deductible to all taxpayers

Interest paid on money borrowed to purchase investments (generally property or equities) is tax deductible to all taxpayers

Transition to retirement tax planning is available to all taxpayers earning an income and over 55 years of age

Superannuation income streams (from accumulation accounts) are tax free for all taxpayers over 60 years of age

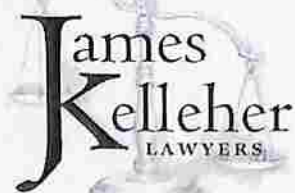
Capital Gains Tax concessions are the same for the sale of investments (other than a small business) for employed and self-employed taxpayers

Succession Planning options for investment assets are the same for all employed and self-employed taxpayers

This list is not comprehensive nor detailed however the principal is clear – whether you are employed or self-employed seek to create quality investments within sound investment structures. Remember, real returns are a product of the investment returns and any tax paid on that investment returns. Don't neglect one or the other as quality investments and effective tax structures are the key for maximising your financial returns.

Before the purchase of any investment or any major investment decision is completed a quick call to your accountant can save you thousands of dollars in the long run. It may mean establishing a trust, company, superfund or partnership now which might have a small upfront cost for a massive long term saving. There is no one right answer for where you should hold your assets however preparation and planning can save you many thousands of dollars in your investing plans and increase your real returns.

Tim McCarthy, McMahon Osborne Group



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It's inspiring to think that our contribution has helped Bendigo Bank's national network of locally-owned **Community Bank®** branches reach the significant milestone of more than \$50 million in contributions to their communities.

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Call in to the branch and speak to Branch Manager James Smithwick and the team at 20 A High Street, phone 5429 1977, or watch www.bendigobank.com.au/snapshots to find out more.



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Lancefield **Community Bank®** Branch

2012/13 Community Funding Scheme

Applications for the 2012/13 Community Funding Scheme will open 1 March 2012 and close at 5pm on 30 April 2012.

In 2011, more than \$100,000 was made available for a wide range of projects and activities. The annual funding scheme provides grants in the areas of recreation, facilities, youth, festivals and events.

Copies of the guidelines and application form are available to download from www.mrsc.vic.gov.au

Applicants must discuss their application with an appropriate Council officer prior to submitting an application.

Hair Room News

The Hair Room farewells Brooke Cruise - much gratitude for filling in over the busy festive season. We wish you well and hope you enjoy your new life in the city!

The best news is the renovation of "The Beauty Room" is complete and we are so excited to be providing a range of new and exciting services, waxing manicures pedicures lash extensions etc. our clients can now enjoy having hair and beauty treatments during the one visit. The Beauty Room is also the home of the Versaspa tanning booth, which is seeing to it that everyone has a great natural tan in just a couple of minutes.

New to The Hair Room .. Be Gorgeous Hair Extensions! They're bonded into your own hair with a keratin loop, many colours to choose from, and as much length and volume in your hair as you desire - very glamorous, pop in for a look. Teenager's Ghd hairstyling classes over the holidays were great fun and they all learned the techniques so quickly, well done to all. We will be conducting classes again for girls in the Easter holidays. Call the salon with any enquiries or to book a place. Consider putting together a group of your own - minimum of four per class.

Please feel comfortable to come in for a chat or even to take a look around the new surrounds,

Jodie Leah & Jess. P.S. Olivia sends greetings to all from London x

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Lancefield Golf Club News

Sporting Sponsorship awarded!

The Club has been awarded a Sporting Sponsorship for \$1,000 from Lancefield and Romsey Community Bank Branches. We are extremely grateful to Bendigo Bank for this grant, which we'll use to obtain new T-shirts for our Men's and Ladies Pennant teams. The shirts will feature the Club's and Bank's logos and names.

The first round of Men's Pennant commences on Sunday 25 March. This year our Men will field five teams - 2 Scratch and 3 Handicap. Ladies Pennant is due to commence on Monday 2 April with Lancefield entering one Handicap team. Saturday Club competition entries continue to be pleasing, with more than 32 players each Saturday for the past two months. Monthly Medal day (4 February) attracted 42 players. Likewise the number of ladies playing on Wednesday is encouraging. The Stableford event held in very windy conditions on Saturday 14 January was won by David Muller (41 points) with runner-up Darren Ryan (39 points).

