

# Lancefield Mercury

## SAM HASLETT

Sport is big in Lancefield, as it is in many regional and country towns – a great way to bond and to exercise, deep in the game or cheering from the sidelines, and have a drink and a yarn afterwards whilst analysing the finer points of the game, whichever one it was that day.

Sam Haslett's focus is basketball. How did he begin? He learnt to dribble one Xmas Day when he was about seven, with his cousins in Riddells Creek. If you don't know what this is, it's bouncing the ball on the ground as you move around the court – dribble at all times. is the rule. He took to it, then at 10 joined Romsey Rec basketball group; and quite soon after graduated to the Gisborne Bulldogs U14 team with his cousin Isaac and his uncle, their dad, Brendan, who is coach for that team.

Being a total novice to basketball, (apart from netball at school, about which the less said the better) I asked Sam to explain the positions and why he plays Small Forward. This is one of three "shooter" positions (goal scorer, for the uninitiated); the others are Power Forward and Centre, who is always the tallest player of the three. Height is a big factor in basketball, in case any sightings of the impressive American players like Shaquille O'Neal (216cm), Michael Jordan (198cm), LeBron James (206cm), and Kobe Bryant (198cm) haven't given you a clue. Sam is 196.85 (6'5ish" in old money) and possibly still growing since he is currently just 15 years old.



Sam played representative basketball with the Sunbury Jets, where the kids are ranked in skill; he started with the 2s (there are 4 levels), and then moved into the 1s in 2019. During lockdown 2020/2021, he stayed home and practiced his shooting. He was a mere 6'1" at that time, but by 2022 he had shot up to 6'5".

Sam was then selected for the State Development Program (SDP) which is the pathway to playing for the state, and then the national team. In January 2023 he was selected to play in the Australian Junior Basketball Country Cup in Albury – teams from all around Australia and New Zealand participate – Sam was one of the best 20 players in the state in this tournament. He says this was his best tournament so far,

and the team won, with four Sunbury players involved. Sam was the top 3-point shooter for the tournament. This is a **VERY BIG DEAL**.

Earlier this year Sam was selected to represent the Victorian State Country U16 team which competed in Perth at the Footlocker National Championships in July. Ten players from the Albury tournament went with him. This is effectively a showcase of the best U16 Australian basketball talent in the country, both girls and boys. Vic Country finished 5<sup>th</sup> overall out of 13 representative state sides from around the country. Impressive stuff.

Then, he was rung personally by Basketball Victoria's Nathan Cooper-Brown, (who also talent-spots for the

national team, the Boomers) and asked to join the National Performance Program (NPP), which consists of the top 30 Victorian U18 prospects - Sam was 14 at the time - and aims to develop the most promising basketball prospects in the state.

In mid-August Sam was invited to Canberra to the Australian Institute of Sport (AIS) to meet and train with other athletes as part of a 3-day camp. The AIS hosts the Australian Centre of Excellence and the NBA Global Academy which boasts such alumni as Patty Mills, Josh Giddey and Dyson Daniels.

He passed his mid-year evaluation with the NPP and then recently moved schools to the Maribyrnong Sports Academy to continue Year 9. This school is a fast-track to the US college basketball circuit.

As of early September, Sam is travelling to Maribyrnong each weekday to train at the school there – his schedule is divided between ordinary school subjects and training with the best young elite athletes in Victoria, a program which covers all sports.

I asked him how he relaxes – his only down time would seem to be the travel time from Lancefield to Maribyrnong. Listening to music is the answer. Drake is the rap artist of choice, and, as Dad Darren and Mum Megan are the taxi service when there are out of hours practice sessions (7am before school starts, or 3.30 -5pm after classes finish) Sam is now a fan of Darren and Megan’s 80s choices: Foreigner and 10CC. Nice taste, that man.

As if this wasn’t impressive enough, there is always the possibility of playing for Essendon FC, initially doing a 12-

week program. Sam’s height and agility on the basketball court could easily translate to the footy field. Sam is as interested in this possibility as the basketball stream, so it will be fascinating to follow his career from here on. We’ll keep you (goal)-posted.



Beth Child



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# WURUNDJERI CULTURAL GROUP SUPPORTS YES VOTE

Elders at the Wurundjeri Woi-wurrung Cultural Heritage Aboriginal Corporation have taken a formal position on the voice to Parliament to actively support the Yes vote.

The decision, made by Wurundjeri Board of Directors, comes after months of careful consideration and community consultations, including two face-to-face meetings between Elders and the Minister for Indigenous Australians Linda Burney.

Wurundjeri Woi-wurrung Cultural Heritage Aboriginal Corporation Deputy Chair Uncle Andrew Gardiner said the decision was not taken lightly, acknowledging the many views across the Wurundjeri community.

“We support a YES vote, and we want constitutional change that recognises us as first peoples,” Uncle Andrew said.

“Ultimately the Elders at Wurundjeri want a say in the matters that impact our community, those decisions made by the government that effect Country, our Culture, and our families.

“We want to be part of a representative group that goes to Canberra and says that this is what our needs are, and we want to push for those needs.”

The Wurundjeri community has a long history of post-colonial political engagement. Esteemed Wurundjeri Ancestors Simon Wonga, William Barak, Bebejan, Billibellary, and Ningulabul were all well-known and active participants in the political scene as Melbourne was being built around them.

“Not only was our culture passed down from our Ancestors but so was our fighting spirit, our negotiation, diplomacy, and above all, our fundamental regard for our people, our Country, and our way of life,” Uncle Andrew said.

“Now we call on those living on Wurundjeri Country, the many people living in the greater Melbourne area, to vote YES in this referendum.

“Give us your vote, give us a voice and a say in how our lives are governed. It’s time we’re recognised. It’s time for constitutional change.”

The Wurundjeri Woi-wurrung Cultural Heritage Aboriginal Corporation was established in 1985 by Wurundjeri Elders. As a representative body for Wurundjeri Woi-wurrung people, the Traditional Owners of Melbourne, and the Greater Melbourne region, it is the oldest and longest running Traditional Owner organisation in Victoria.

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# Lancefield Mercury

## USE YOUR VOICE

We all have the rare chance on October 14, to have a say, to use our voice. It is a privilege and responsibility at the same time. It is not a good option to vote yes or no simply because you do not know – do not trust anyone who tells you to stay ignorant. This can only work against you – you can find out, and it is not that hard. If you don't want to spend the time researching, look at a fact checker (such as the Guardian Australia which has an online fact checker of both sides of the 'official' yes and no cases – takes about half an hour to go through, and then you will know and can decide for yourself).

This is an issue for us as individuals – it is not a political issue, although it has suited some people to make it a political issue. It may be that our constitution, written over 100 years ago by entitled white men, is still meeting the needs of our society now.

I won't tell you how to vote, but I will encourage everyone to spend the time to make an informed decision – do not accept any of the claims without question.

Use your voice wisely.

Andy Moore

# LANCEFIELD AGRICULTURAL SHOW

The annual Lancefield Agricultural Show is on again this year, on October 15, between 9am and 4pm, with some events (megafauna, and horse events) on Saturday 14. All the usual events including woodchop, tractor pull, show jumping, trotting, chainsaw carving, rides, homecrafts, two zoos, dog high jump, with rides, food and wine available.

Special events this year include the OP SHOP CHALLENGE.

Purchase an item from the Op Shop, keep the receipt, take a photo of your item and RE-PURPOSE IT – use your imagination! Present your NEW item with photo and receipt attached to be in with the chance to win.

Try the TABLE SETTING COMPETITION for something different!

Choose a theme for your table setting, collect all the pieces you will need for 1 (one) place setting, choose an appropriate menu for your theme. Menu to be included. Settings will be judged on theme, originality, presentation and menu. Setting time will be between 2pm – 3pm on Saturday 14 October.

Entries to Judy Stammers – 0437 566 138

## LANCEFIELD MERCURY INC.

A0045845D

Deadline for articles and advertisements is the 15th of the month. The Mercury is distributed by post and volunteer deliverers to all premises with a letter box in the Lancefield postal area at the start of the month. Copies of the paper can also be found at the Romsey Library.

The Lancefield Mercury is produced by volunteers as a service to the people of Lancefield.

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

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

Enquiries about advertising: advertising3435@gmail.com – Ken Allender 0404 886 580

Check lancefieldmercury.org.au for general information about advertising and how to contribute articles, as well to see digital back copies.



### Editorial Committee:

Andy Moore

Craig Longmuir

Karen Barr

Fay Woodhouse

Ken Allender

Julianne Graham

Beth Child

Editorial Enquiries to  
Andy Moore 0430 448 120

Advertising Enquiries to  
Ken Allender 0404 886 580.



### Advertising Rates

One eighth page \$35

One quarter page \$55

Half page \$100

Full page \$165

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

Annual 1/8 page \$280

Annual 1/4 page \$360

Annual 1/2 page \$650

Annual full page \$1000

### Colour Advertising:

Full page \$240 per edition

1/2 page \$145 per edition

1/4 Quarter page \$80 per edition

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



# CONVENIENCE, JOBS, INVESTMENT

Welcome to the team, Hamish. Moving across from the Community Bank Gisborne & District team, Hamish brings with him a wealth of experience and will be a great addition to our Lancefield and Romsey branches. Make sure you stop by and say hello.

## RDFNL SEASON WRAP

We came on as Major Sponsor of the RDFNL in 2022 to support the league, our local clubs, and most of all, our local players. It's been great to hear from the RDFNL team how much our sponsorship helps keep costs down for our local football and netball clubs. We know first-hand that sport isn't free, and the costs can add up - at the club, player, and family level. We saw the 2023 season out with lots of fun events, including the Junior and Senior Presentations and the Senior Grand Final Luncheon.