On Saturday 21 January, the team of Chris Lingard and Trevor Lambert with a combined handicap of 0.5 won the 2 person Ambrose. Chris and Trevor carded 64 off the stick (nett 63.5). Runners-up were Graeme Brennan and Len Killender

(nett 65). Brian Courtney won the Stableford event on Saturday 28 January (43 points) with Steve Hyndes runner-up (42 points). Steve Hyndes was again in good form for the Monthly Medal on 4 February, winning with 84(17) 67. Chris Lingard won A Grade with 2 under the card 70. Chris plays off scratch and his great result is being considered as a new course record under the revised USGA Course Rating. Bert Parks won B Grade with an impressive 84(14) 70. The Stableford event on Saturday 11 February saw Graeme Brennan (38 points) win from Trevor Allen on a countback.

Di Brennan and Annie Benson won the Ladies 4BBB event on 18 January. On 25 January Ambrose winners were Des Cook, Jenny Colson, Di Rohde and Pam Drummond. Di Rohde won the Ladies Monthly Medal on 1 February with 100(33) 67, from Jenni Vennell with 114(42) 72. The Dorothy Hayes Ladies Singles Knockout commenced on 8 February. Two pairs remain - Pam Drummond/Kaylene Cruise and Jenny Colson/Sue Cunningham who'll play on 23 February to decide who will meet in the final.

The Ladies will hold a President & Captain's Guest Day on 29 February. Sue Cunningham and

Florence Meyer have accepted invitations to play in President & Captain's Guest Days at Melton and Trentham. The contractors have now completed the major earthworks on the new dam and the course is returning to normal. The banks of the dam will be grassed starting in autumn - meanwhile the sloping banks are classified as ground-under-repair. Visitors will notice a number of new stakes delineating hazards and drop-zones and it is suggested that the Local Rules be consulted for recent changes.

We'd like to remind prospective visitors that the Club operates the bar from 11.00 am to 5.30 pm on Saturdays and from 10.00 am to 3.00 pm on Sundays, with light snacks available. Social players are most welcome (contact the Club on 5429 1922 to check Competition times). Current Ladies Club Champion Helen Dennett is now running beginners classes for any ladies interested in learning golf. These are run on Fridays at 10.00am for the cost of green fees, which go to the Club. Contact the Club for more information.

New members are always welcome and you are invited to contact the Club for membership details, or visit our website at www.lancefieldgolfclub.com.au.

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Lancefield Football Netball Club

The 2012 RDFL football seasons starts on April 14th with Lancefield playing away game against Melton Centrals. The first home game will be on 21st of April against Macedon.

Lancefield Football Netball Club meetings are held the second Tuesday of every month at the Park in the Laurie Green Pavilion 8pm. All welcome, the club needs your support.

Football Trainers Required

The football club is looking for trainers to help during the 2012 season. Anyone who is interested please contact the club. Training courses are available for those interested who are not qualified. Please contact the club via email on info@lancefieldfc.org.au or ring Ian Brown on 0407 291 517.

Dear Sponsor, supporter or past player of the Lancefield Football Netball Club,

Get behind the Tigers in 2012
The "Tigers One Hundred Club"
50 Chances to WIN \$1,000

And support your Club Just \$20 / week
The LFNC needs your help!
We have a proud history and have provided sporting and social opportunities to thousands of footballers and netballers over the years. As a sponsor / supporter of the LFNC we want to offer you a unique opportunity to help support the Club in a very tangible way, but also to give you the opportunity to WIN.

What's involved?
We are offering 100 memberships to the Tigers One Hundred Club (THC)

For \$20 per week you have the chance to win \$1,000 for 50 weeks of the year (or you can pay in advance if easier for you). If you win, you still remain in the draw for the rest of the year - more chances!

The draw will be held on a Saturday night for home games, Thursday nights for away games and Friday night in the "off season".

Each winner will be notified.

What you get:
50 chances to win \$1,000
A special members only Tigers One Hundred Club vest and numbered key ring.
Single entrance to all home games
First drink at home games is "on the house"

During the end of the season, a double invite to the Sponsors & One Hundred Club Gala Lunch with all catering and refreshments provided.