## COMMUNITY BANKING FOR 25 YEARS

It might come as news to you, however we're a little different from your standard Bendigo Bank branch. Twenty-five years ago, two local towns in the Wimmera came together to pioneer the Community Bank Model, partnering with Bendigo Bank to offer a local banking solution when the banks were all leaving town. The withdrawal of all banking

services from Lancefield, particularly, was very detrimental to the community. A group of locals subsequently got together with the objective of bringing back banking services to Lancefield after an absence of eight years. The first board of Lancefield & Romsey Community Financial Services Limited was established in June 2000 and our Lancefield branch opened in May 2001, followed by our Romsey branch in 2005.

Community Banking is about more than just quality banking services – it delivers employment for local people, keeps local capital in the community, is a local investment option for shareholders and provides a source of revenue for community projects determined by the local community. In our twenty-two years, we've reinvested over \$2.5 million back into the Lancefield and Romsey district via grants, sponsorships, scholarships and donations, with more to be announced in the coming months.

## ANNUAL GENERAL MEETING

The AGM of Lancefield & Romsey Community Financial Services Limited (the local company that owns our Community Bank Lancefield and Romsey) will be held at 6.30pm on Thursday, November 30 at The Lancefield Lodge. Shareholders will have received formal notice of the AGM along with supporting documents mid-September.

# ROMSEY LANCEFIELD SENIOR CITIZENS

Good news – our monthly bus trips will be starting up again in November. We are yet to confirm the date (due to Melbourne Cup), but we will be heading up to Bendigo to visit the many op-shops in the town. It should be a great day out. More details in next month's report. But in the meantime, for more information on pick up times please contact Helen or Jan (phone numbers below).

On Tuesday December 5 we will be heading to Highlands Hotel for our Christmas break-up. More details on pick up

times and costs next month.

We meet every Monday at the rear of the Romsey Mechanics Institute for lunch, \$10 – everyone is more than welcome. Come along and join us for a chat or a game of cards. Looking forward to catching up with you.

For further information please contact Helen on 0409 064 303 or Jan on 0408 371 755.

Hope to see you soon.



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## THE LANCEFIELD MEN'S SHED

# CONTRIBUTING TO THE COMMUNITY

When I first joined the Men's shed about 7 years ago it quickly became apparent that there wasn't a lot for me to do and contribute. Now I am just as happy as the next bloke to sit around and drink coffee and talk stuff, but I was in the middle of doing some work around our house and I really didn't have time to be sitting around.

At the time, somehow, I must have mentioned to Joe Lewandowski (the secretary) that I had an interest in picture-framing, and earlier this year he called to say that a picture-framer at Kyneton was going out of business, and would I like some mouldings for free. After thanking Joe I was over to Kyneton in a shot, (as anyone will know if they have had a picture professionally framed, it's not a cheap exercise) framing moulding is not cheap, I thanked the kind lady, picked up a sizeable amount of moulding, and was away.

The following week I visited the shed to thank Joe, and saw all these blokes working away making all sorts of things and repairing things. This was more like what I wanted to be part of.

I am not sure what people know about the shed but it's important to point out the contribution these blokes make in the community. It's interesting when you are working away and a lady drops in with a treasured chair that needs some repair, or a BBQ table that has seen better days or a dolls house that has been loved a bit too much by someone's little

ones. One of the blokes (who shall remain nameless) gets a kick out of finding bits a pieces wood and making all sorts of kids toys and decorative pieces, he is great fun to watch.

We get all sorts of stuff to do, and Russell (the President) is forever writing up new projects on the notice board. Once a month he and some of the members spend the morning selling items at the Market Day that have been produced by the blokes. I know I am a bit biased, but I am in awe of the skill of these community members.

The group does work with the school kids teaching them wood work and the safe use of equipment. It's great to see the children working with their hands and learning new skills.

A few months back the blokes were asked to help the ladies from the patchwork group to set up their stands; it's amazing how many turned up and freely gave of their time.

The Mechanic Hall needed their tables fixed and some old pews renovated, we are currently repairing the doors on the notice board. All this stuff needs to be done for the good of the community, it's all done with out too much fuss and minimal cost.

The Lancefield Men's Shed is a valuable part of our community, and a very enjoyable place for our men to get together, enjoy each other's company and practice their skills and contribute.

Neil Vincett

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## HALL HAPPENINGS

### LANCEFIELD MECHANICS' INSTITUTE

# SAVOY COMES TO TOWN

October sees another busy month with a great variety of events for the community happening at the hall. Something new will be Ely's Music Playtime for toddlers, pre-schoolers and their caregivers. These will be running on Monday mornings from Term 4. The sessions focus on participation, movement, play and connection through song and using props and musical instruments.

Our regular users and activities continue - Line Dancers, Pilates, Patchwork, CWA, Learn to Dance (old-time), and other events for the coming months include some private celebrations.

Have you ever wondered about the sculpture outside the Lancefield Mechanics' Institute in High Street? The work titled Leaving your Mark was created by artist Charlie Acquilina in 2005 and acknowledges the Indigenous clans of our region. We have recently had an interpretive plaque installed beside the work, so next time you are passing take a look and discover its meaning.

The artist Charlie Acquilina says -

"Having lived in Macedon for 40-plus years, I consider myself a local artist. I mainly work in metal, forging out the shapes and segments for the project at hand. I have been involved with three public art projects in the Macedon Ranges, the most recent being for the Eco Therapy Park

Project in Romsey. Through the years that I have been at my forge and anvil, I have developed an individual style which is constantly evolving with each new project. Work comes to me through word of mouth, and I create a variety of original designs. I love the challenge of this diverse work".

SAVOY OPERA COMPANY presents Die Fledermaus (Johann Straus II). Join us for a wonderful Sunday afternoon comic opera as we welcome back the Savoy Opera Company with a performance of Die Fledermaus by Johann Straus II (sung in English).

This well-known operetta is another departure from the beloved Gilbert & Sullivan Operas for Savoy. Filled with beautiful music by Johann Strauss II, many of you will be familiar with The Laughing Song as well as the Toast to Champagne.

Everyone is going to Prince Orlofsky's New Year's Eve ball, but they do not want their nearest and dearest to know. Gabriel von Eisenstein evades jail for a night to attend; his wife follows him in disguise, to find out whether he will misbehave. Adele, their maid, claims to be visiting her "sick aunt", but she, too, goes to the ball.

As the characters obscure their identities and get caught up in romantic escapades, a search for the truth ensues. It



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is a riotous romp through timeless themes, all of which ultimately involve affairs of the heart. Enjoy all that goes with a gala ball that is interwoven with mistaken identities, marital infidelity, prison sentences, and theft of an infamous timepiece, transpiring in a soaking of champagne – what could possibly go wrong?

At intermission you may like to enjoy a champagne to enhance the mood of the 'Toast to Champagne'.

The opera will be on Sunday October 8 with the performance starting at 2pm (doors open 1.30pm). Tickets are \$35 for adults and children are \$10, <https://www.trybooking.com/CKNLE> or at the door.

### OCTOBER EVENTS

- Sunday 8 - Savoy Opera-Die Fledermaus
- Monday 9 - Landcare meeting,
- Saturday 14 - Megafauna event  
Lebanese Feast –
- Saturday 21 - The Music Factory show
- Sunday 22 - Witches Fair -
- Friday 27 - Old Time dance
- Saturday 28 - Little Treasures Market

For enquiries regarding events, classes or booking all or part of the hall complex please contact our Booking Officer at [lancefieldhall@gmail.com](mailto:lancefieldhall@gmail.com) or mobile 0437 313 564.

Bronwyn Wilson  
Lancefield Mechanics' Institute Committee.





Mon	6.00am - 5.30pm
Tues	6.00am - 5.30pm
Wed	6.00am - 5.30pm
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# ROMSEY LANCEFIELD ROTARY CLUB Inc.

## HIGHWAY CLEAN UP

The Romsey Lancefield Rotary Club Inc. has a two-yearly highway clean up along the Avenue of Honour Melbourne-Lancefield Road (Western side) between Hutchinson's Lane and Boundary Road, and between Boundary Road and Collivers Road.

The Melbourne-Lancefield Road regularly has rubbish littering the verges, and under the auspices of Clean Up Australia our Rotary Club has been collecting the litter since 2000. Littering is illegal and offenders can be prosecuted under the Environment Protection Act 1970.

It would surprise readers to know what rubbish and litter we have encountered over the years. Alcohol bottles and cans, ropes of all descriptions, plastics, cigarette packets and cigarette butts, used hessian bags, plasticised feed bags, shoes, toys, slippers, boots, chains, children's books, tissues, cardboard boxes of all sizes, polystyrene packaging, shirts, T-Shirts, sunglasses, glasses, babies nappies, household waste, underwear, tin foil, pencils, biros and pens, coffee cups, gardening plastic pots, plastic tubs, bolts, nuts, steel bars, tyres, tyre rims, parts of cars and trucks, tools, fast food containers, wood of all descriptions and lengths, and discarded household furniture.

Many landowners along the Melbourne-Lancefield Road are to be commended for their efforts in keeping highway land in front of their properties clear of litter. We always welcome any community volunteers wishing to assist us in Highway Clean-Ups that will be advertised through our local community papers.

Our next clean-up is on Saturday 4 November (9 am to 12 noon). We will gather at Hutchinson's Lane West Romsey for a short induction regarding procedures and distribution of safety gear (i.e hi-vis vests and gloves) and equipment as required by Clean Up Australia.

As we move into spring and then the summer months it is a timely reminder of the fire dangers posed by litter (hidden among the grass) and we'd ask all our local communities to

report any littering by contacting the Macedon Ranges Shire Council on (03) 5422 0333 or report an issue (<https://www.mrsc.vic.gov.au/Contact-Us/Report-an-issue>).

Readers interested in the Rubbish Reports from Clean Up Australia can be found at: <https://www.cleanup.org.au/rubbish-report>

According to Clean Up Australia: "Over the past 33 years, more than 20 million volunteers have donated more than 38.5 million hours to their local communities, removing hundreds of thousands of Ute loads of rubbish from over 215,500 registered locations across the country."

The Romsey Lancefield Rotary Club Inc. meets every fortnight on Thursdays (7 pm – 9 pm) at Soltan Pepper Restaurant. Community members interested in becoming Rotarians are very welcome to join us.

For further information please contact our Club Secretary - Anne Collins via email [anne.collins@outlook.com.au](mailto:anne.collins@outlook.com.au)

Dr Greg Powell

The Romsey Lancefield Rotary Club Inc.



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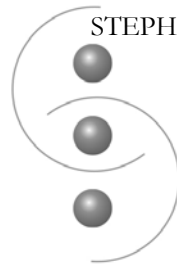
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**COMBINED PROBUS CLUB OF ROMSEY AND LANCEFIELD**

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The Romsey/Lancefield Probus Club is for active retirees or semi-retired people to meet, relax and enjoy the welcoming company of those at the same stage of life. There is a regular monthly meeting with guest speakers, morning tea and time to socialise with the other members. Each month there is a regular outing for lunch held at different venues around the region as well as short and longer trips throughout the year. This year the club is visiting Western Australia in October. There is a coffee morning at 10am every Friday at the Lancefield Corner Store where members meet for a chat and a bit of fun.

In September the club was addressed by Jenny Stillman, a member of the award-winning Romsey Ecotherapy Park committee and also the president of Eastern Macedon Region Business and Tourism Association) which is a not-for-profit interest group promoting business and tourism in the Romsey region. The Club enjoyed Jenny's vision and action in developing a wonderful facility for the Romsey residents as well as the wider community, and are sure to take advantage of the park in future. Members who have already visited the park shared their enthusiasm and said how it is suitable for all groups within the community.

The outing for September was a luncheon at the Songbird Café in Kinglake, giving the members the opportunity to sit and relax in a cosy environment. It also allowed people to take advantage of the local sights and attractions on offer such as the National Park, shops and nurseries all within a short distance from the café.

The next meeting of the Romsey/Lancefield Probus Club will be on Thursday 26 October at 10am in St. Mary's Catholic Church Hall Main Street Romsey.

We are a friendly, welcoming group from diverse backgrounds with a variety of interests and we'd love to meet you. Feel free to attend a meeting as a visitor.

President Noreen 0401 579 180 Secretary Betty 0409359048 Visit [www.rlprobus.org.au](http://www.rlprobus.org.au) for more



Discover the cool wines and warm hearts of Macedon Ranges winemakers at their annual wine festival, Budburst, this spring from Friday 17 to Sunday 19 November.

Budburst is a once-a-year opportunity to step behind the vines and meet the family-owned and small-batch makers who shape mainland Australia's coolest wine region.

The Friday evening will see local venues showcase Macedon Ranges wine alongside other great produce of the region bringing together what they believe to be the best of the Macedon Ranges.

Across the weekend, more than 25 Macedon Ranges winemakers, across 18 Budburst sites, will be offering wine tasting from 10am to 5pm on Saturday and Sunday along with curated food menus championing local produce, art shows, sculptor walks and live music.

Explore at your own pace or jump on one of the Budburst bus routes.

Go to [budburst.com](http://budburst.com) for Festival and bus tickets.

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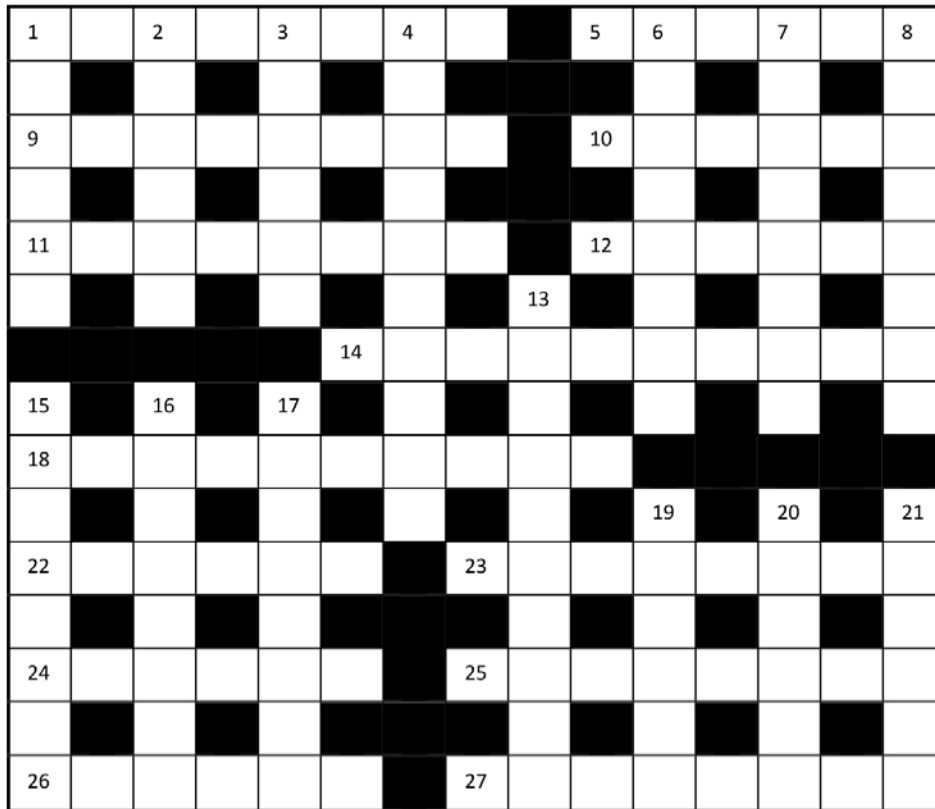
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# CRYPTIC CROSSWORD Solution on page 34



Kevin Moysey the cross word maker

## ACROSS

- 1 Play with triangles without me and you could choke (8)
- 5 Make into a specific shape at layout (6)
- 9 Respond to particle what some chemicals have (8)
- 10 Glider used to help keep in shape (6)
- 11 Moderate requirements - but still pointless (8)
- 12 No suite with noo but aligns for a common purpose (6)
- 14 Following this in an old fashioned way (10)
- 18 Green tea denotes (without memos) to show evidence of decline (10)
- 22 Decreased can mean sorted if without (6)
- 23 No coin in ahead until proven guilty? (8)
- 24 Legal after a time, finally, to draw out (6)
- 25 Here? Maybe, however it's put out of position (8)
- 26 It can make us gray but how sweet! (6)
- 27 Money charge found in street (8)

## DOWN

- 1 Leave without transport to the shore (6)
- 2 Reader could be brought up (6)
- 3 Nestle with tea but no sea produces stinging plant (6)
- 4 Most of something that cats mutually use? (10)
- 6 Eastern or late in arrangement (8)
- 7 Contemplate how to organise date time (8)
- 8 Try a user to find where the money is (8)
- 13 Claim to something may mean stress beforehand (10)
- 15 Nervousness understandably could occur near a cliff? (8)
- 16 No, ring twice without nurse taking no notice (8)
- 17 Not as good when fire iron is used (8)
- 19 Overbalance to people without Executive Order (6)
- 20 The front? Or spoil its appearance (6)
- 21 We hear there's an exam to certify (6)

## Romsey Beauty Spot

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**DOG OBEDIENCE CLUB**

# SAFE SNACKS FOR YOUR DOG

Great morning for our September new members, a small intake of four this month, but nice weather-wise.

How often do we sit eating snacks and our 4-legged family member sits and stares at you with those eyes that say “I’m missing out here”. If it’s anything like our house, there answer is “every time”. So, what can you give your doggo whilst you are eating chips, nuts, and chocolate? Or what can you eat and share?

Try the following, but remember everything in moderation.

Celery sticks with peanut butter is a hit in our house. Not too much, due to its diuretic effect and not too big to avoid choking. Make sure the peanut butter has no xylitol. Watermelon peeled and seedless, great frozen in the summer, and it is full of antioxidants. It can also improve the immune system. Blueberries are a superfood for dogs as well as humans. Full of antioxidants, great frozen and provides a boost to the immune system. Strawberries, another great snack. Be sure to hull and feed in moderation, they can cause digestive upsets. Mangos peeled and pit removed is another food high in antioxidants. Bananas are a great snack for dogs and humans alike. Remove the peel and feed in moderation. Coconut, yep, you heard me coconut! Flesh only is great as a snack and has been shown to have a healthy impact on your dog’s body. Pears are fat free and a great snack for those trying to lose weight. In our house we freeze blueberries, watermelon, strawberries, pear, and mango.



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Carol Instructor/Treasurer MRODC



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## WHO YOU GONNA CALL?

Traditionally we lived in tribes, with extended family. Not many of us live this way anymore. Now we use services that we pay for, or that are provided for us, to help with the everyday, and there isn't really a need to create a community tribe. But, as we have learnt in Lancefield, when there are fires, floods or isolating storms, community can be all we have.