Your name / business name on our One Hundred Club notice board in the Social rooms

The knowledge that you are helping the LFNC to continue to provide support for football and netball players and to improve facilities at the Club.

Options

The following packages have been tailored to support existing sponsors / members and to encourage new ones

Option 1 - Tigers One Hundred

Club member - \$20 per week or \$1,000 up front

Option 2 - Existing sponsor with sign around the ground - \$250 plus \$20 per week or \$1,250 up front

Option 3 - New sponsor who wants a sign around the ground - \$500 plus \$20 per week or \$1,500 up front

What's next?

Please contact Russell Pattinson by phone (0419872684) or email (miracledog@bigpond.com) to take up one of the above 3 options. Numbers are strictly limited to 100 so don't miss out. You can either make the full payment up front or arrange for it to be direct debited from your bank account at \$20 per week. Membership of the THC will commence 1 April 2012 and will continue for 50 weeks. We greatly value your support of our great Club - but we need your help

Kind thanks & regards

Ian Brown President

Ignition comes to Cobaw

Cobaw Community Health had announced an exciting new Learner Driver program. In cooperation with Mission Australia, Cobaw will be offering young people aged between 16 and 19 the opportunity to get their Learner Driver Permit. The program which will be run from the 19th to the 23rd of March, is aimed at young people living in the Macedon Ranges who have some difficulty with reading and writing and is free to participants. Students will have a wide range of resources to assist them including, group work, games, videos and online computer based activities. They will have access to Mission Australia's Ignition website and iPad library. On the final day of the program the group will attend VicRoads to sit their formal learner permit test. Anne McLennan CEO of Cobaw said:

"For young people in rural areas getting their drivers licence can make a tremendous difference. Lack of public transport or family support can be a major contributor to social isolation and unemployment. This program offers young people the opportunity to make a real difference to their lives."

The Ignition program includes lunch each day, a copy of the Road to Solo Driving and the Learner Permit Testing fees at VicRoads! If you pass your learner permit test on the day, Mission Australia will give you a FREE driving lesson with the RACV Drive School to help you get started.

If you are interested in finding out more about the Ignition Program contact David Norris at Cobaw on 5421 1666 or text 0448 827 120. The program is FREE to eligible learners.

Lancefield Day Spa Welcomes you

The team at Lancefield Day Spa would like to thank all our loyal clients for their kind support throughout the year. Please join us for an open night on Tuesday the 20th of December at 5pm to 8pm.

Enjoy a glass of champagne while selecting from our variety of sensational Sothys Gift Packs & Personalised Gift Voucher packages for that special someone this Christmas.

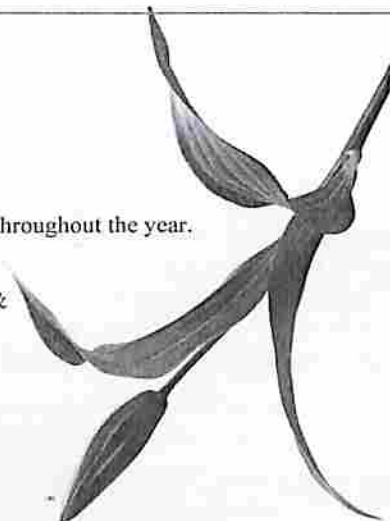
Choose from:

- Sothys soap box sets - 3 different aromas \$25 (save \$10)
- Sothys Secrets Cream & Eye Cream \$225 (save \$195)
- Hydradvance Anti-Ageing trio pack & Tote bag \$195 (save \$98)
- Limited edition make up collection \$99 (save \$75)

Lancefield Day Spa has put together a variety of Gift Voucher Packages starting at \$85. All Vouchers come beautifully gift wrapped and packaged with complimentary chocolates. Gift Vouchers of \$200 or more, receive a complimentary Ecoya candle.

LANCEFIELD DAY SPA WISH YOU A SAFE & FESTIVE HOLIDAY SEASON!