One of the things Lancefield has shown over the years is that it has a community that gets together to make things happen – we have a community-run hall, park, and playgroup; until recently a community run kindergarten, a swimming pool built through local fundraising and a Neighbourhood House that was started 34 years ago. Also, an incredible number of sporting clubs, special interest groups and service clubs.

Many of these organisations hold events and activities which are ultimately about bringing people together – creating community. The next few editions of the Mercury will have many of these listed as we all make the most of the warmer weather to hold events; also check the posters down the street, the Lancefield Town Crier Facebook page and lancefield.org.au - our Lancefield Community website.

We think there is something for everyone in Lancefield and urge you to come along to some events and help keep our community a strong one, because, as we know, community is the only thing we have in times of emergency or when times are really tough.

## COMING EVENTS

Hope to see you at one of these, or others that will be listed over the next few months. Also would love to hear from anyone who would like to volunteer at any of the Neighbourhood House events planned for the remainder of 2023.

- A Taste of Lebanon in Lancefield – October 14
- Megafauna Festival, as part of Lancefield Show – October 14 and 15
- Lancefield Neighbourhood House AGM – October 19
- Farmers Market – October 28, November 25

Feed it Forward Community Lunch – October 24.

For more information about any of these events or the other activities and services the Neighbourhood House runs, please call the House on 5419124, or visit lancefield.org.au where you will also find links to other community events being run in Lancefield.

## THE BARRELS: YOUR RESPONSE

There was a great response to our survey regarding the barrels along High Street. Of the one hundred and eight people who responded, 81% think they are great and 14% don't mind them, some have not noticed them and only 3% think they are an eyesore.

Ninety-five percent of respondents would like the barrels as they are, to be maintained, with most comments in favour of their current shape, with their mix of edible plants and flowers.

Comments were made such as 'greening our street; rustic country appeal; a nod to our wine region; food or plants for biodiversity', indicate the thoughtfulness of the respondents in appreciating their value to Lancefield.

The Neighbourhood House acknowledges that recently they have not looked their best, as finding volunteers to look after them has been an issue. But in true Lancefield style, in asking if any community members would be prepared to adopt a barrel, thirty-one respondents said yes.

Thank you to all who took the time to answer our questions. With help from these generous people, we can look forward to the barrels once again being a colourful and productive feature of High Street, Lancefield, and can work towards a streetscape plan with the Council.

We will be in touch with everyone who has offered to adopt a barrel.

## ANNUAL GENERAL MEETING

The Lancefield Neighbourhood House AGM is going to be held on Thursday 19 October 2023 at the Lancefield Mechanics Hall, starting at 7pm. If anyone would like a nomination form, please email the secretary at secretary@lancefieldhouse.org.au or they can pick up one at the Town House or the School House.

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# NEW BOOK BY LOCAL LIFTS THE LID ON BREASTFEEDING

When Romsey local Dani Malone had her first baby in 2017, she assumed feeding him would be the most natural thing in the world. But instead of the joyful days of early motherhood she had imagined for herself, she left the hospital and was launched almost immediately into days of confusion, heartache and anguish as she struggled to breastfeed and couldn't work out why it wasn't working. It was an intensely painful experience that she was completely unprepared for, and it left her feeling isolated and lost.

After many anxiety-filled weeks, Dani found Elizabeth Yip, a midwife and lactation consultant who supported her to find a feeding method that worked for her and her son, and in time she happily fed him with a mixture of breast and bottle. But the ordeal of those early days left a mark, and she was unsatisfied by how breastfeeding struggles weren't more widely discussed, despite how common they are.

"There is a lot of public conversation about birth, delivering a healthy baby being the end game, but that is only half the journey," she says. "The critical weeks of bonding with a new baby and adjusting to breastfeeding are not well understood, and the idea that feeding problems can continue into the first 12 months of a child's life rarely makes the spotlight.

"In an age where we fully understand the vital benefits of breastfeeding for good health over a lifetime, the sense of failure when breastfeeding is not straightforward or becomes impossible can't be underestimated," Dani says.

A journalist by trade, she teamed up with the midwife who had been such a help to her and together they started speaking to women about how they fed their babies. Over five years (during which time Dani had another baby) Elizabeth and Dani collated more than 80 first-hand accounts from mothers, fathers, partners and daughters, and they have published them in a powerful and comforting collection, *Spilt Milk: Honest Breastfeeding Stories*.

The book contains heartbreaking stories of intense pain but also blissful accounts from women who breastfed easily and for as long as they wanted. There are mothers who were

unable to feed due to medical conditions and women who managed to feed multiple children at once with breastmilk alone. No mother and baby team fed the same way, and when you read each account back-to-back, the thing that stands out is how much conflicting and confusing advice is given to new mothers when breastfeeding doesn't go according to plan – and sometimes even when it does. It is such a challenging time for new mothers, and often all these women needed was someone to listen to them with compassion while they worked it out their own way.

*Spilt Milk* has no ideology to push or advice to pass on. "I didn't want to have any particular agenda around breast or bottle," Dani explains. "We feed our babies the way we can, and we all have had different experiences. What is normal is huge when it comes to feeding your child. I wanted to let the experiences speak for themselves."

This book is for anyone who has ever fed a baby, no matter the method, or for anyone preparing to give birth and wanting a judgement-free picture of what might lay ahead. If there's a new or expecting mother in your life, get them a copy. It might be just what she needs to read during a challenging period. You'll be supporting a Macedon Ranges local with your purchase.

Andrea Davison



*Spilt Milk* is available in paperback for \$27.99 at [spiltmilkstories.com](http://spiltmilkstories.com) - portion from the sale of each book will go to the Birthing Kit Foundation Australia.

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# YOU CAN LEND A HAND

## DEFIBRILLATORS

The Lancefield Neighbourhood House CoM is generously donating three new defibrillators to Lancefield Park. They will be located on the external walls of Laurie Green, the LEG and Bowls club rooms. The purchase plan the Neighbourhood House has agreed to will ensure the defibrillators will be regularly maintained. The Lancefield Park Recreations Reserve - Committee of Management sincerely thanks the Neighbourhood House, on behalf of our user groups and everyone who uses our wonderful Park.

## PARK BOOKINGS

Did you know that you can hire the Laurie Green Pavilion, its foyer and other spaces at Lancefield Park for events? If you are planning a private, business or community event in the future, why not check out what we have to offer at the Park? Enquires can be made via email ([lprbookings@gmail.com](mailto:lprbookings@gmail.com)). All the events and activities at the Park can be viewed on our calendar at [lancefield.org.au](http://lancefield.org.au) under 'calendars'.

We have two big events coming up - our very popular Agricultural Show, which is the highlight of our year, is

back on October 15. The Football and Cricket Clubs have combined forces to organise a big Oktoberfest fundraiser on the October 7.

## ABOUT THE PARK

Lancefield Park Recreation Reserves are two of around 1,500 Crown land reserves in Victoria which are managed by voluntary committees of management, with support and oversight from the Department of Energy, Environment and Climate Action (DEECA). We have two reserves, one at 65 Chauncy Street and another on 76 High Street. Lancefield Park is the primary open space and recreation area in the township of Lancefield and is home to twelve different clubs or associations, many of which are represented on the voluntary committee. The Committee works to maximize the public benefit of the Crown land reserves for the benefit of the community, without any funding provided by DEECA.

## YOU CAN HELP

The Committee has very limited capacity to raise funds, and relies on the licence fees from our user groups, event hire, a small maintenance allowance from the MRSC and applying



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**Sunday 29th October 2023**  
**Clarkefield Reserve**  
**8am-2pm**

**Contact Lancefield Romsey Lions: 0400938160**





# HISTORICAL SOCIETY AT THE SHOW

The Romsey & Lancefield Districts Historical Society will have a stand at the Ag Show on Sunday October 15. Come along and meet us, see our latest publications, and enter the raffle for this beautiful, one-off Amish quilt, generously donated by one of our members. It's all hand sewn, a beautiful artwork to treasure and hand down. Raffle tickets are only \$2 each or 3 for \$5.



Notice of Annual General Meeting  
The Romsey & Lancefield Districts Historical Society will hold its AGM on Sunday November 26 at 3pm, at the Courthouse, 55 Main Rd, Lancefield. Please come along to support our society and vote for a strong committee to continue and expand their fine work into the future.



## THE UPLIFTING BRAHMS WALTZES

The Gisborne Singers are pleased to present Brahms Liebeslieder Waltzes. The work features piano four hands, a style popular in the 19<sup>th</sup> century where two pianists play simultaneously on one piano. Talented choir accompanist Anna Clarke Zuidland will be joined by guest pianist Elyane Laussade.

Brahms Liebeslieder Waltzes is a collection of love songs in the Ländler style. Liebeslieder translates as love song, and the lyrics come from Georg Friedrich Daumer's Polydora, a

collection of folk songs and love poems.

The concert is on Sunday October 29 at 2pm in the Church of the Resurrection, Macedon.

Tickets are \$55 and for students and seniors \$45 under 12 are free. Tickets are available at [www.trybooking.com/CIWVG](http://www.trybooking.com/CIWVG) or go to the Gisborne Harmonysite website.

The Gisborne Singers rehearse on Wednesdays at the Gisborne Uniting Church in Brantome Street, Gisborne. Enquiries to [president@gisbornesingers.org.au](mailto:president@gisbornesingers.org.au) or 0408 156 263.

# GOOD MORNING!!

The Lancefield Lodge & *Elsie's Diner* is now open for **BREAKFAST (from 8am)** & **LUNCH on SATURDAYS & SUNDAYS** from October 7



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# AN HOUR AND A HALF OF LAUGHS

Who would have guessed that a small band of actors could achieve such a lot in such a short space of time? But yes – it was possible. On Friday 18 August at the opening night of the season, the audience was treated to at least one line of each of Shakespeare’s 39 plays – or at least a reference to the play; I’m not so sure about his 154 sonnets or narrative poems. The performance was fast and furious, with multiple costume, set and lighting changes. As one of the audience who laughed and laughed, it was the perfect end to a busy week. The Mount Players have done it again.

Fay Woodhouse



# “PERFECTION IS THE ENEMY OF PROGRESS”

Those six words spoken by Winston Churchill are important to remember whilst going through life, especially when trying to get yourself on to a nourishing, healthful track. Don’t let perfectionism hold you back on your wellbeing journey. It is easy to get caught up in the idea of being perfect, but that can actually hinder progress. Embracing imperfection and allowing yourself to make mistakes opens up new possibilities for growth and change. Note - it is okay to not be perfect. Taking small steps towards your health goals, even if you stumble along the way, will build confidence, then momentum and lead to triumph – whatever that may be for you personally. I often see this struggle among people changing their nutrition habits. They start off strong but give up after one “bad” meal. Don’t let a setback deter you. Keep going, because progress is what really matters, not perfection.

So today I ask you to let go of perfection and instead embrace imperfection. You will see amazing results.

Prudence Williams

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# RT Edgar



# ANOTHER BUSY TERM

It has been such a busy term, with so many events and activities that there is just too much to write about. So here's just some of the things that have happened in the past few weeks. I know everyone is looking forward to the holidays and a good rest.

## PREP - AUTHOR VISIT

On Friday 18 August, the Preps were lucky enough to have a visit from children's author Emma Bowd, thanks to Emma Stevens from Red Door books. They absolutely loved meeting a 'real' author and had lots of questions for Emma such as -

"Do you make the books yourself?"

"Did you draw the pictures?"

"How did you get the cover to look like that?"

Emma explained to them how she got her ideas and loved that they were authors themselves.

The students enjoyed acting out parts of her picture story book 'Wonderful Shoes' and Emma also read them her new book 'The Day You Were Born.' It was such a wonderful experience for all the students, and we thank both Emma's for this fantastic opportunity leading up to Book Week.

## ACTIVITY DAY

Well, once again our school community have outdone themselves. What an amazing Book Week Dress Up Parade we had - a huge crowd of family members and dressed up toddlers joined us to enjoy the amazing costumes on offer right across the school. It was great to see such enthusiasm and participation from all students. It's such a fun occasion and everyone loves to be a part of it. Along with the students, the majority of staff

came along dressed as crayons from the book 'The Day the Crayons Quit' as well as three staff members who came as the Three Blind Mice. What a great effort by all. Thank you to all staff for getting involved, it really set the scene. Costumes by the students were next level, so many different characters, so much effort and so many laughs. Thank you to the students and their families for helping to make this such a great day for all.

After our wonderful parade, students returned to their classrooms to join in a variety of activities related to the Book Week books. After reading the story, activities included puppet-making, playing Hide and Seek, designing an agility course, trivia questions, making paper dandelions and much more. Each class rotated through three activities for the day, allowing them to experience different books and activities. The afternoon was then spent at our whole school assembly where we got to experience a tram ride in Melbourne with 3/4BK.

Thank you to everyone involved in Book Week, it's a lot of work but so worthwhile. We appreciate the great effort everyone went to make this such a successful and memorable day. Well done.

## BOOKS TO LIFE PERFORMANCE

As part of Book Week we were very lucky to have a live performance of the book 'Jorn's Magnificent Imagination' by Coral Vass. This is the true story of Jorn Utzon, the architect of the world-renowned Sydney Opera House. The story follows Jorn through his life as he discovers his love



## LANCEFIELD JUNIOR FOOTBALL NETBALL CLUB

Notice of Annual General Meeting

**Tuesday 24 October 2023 7pm**

Laurie Green Pavilion Lancefield Park

All positions will be declared vacant

Nomination Forms available by contacting the Secretary @

[mportelli8@bigpond.com](mailto:mportelli8@bigpond.com)



# COMING SOON



The Mount Players (Macedon) and the Boilerhouse Theatre Company (Sunbury) are proud to announce a musical, swashbuckling, singing and dancing collaboration, bringing the Macedon Ranges the much-loved family show

## Peter Pan - A Musical Adventure

Friday November 3rd - Sunday November 26th  
at the Mountview Theatre, 56 Smith St, Macedon

16 performances: 8 @ 8.00pm and 8 @ 2.00pm  
Children's tickets available



To book your seats:  
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Based on J.M.Barrie's original play with permission from Great Ormond Street Hospital For Children  
PETER PAN (Stiles/Drewe Version)  
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of building and creating, gathering ideas from everything around himself.

The live performance included singing, a huge amount of audience participation, interactive screens and lots of fun. The creator of Books to Life, Tony Bones, is a one-man powerhouse. Changing characters, singing, using puppetry and getting the students involved and completely transfixed. It was a fabulous performance, enjoyed by both students and staff alike and a great way to end our Book Week celebrations. Thanks to the students for their enthusiasm and to all those courageous enough to get up and participate throughout the show, a brilliant effort. We look forward to having Tony back again next year for more books to life fun.

## PERFORMING ARTS SPOOKTACULAR

It has been a huge lead up to our Performing Arts Spooktacular. A great deal of work by our Performing Arts Specialist Teachers, Tamara Manski and Emily Armstrong. Choosing songs, choreographing the dance moves, creating the script to link all the songs, auditioning students for reading parts, sourcing costumes, makeup and more. So much work behind the scenes, and then of course practice, practice, practice. And boy, did it pay off. What an amazing show the students presented to over 350 audience members. It was clever, entertaining and colourful. We had ghosts, skeletons, pirates, zombies, superheroes, witches, princesses, heffalumps and wozzles, purple people eaters, monsters and ghost busters. The songs were catchy, the dance moves vibrant, the costumes just fabulous, not to mention the makeup. Such a fun night, hands down the best concert performance ever. The students outdid themselves; remembering their dance moves, song words, and script for those that had a speaking part. They entertained, amused and impressed the audience and for all their efforts we say a huge thank you and well done. Something of this scale is a team effort and we thank all staff for their contributions, family members for their assistance, the students for their dedication and Tamara and Emily for bringing it all together.



We hope our families enjoyed the show as much as we all did putting it on. Now we can breathe a sigh of relief as it's two years before the next one.

## VISIT TO LANCEFIELD COURTHOUSE

As part of their Inquiry Unit our Year 1/2s have been learning about how Lancefield and Romsey have changed over time. This has included investigating the Megafauna that existed many thousands of years ago, walking around Lancefield to discover the many older buildings in the town and visiting the Lancefield Courthouse which is home to the Lancefield Historical Society. Tuesday September 5 was the day they were able to visit and tour the Courthouse.

At the Courthouse, Shirley Kishere and Fay Woodhouse greeted the students and told them a little bit about the old Courthouse. Our students were all keen to find out about prisoners, and loved having a look inside the Lock-Up at the end of their tour. Fay told everyone a little bit about the story of Lancefield, from the original township first located over Mustey's Bridge to the current township and some of its landmark buildings - such as the churches and schools. She showed students maps of the old township as well. She then talked about the early squatters and farmers and showed some photos of the potato growers and a butcher showing off a slaughtered animal which looked like a cow. Looking at the megafauna bones and the axe handles from the Mt William Quarry were also popular. After exploring the inside of the Lock-up, and thanking Shirley and Fay, our students had their photo taken before walking back to the school. They had a great time, and we would like to thank Fay and Shirley for giving our students this amazing opportunity and for generously giving up their time to share so many interesting and valuable stories. The Lancefield Courthouse is well worth a visit for anyone interested in history and we highly recommend it.

Jo Shannon (Community Liaison Leader)

# WHY GROW NATIVE PLANTS?

Deep Creek Landcare Group plants indigenous trees and shrubs that we either grow from seed ourselves, or source from suppliers such as The Tree Project or from Ian Taylor over at the Western Plains Flora in Wildwood. To understand the reasons why we should be planting as many indigenous plants as possible, I thought I would go to the experts at Grow Locals in Woodend; the brainchild of Tully Sumner and Marty Roberts. In addition to buying some tube stock for my garden, I received the following response from regular staffer, Lisa Gormley. In addition, Lisa and Marty generously provided some of their photos for use in the article.

Grow Locals is a local native nursery and landscape specialist. We are passionate about central Victorian communities and local plants and are committed to empowering people to act local and plant for climate resilience.

We grow locally, from locally collected seed. This has many benefits as indigenous plants are adapted to local climates and soils. Once established, they can survive the extremes and play a big role as refuge in times of drought when remnant populations are stressed.


Indigenous plants also provide for the specific needs, such as food and habitat, for local fauna and the beneficial insects



that aid pollination and keep pest populations in check. The habitat they create provides opportunities that would otherwise not exist. Native plants and native animals have evolved together over time, so planting indigenous plants can help preserve the natural balance of your local ecosystem.

Grow Locals is keen to support everyone to create diverse local landscapes for the benefit of local species and local communities and offer a range of services such as plant supply, contract growing, consultation, revegetation plans and implementation.

Tully and Martin started their ecology education as local teenagers, exploring woodlands and waterways. What they




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found was often weed-infested and devoid of diversity, silent and uninspiring. This experience set them on a course to make a difference. They have both been working in conservation and restoration ecology, the restoration of systems and ecological function, for twenty-five years.

Working in diverse environments, from saltmarsh to grasslands, from damp forests to box ironbark woodlands, they have learnt by observation, they have been taught by environmental leaders, and, true visionaries; by researching stories, by doing, and by listening to the wider landscape, the ultimate teacher. These experiences have provided insight into adaptive management approaches, which is the key to restoration success and staging efforts to create resilient projects and achieve landscape scale impacts.