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Romsey Medical Clinic Hours

Monday to Friday: 8.15am to 8.00pm
Saturday: 8.30am to 1.00pm
Sunday: CLOSED

Lancefield Medical Clinic Hours

Monday to Friday: 8.30am - 5.30pm
Saturday: Services through Romsey Medical
Sunday: CLOSED

After Hours Services

When the clinic is closed, we have an on-call doctor available for urgent matters. Please call 1300 557 512 to speak to a nurse who will contact the doctor on duty if required.

On the day appointments

Both Romsey Medical and Lancefield Medical Centres can guarantee on the day appointments for all patients. Call 03 54295254 from 8.15am or as soon as possible after this time.

Romsey and Lancefield Medical Centres will attend to all urgent care on the day.

Telehealth Consultations Available

Telehealth Consultations from the Medical Centres with your Melbourne based specialist is now an option, this saves patients having to travel long distances for review appointments. Speak to your doctor to check if this service is available to you.

Remember:

Bulk billed Quick Clinic appointments are available every weekday at both centres, for urgent/lost repeat prescriptions, re-referrals and some vaccinations.

LANCEFIELD TENNIS CLUB

The Lancefield Tennis Club is going from strength to strength on our new courts. Membership is increasing and more and more people are realising what great fun it is to play under lights in the cool of the evening. The ladies are still having a social hit on Mondays at 10.30 am and 7.30 pm. The numbers are increasing and there is a wide range of abilities. Everyone is welcome there is no need to have played tennis in the past.

The Thursday night mixed competition is just re starting and we now have five teams playing on a Thursday night although one team has to call Romsey home due to us only having four courts under lights. The fact we have five teams in this comp is amazing as we have the most teams of any club in this competition. The Juniors have started back and are going very well. We are always looking for more juniors and winter competition is just around the corner. If you have a child who is interested in

playing tennis over winter or summer give our Junior Coordinator Sally Potts a call on 54292039. Coaching is available through the club.

If you don't want to play competition, and would like to be able to have a hit on the new courts whenever you feel like it, why not take out a Social Membership. It is only \$25 plus \$30 insurance and you can play whenever you have the time.

A family membership is only \$125 plus \$30 insurance for the first three listed family members so a maximum of \$215 for a family membership even if you have more than three kids. All members get a key to the courts. A key to the club rooms to play under lights can be obtained from any of the committee members. There is a \$5 fee to cover the cost of electricity when playing under lights.

Membership forms are obtainable from our web site at www.lancefieldtennisclub.com.au

Healthy and Active People

Would you like to live a healthier lifestyle? Are you interested in doing more physical activity and eating better, but don't know where to start? Then consider joining one of these programs as part of the Macedon Ranges Healthy and Active People initiative:

AustCycle

Want to get back on that bike or never learnt to ride one? Then come join the AustCycle Program. Gain confidence and riding skills in a friendly group environment. Our AustCycle Teachers cater to a range of skill levels from those who have never ridden a bike to those comfortable riding on quiet roads.

When: Starts Thursday 8 March 2012, for 6 weeks. Time: 10am

- 11am. Where: Buffalo Sports Stadium, Forest Street, Woodend.
Cost: Gold coin donation per session
RSVP: Monday 5 March 2012 by calling 5422 0216.

Connecting Carers Forum

Bendigo Health Carer Support Services and the Macedon Ranges Healthy and Active People Initiative invite all carers in the Macedon Ranges Shire to a free Connecting Carers Forum. Come and find out about the ways carers can look after themselves while they are busy looking after someone else. A carer is someone who voluntarily cares for a family member or friend who may have a disability, mental illness, chronic illness, dementia or who is frail or aged.

Date: Thursday 8 March 2012

Time: 10am—2pm
Where: Woodend Community Centre, Forest Street, Woodend
Details: Lunch provided. Respite for carers to attend this event can be arranged. RSVP: Monday 5 March 2012 by calling 5471 1017.

Outline for the forum

Listen to Carol Henderson from Carers Victoria as part of the Caring for Yourself workshop. Find out about Carer Support Services. Hear about the Macedon Ranges Healthy and Active People Initiative and what programs and activities are available to you.

Join in discussions with your peers about opportunities for carer support groups and/or healthy lifestyle activities in your community.



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