Restoration success requires understanding structure, timed intervention and focusing resources. It requires knowledge of the local plants, the living components, and their needs. Every plant successfully established, changes the environment where it is. This is especially true when located in fragmented landscapes, as they create critical links to remnant populations, supporting the movement of genetic diversity, providing a lifeline for many species.

Grow Locals recognises that people are key, and that with the right information and supported with the right plants, they will make a difference to their local communities.

Deep Creek Landcare Group has nesting boxes for bats, birds and phascogales for sale from \$25. Annual Landcare membership is \$20 per family. You can follow us on Facebook, contact our President, Phil Severs (0476 324 000) or attend our monthly meetings in the Lancefield Mechanics Hall.



## MEGAFUNA FESTIVAL 2023

OCTOBER 14TH-15TH

**saturday**  
 Wil-ee-me-moorring – tour of the Mt William aboriginal axe quarry.  
 Panel discussion on Biodiversity featuring:  
 Ella Plumanns  
 Krista Major  
 Andrew Pass

**sunday**  
 Melbourne Museum and archeologists at the Lancefield Show with Megafauna fossils information and children's activities

EXTIN LANCEFIELD MEGAFUNA FESTIVAL

Scan code for more information  
 visit [www.lancefield.org.au/megafauna-festival](http://www.lancefield.org.au/megafauna-festival)  
 phone Lancefield Neighbourhood House 54235214

## A taste of Lebanon in Lancefield

and a reminiscence on the food in the streets of Damascus and Lebanon



A nine course Lebanese feast created by renowned Lancefield chef Amal Malouf

Saturday 14 October  
 6.30pm

Lancefield Mechanics Hall  
 \$60 per person

Proceeds from the dinner will go towards the Lancefield Food Share



Amal, a resident of Lancefield, volunteers at the Townhouse and cooks the monthly Feed it Forward community lunches. Amal was chef/restauranteur for Malouf's Zum Zum in Carlton.

Bookings essential  
 Phone: 5429 1214  
 Email: [admin@lancefieldhouse.org.au](mailto:admin@lancefieldhouse.org.au)  
<https://www.trybooking.com/CKWCO>



# WINTER ROSES LOVE LANCEFIELD

I've recently discovered that Hellebores love the rich red soils of Lancefield. The cup-shaped flowers, with a slight resemblance to the petal of a rose (hence their common name Winter Rose), are an evergreen, herbaceous perennial with colours ranging from delicate whites to greens, through to rich pinks, shades of purple and deep black. They come in singles and doubles, some with speckles and some without. Hellebores won't tolerate afternoon sun, so they grow well under deciduous trees or evergreens with light foliage that



love the dappled light. They appreciate a well-drained soil and are low maintenance. Best of all, they are frost resistant – a good thing for plants in Lancefield. There are wonderful displays of them at the Garden of St Erth in Blackwood and at the Post Office Nursery in Fern Hill, just outside Woodend.

Fay Woodhouse

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for grants. Every dollar raised by the Committee is on spent maintaining and, when possible, making improvements. The cost of maintaining the Park is generally greater than the funds we can raise and therefore we rely heavily on our volunteers.

**PARK MAINTENANCE**

Many people are amazed to know that all the mowing, weeding and general maintenance at the park is all done by volunteers and has been for over 100 years. It is remarkable that a park as big and beautiful as Lancefield can be maintained so well by the good-hearted generosity of volunteers. I would like to take this opportunity to thank our main ‘mowers’ Webby, Syd, Kevin, and everyone else who has done any mowing or maintenance over the years. The Lancefield Park Committee and community truly appreciate your work.

Springtime at Lancefield Park is a busy time. There is always mowing, weeding and general gardening to do and we all know many hands make light work. If you are interested in lending a hand, we would love to hear from you. You can get in touch via our email (lancefieldpark@hotmail.com)

Kathryn Lewis  
 Chairperson Committee of Management  
 Lancefield Park Recreation Reserves 0476114811



**ST. MARY'S PARISH  
 LANCEFIELD & ROMSEY**

27-29 Chauncey Street Lancefield and 85 Main Road Romsey.  
 Fr. Martin Fleming C/- Woodend Presbytery 5427 2690  
 Presbytery office hours: Wednesday & Friday 8am-5pm -  
 lancefield@cam.org.au 5429 2130

Sunday Mass will be celebrated at 9am and will alternate between Lancefield and Romsey. First and third Sundays of the month in Romsey; second, fourth and fifth Sundays of the month in Lancefield. The Healing Mass will be celebrated at 10am in Romsey on the first Saturday of each month.

Baptisms are held at 2:30pm on the second and fourth Sundays of the month. Please contact the office for the next available date.

Bookings are now open for parish children to register for all Sacraments due in 2024. Reconciliation available to Year 3 and above, Holy Communion available to Year 4 and above and Confirmation available to Year 6 and above in 2024. Please contact the office if you would like to register your child.

Should a parishioner want to go to Reconciliation, please contact Fr. Martin directly at Woodend on 5427 2690 to make arrangement.

Please direct enquiries to the parish office at lancefield@cam.org.au or 5429 2130. For funeral arrangements, please contact Fr. Martin by at woodend@cam.org.au or 5427 2690.

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# CLIMATE EMERGENCY PLAN

If you're interested in hearing about the draft MRSC Climate Emergency Plan, MRSC staffer Justin Walsh will be at Romsey Library/HUB on Tuesday 17 October from 11:30 – 12:30pm to answer any questions you may have.

## A CURIOUS CIRCLE (CURIOSITY, CONNECTION, AND CREATIVITY)

Join in with a lively and fun group of adult women as we explore our creativity each month with a different activity. No skills required and refreshments provided. Bookings required.

Thursday 19 October, 6:30pm – 8:30pm: Teacup Bird Feeder. Thursday 16 November, 6:30pm – 8:30pm: Wooden Block and Wire Art

## STEVE BIDDULPH: RAISING GIRLS SCREENING

A psychologist of thirty years, world-renowned parent educator, Steve Biddulph, presents a stirring talk about raising girls. His talk covers girls of all ages, with stories from girls who, with their parents, fought back from damage and harm, along with the special role of mums, dads, aunts, and lots more.

Wednesday 25 October: 7pm – 8:30pm. Bookings required.

## TEDDY BEAR SLEEPOVER

We're celebrating Children's Week with a Teddy Bear Sleepover. Bring your favourite soft toy or teddy to Romsey Library and join us for stories and fun before saying goodbye to your cuddly friend for the night. We wonder what those teddies will get up to overnight? All children will receive a certificate and photos of their toy's adventures.

Drop off toys at Romsey Library on Friday 29 October from 4pm – 5pm.

Pickup toys at Romsey Library on Saturday 30 October from 10am – 12pm.

## SATURDAY STORYTIMES

Join our friendly weekend story times on the 3<sup>rd</sup> Saturday of the month. These fun sessions include stories, songs, and activities for children ages 1 to 5.

21 October and 18 November

10am – 10:30am Bookings not required.

## SEED SAVERS

Our Seed Savers group meets every second Friday of the month to fold seed packets and pack seeds while chatting and sharing time together.

All welcome.

For more information including event bookings, head to [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au) or phone us directly on 5429 3086.

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## Mary-Anne Thomas MP LABOR MEMBER FOR MACEDON

As your local Member of Parliament I am keen to hear from the community and assist with any State Government matter.

**Mary-Anne Thomas**



A: Shop 14, Nexus Centre, 9 Goode Street, Gisborne, VIC 3437

P: 5428 2138 E: [mary-anne.thomas@parliament.vic.gov.au](mailto:mary-anne.thomas@parliament.vic.gov.au)

W: [www.mary-annethomas.com.au](http://www.mary-annethomas.com.au)

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# CHARGE UP NOW

Many of us will have noticed that an electric car charging station has now been installed on the corner of High Street and The Crescent, across from the Garage and next to the Toilet block. I think it arrived about four weeks ago. But where did it come from? Keen to find out about it, I emailed the Council and asked when they decided to instal them and why; whether it was in response to local demand; how long the charge lasted and how much it cost to charge a standard EV. Director Planning and Environment, Rebecca Stockfeld responded to my questions.

Installing electric vehicle (EV) charging stations across the shire is among Council’s ‘endorsed priority projects, consistent with the 2021 Environment Strategy and response to climate emergency’. And I now know that Lancefield is among three ‘strategically chosen new public stations being added to the existing network’, delivered in partnership with Evie Networks and ‘funded through the Victorian Government’s Department of Environment, Energy and Climate Action’. Expanding the EV charging station network aims to support residents who have – or are planning to – transition to electric vehicles. And to ‘cater for visitors who drive electric vehicles and plan trips according to the location of charging facilities’. I wonder whether this installation has anything to do with an increased level of tourism since the opening of the Lost Watering Hole? Charging costs, times and range for chargers vary, however, our Lancefield

‘fast charger’ charging stations and can take between 20 to 60 minutes and can add 250-500km of range per hour. Charging is priced at about 50c per kWh and ‘payments are digital’ – credit card, mobile app or debit card.

So, there we have it...  
Fay Woodhouse



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# ANNIE SMITHERS- AN EMR BATA TRIUMPH

On Friday 25 August, locals from Lancefield, Romsey, Newham, Hesket, Gisborne, Clarkefield, Monegeetta and Bolinda – and who knows where else – gathered at Mount Monument Winery in Romsey to enjoy a breakfast featuring Trentham restaurateur, Annie Smithers.

This event epitomised the ethos of the Romsey Region Business and Tourism Association – which is to promote business and tourism in the Romsey region. However, as we learned on Friday, this organisation has rebranded as the Eastern Macedon Ranges Business & Tourism Association (EMR BATA) to better reflect the geographical spread of its growing membership. As retiring RRBATA committee member, Greg Powell commented, while EMR BATA does not roll off the tongue quite as easily as RRBATA, we will get used to it. This was the ultimate local collaborative event with contributions from the following eastern Macedon Ranges businesses: Mount Monument Wines hosted the event and provided muesli cups, mini sliders and avocado toasts; the Lancefield Providore supplied juice and fruit platters; Lancefield Guesthouse provided fruit muffins; Le Notre provided pastries; Raf's Coffee Van ensured guests began the day with a cup of tea or coffee; Verdure provided quiche and frittata; Mt William Advanced Nursery provided the gift of a banksia for Annie Smithers; and the Lost Watering Hole gave a gift voucher as a door prize.

The Hon. Mary-Anne Thomas, State Member for Macedon and Minister for Health, attended the breakfast, along with Macedon Ranges Shire Council Mayor Cr. Annette Death, Deputy Mayor, Cr. Jennifer Anderson, Cr Geoff Neil and Cr Mark Ridgeway. Almost 100 people arrived by 7am to attend this event. The Mount Monument location – with its astonishing collection of sculptures within the landscape – and the building's spectacular architecture and views – was reason enough to attend. However, the guest speaker, Annie Smithers certainly wowed the crowd she drew.

After telling us that she has had a connection with the region for nearly thirty years, Annie revealed to her audience some of the complexities of running a restaurant and becoming an author of cookbooks/memoirs. She described the hardships the hospitality industry had endured during the COVID years, and the difficulties she dealt with running a small business during that time. At the end of the day, she said: 'You need to find who you are and how to cope with it'. Annie's life is about growing food and presenting it to her customers. She spoke about the benefits of running a small ethical business and concluded that regenerative farming is the future for the region. I suspect Annie's sentiments were shared by many in the audience.

Fay Woodhouse

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CATCH UP

Have you been to one of our After Work Catch Ups yet?  
These are informal opportunities to connect with other  
businesses in our small community, creating a sense of  
cooperation and mutual support.

These catch ups often lead to opportunities that can  
drive growth and success for individual businesses  
while contributing to the overall development of the  
community - that's a win for everyone. All businesses in  
the Eastern Macedon Ranges are welcome to come along  
- no bookings needed - just turn up. Our next one is at  
The Lancefield Hotel on Wednesday October 4 - 5:30pm  
to 7pm. Questions? Send us a DM or email to hannah.  
sutton@outlook.com or check us out on Facebook.

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# LANCEFIELD FOOTBALL & NETBALL CLUB

## DROUGHT-BREAKING WIN

In Round 17 our senior football team caused one of the league's biggest upsets for 2023, defeating the reigning premiers, Riddell Bombers by one point. There were emotional scenes after the game as the boys celebrated what was their first win over the Bombers since 2010. The victory follows a big 116 points win over Western Rams just two weeks earlier. In the final round local derby against Romsey the boys led for a large part of the game, but were overcome in the last quarter by a quality finals side.

First-year coach Tim Bannan has now led the team to their most successful season since 2016 and these last few rounds have really set a foundation for a bright future.

## COACHING ANNOUNCEMENTS

The LFNC is thrilled to announce the following coaching appointments for 2024:

Senior Football: 2-year extension for Tim Bannan to 2025

Under 19s Football: Jason Tully

Reserves Football: Cal Randall

Both are Lancefield locals that are passionate about building positive team culture. Jason and Cal are competitive types that are hungry for success, and these teams could not be in better hands.

We are still looking for a Netball Coordinator

and coaches for the Under 19s, C Grade, B Grade and A Grade for next year

If you, or someone you know, are interested in applying for any of these roles, please contact Lisa - lancefieldfnc@gmail.com or 0414 812 273.

## RECRUITING FOR 2024

As our 150<sup>th</sup> season comes to a close, the committee and coaches will soon turn their attention to 2024. Whilst we look to retain our exciting young playing group, we would love to welcome new footballers and netballers down to Tigerland. If you, or someone you know, are interested in coming down to a preseason training over summer, please get in touch with:

Senior Football – Tim Bannan 0491 287 329

Under 19s Football – Jason Tully 0408 033 341

Netball – 0414 812 273

## WANT TO GET INVOLVED?

There is nothing more rewarding than giving back to your community. Whether that's taking to the footy field, the netball court or the many different volunteering opportunities.

If you would like more information, please get in touch with LFNC Club President Joe Schembri - lancefieldfnc@gmail.com - 0407 526 501.



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For expression of interest please contact Di Rohde  
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## NOTICE OF ANNUAL GENERAL MEETING

This notice is to advise of the upcoming Annual General Meeting of the members of Lancefield Football Netball Club. The details of this meeting are as follows:

**Tuesday November 14 7:00pm Laurie Green Pavilion, Lancefield Park**

## SWAP MEET CO-ORDINATOR WANTED

The Annual Lancefield Car & Collectables Swap Meet hosted by the Lancefield Football & Netball Club is one of our major events each year bringing huge crowds to spend the weekend in town and one of our clubs major fundraisers for the year.

The opportunity has arisen for someone, or some people, to take over as our Swap Meet Co-ordinator. You will be ably supported by a vast array of established and knowledgeable volunteers as well as the support of the LFNC committee.

This is your chance to play a major part in Lancefields social and tourism calendar. To express your interest, or to seek further information, please email [lancefieldfnc@gmail.com](mailto:lancefieldfnc@gmail.com) **Be a part of something big!**

## LANCEFIELD WOMENS FOOTBALL

You've seen the AFLW and now it's your chance to be a part of it.

The Lancefield Football & Netball Club have numerous people keen to create history and follow in the footsteps of our 1961 Lancefield women's team. As a result we are calling for expressions of interest from people looking to be a part of women's football in the future at Lancefield. If you have thought about joining the fast growing, exciting future of football and want to be part of a great social club then register your interest at [lancefieldfnc@gmail.com](mailto:lancefieldfnc@gmail.com) and we'll get back in touch with you.

**You'll never look back!**

## LFNC COMMITTEE - GET INVOLVED!

Have you thought about getting involved in the Lancefield Football Netball Club? Then start thinking about it now as we will be calling for committee members at our AGM on November 14. The LFNC is a fast-growing club, with big plans on the horizon, that needs forward thinking contributors to work with similar minded people who want to grow our club, establish it as a fun and engaging provider of local sport and be a hub for our community to gather. If this resonates with you register your interest, or seek further information, at [lancefieldfnc@gmail.com](mailto:lancefieldfnc@gmail.com) or attend our AGM to be held at the Laurie Green Pavilion on November 14.

**Don't be left behind, join the movement!**

## VALE DOREEN MORGAN

It is with sadness in our hearts we say farwell to Doreen, who passed away on September 14. Doreen will be greatly missed by all who had the privilege to know her. Doreen worked tirelessly for God and the sharing of her faith during her life. Our prayers are with her family and friends

Regular weekly Church Services are in Romsey at 9am and Lancefield at 10:30am each Sunday.

The weekly Prayer Meeting is in the Church in Lancefield on Thursdays at 9.30am. Bible Study is at Christ Church Lancefield on Thursday at 10:30am. Enjoy a cuppa while spending time pondering the book of Revelations.

Monthly Parish Community Lunches are held on the second Saturday of the month at Christ Church Hall, Lancefield. Next lunch will be on Saturday 14 October at 12 noon. The day is free to all and everyone is very welcome to join us for good, homemade food and a great time, meet new people and chat with old friends.

St Paul's OpShop is open Fridays 12:30pm-4pm and Saturdays 10am-1pm - have a look on the on the Parish website for the week's specials.

## RECYCLE YOUR TEXTILES, POLYSTYRENE AND SOFT PLASTICS FOR FREE

Council is now accepting textiles and clean polystyrene at resource recovery facilities (formerly transfer stations), in addition to soft plastics. Council has partnered with Upcycle4Better to offer residents a sustainable recycling solution for their damaged clothes, shoes, linen and more. This free service is only for damaged or well-used textiles. Items that are in good condition should still be donated to your nearest op shop.

You can also recycle clean, white expanded polystyrene for free as part of a new trial, with the recycled product turned into items such as picture frames, skirting boards, decking and other household products. To be recycled, the polystyrene must be clean and free from dirt, tape, labels and ink.

Don't forget, you can also take your soft plastics for free too. A recent audit of kerbside general waste bins showed up to 70% of the bin was taken up by soft plastics.

For information visit [mrsc.vic.gov.au/RRF](http://mrsc.vic.gov.au/RRF) or call 5422 0333.

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# ENVIRONMENT EVENTS

## WHAT'S ON YOUR ROADSIDE? 25 OCTOBER 10-11AM, LANCEFIELD

Roadsides play a significant role in providing habitat and shelter and supporting biodiversity for many native plants and animals. Join Josh Gomez, Council's Roadside Conservation Officer as he takes a walk down a roadside reserve in Lancefield. Learn about the different types of flora and fauna we might find along the way and what we can do to protect them.

## BIRD MONTH

Now in its fifth year, the Macedon Ranges Bird Blitz is back. The theme for this year is Birding for Beginners. Council is proud to be partnering with BirdLife Australia's Aussie Bird Count – a fantastic way to get started in birdwatching. The Aussie Bird Count takes place in Bird Week from 16-25 October.

Join us for the launch of the Aussie Bird Count at a Birding for Beginners workshop on Sunday 15 October in Malmsbury. If you can't make it, you can always attend one of Council's monthly birdwatching walks at Jacksons Creek in Gisborne. Also happening during Bird Month – the Bird Survey Blitz. This annual bird monitoring program involves eighty bird monitoring sites across reserves and roadsides in the shire. These surveys help us assess the health of our local environment. Birding volunteers are welcome to register now and attend a citizen science co-design workshop on Sunday 22 October.

## BIRDING FOR BEGINNERS

15 October 2-5pm, Malmsbury  
Join Council's Biodiversity Projects Officer and bird enthusiast Tanya Loos for an afternoon with the birds. This workshop introduces the beginner birdwatcher to this fun and satisfying hobby. After a presentation, the group will head out and practice birdwatching skills together in the beautiful Malmsbury Botanic Gardens.

## AN HOUR WITH THE BIRDS

19 October 9-10am, Jacksons Creek, Gisborne  
Join bird enthusiast and Council's Biodiversity Projects Officer, Tanya Loos along Jacksons Creek for an hour with the birds.

Visit [mrsc.vic.gov.au/Birds](http://mrsc.vic.gov.au/Birds) for information on the Aussie Bird Count and Council's bird activities.

## CULTURAL AWARENESS FOR FARMERS AND LAND MANAGERS

18 October, 10am-2.30pm, Leonards Hill (Daylesford)  
Farmers and private land managers are invited to a special session on country with Traditional Owners. The session will begin with sharing knowledge from members of Dja Dja Wurrung, followed by a visit to locally significant sites.

## AGED CARE VOLUNTEER VISITOR SCHEME NOW RECRUITING VOLUNTEERS

Council is looking for volunteers to join its recently launched its Aged Care Volunteer Visitor Scheme (ACVVS).

The program supports people living in aged care residential facilities or receiving home care packages, who may be feeling socially isolated. Volunteers are matched with individuals with similar interests for regular weekly or fortnightly social visits or outings. Ideas for visits can include reading or going out for a cuppa together; or bringing your furry friend with you, if you both share a love of animals. Whatever your skills or interests we would love to chat with you. With aged care participants living all over the Macedon Ranges, there are opportunities wherever you might live within the shire.

To register your interest as a volunteer, visit [mrsc.vic.gov.au/ACVVS](http://mrsc.vic.gov.au/ACVVS) or call 5422 0333.

If you or someone you know might like a visitor, and they live in a residential facility or receive a Home Care Package, the ACVVS team would love to hear from you.



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## FROM THE DESK OF PASTOR TIM

Encourage Church. Pastor Tim Emonson, Worship Service Sunday 10am, 7 Mitchell Court Romsey.  
Ph 5429 6327 E: office@encouragechurch.com.au W: encouragechurch.com.au

At Encourage Church, we have just finished re-roofing the church. As the roofers were taking the old tin off, it reminded me of the four men who brought their paralyzed friend to Jesus to be healed (see Mark 2:1-11 and Luke 5:17-26).

Jesus was preaching in a house and there was such a crowd that the four men could not carry their friend close enough to Jesus. So, they went up onto the roof (the houses in those days had a flat roof and stairs to get up there) and dug a hole in the roof, letting their friend down through the roof into the crowd right in front of Jesus.

I'm not sure how I would react if people cut a hole in our newly done roof (hopefully with grace), but what is most striking is the effort the friends went to in helping their friend. When a difficulty arose, they came up with an innovative solution and one that wasn't easy to do. Mark 2:5 says "when Jesus saw their faith..." – the faith of friends.

I was recently listening to Lucy from LightFM talk about a difficult time in her life when she was depressed and suicidal. One of her close friends would ring her daily, and sometimes hourly, and then had Lucy move into a granny flat on her

property. That's the modern-day equivalent of cutting a hole in your roof for your friend.

If you are thinking that you don't have any friends like that or like those of the paralyzed man, we'd love to become your friend. Come and visit us at 10am on a Sunday morning at 7 Mitchell Court in Romsey.

### CRYPTIC CROSSWORD ANSWERS

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# ARE THERE ANY CONVICTS IN YOUR FAMILY CLOSET?

Well, I knew that William Woodhouse, my (who knows how many times) grandfather had arrived in Victoria in the late 1840s. What I did not know was that he first arrived in Van Diemen's Land (now Tasmania) in 1841 and had served time there before coming to Victoria. And I had no idea how to find out more about him. That is, until I attended the Gisborne Genealogical Group's Convict Seminar on Saturday 26 August. The full program began with an introduction by the President, Lynley Hall and was followed three main talks – all varied and informative.

First up was Bronwyn Quint from the Descendants of Convicts Group. This group, a member of the Royal Historical Society of Victoria and located in Carlton, offers assistance with research and holds regular talks. Bronwyn is an expert in her field, and her PowerPoint Presentation was so informative, and full of details of links to websites as well as documents and published books.

While much of the searching for ancestors and convicts has been made easier through Trove, regrettably, much of the formerly State-held original documents have now been sold to Ancestry.com, meaning that they are no longer free. Nevertheless, Bronwyn talked us through all the steps necessary to find our ancestors. For example, my first step will be going to the Tasmanian Library website to find all the links that will take me to various aspects of William Woodhouse's life as a convict. The very detailed documents held will include much more information than his full name, status, age, height, distinct marks etc. It will be fabulous to see what more I can find out about him. I now have a copy of the list of links which was generously given to attendees.

After morning tea, six members of the Gisborne Genealogical Group presented their research. Each speaker gave a ten-minute talk on their subject – all were varied and equally as interesting. Not only did these speakers talk

about their in-depth research, but they also provided the background to their research as well as the outcome and the life history of their chosen convict. Some of these talks told the story of their family member.

Janet McCalman, Emeritus Professor of History at The University of Melbourne, presented the final paper of the day. The enthusiastic audience of around 45 people listened intently as Janet gave the context to the arrival of convicts in Van Diemen's Land and Norfolk Island. Many, like my ancestor William Woodhouse, chose to steal to be transported. Sadly, it is not clear just how many of the 160,000 British convicts elected this risky route to the new world. Some of the transportees enjoyed safe and healthy journeys; for other passengers, many suffered illness. Many of the convict ships suffered high mortality rates.

After they served their time and were pardoned or given a ticket-of-leave, many of the convicts crossed Bass Strait to Victoria; these were the subject of Janet's latest book, *Vandemonians*, published in 2021. It is estimated around 30,000 ex-convicts arrived in Victoria from 1851 and tried their hand at gold-digging. Like most of the thousands of gold-seekers, few succeeded in their pursuit. However, many ex-convicts changed their ways and went on to live fruitful



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lives; others did not, and for many, their lives ended in tragedy.

One aspect of Janet’s talk I found particularly interesting is that the Macedon Ranges became the home of many ex-convicts. How does she know this? So, won’t that be an interesting way to begin looking at our local history? However, as Janet made clear, many ex-convicts who made a success of their lives, chose not to reveal their former lives to their families. And I can now hear you thinking: does our family have a convict lurking in a closet somewhere?

Fay Woodhouse

Great-grandmother Lydia (photographed at her marriage age 16) and great-grandfather George, grandson of William Woodhouse (George late in life).

## ‘THE FORT’ - FREE SCREENING

7PM THURSDAY 26 OCTOBER BLUESTONE THEATRE

The Zonta Club of Kyneton in partnership with the Macedon Ranges Shire Council are pleased to host a special free screening of film ‘The Fort’ at the historic Bluestone Theatre in Kyneton. Zonta hopes that the screening of this film will help raise community awareness and highlight local agencies that can assist families. Please join us for this special event where we will view this eye-opening Australian film. Faced with the harrowing reality of family violence, a mother and her young son discover the fantasy world that provides them with sanctuary, but can’t protect them forever.

The evening will also include a discussion of the important themes explored in the film (particularly domestic violence) and highlight local support services. Light refreshments will conclude the evening.

‘The Fort’ was filmed in Kyneton, and was directed by locals Jess and Carly Anne Kenneally. Free Bookings can be made via - <https://events.humanitix.com/zckfortfilm>

All enquires - Zonta Club of Kyneton - secretary@zontakyneton.org.au

# NEW COMMUNITY LOCAL LAW 2023

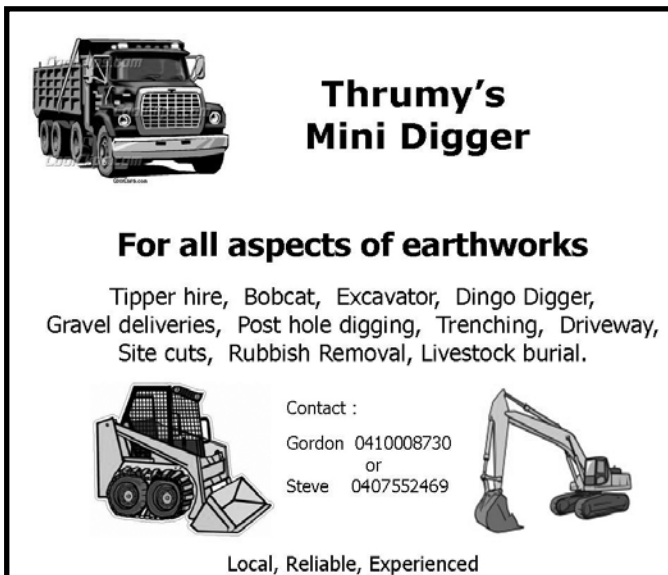
Council has adopted a new Community Local Law 2023 – replacing the General Purposes and Amenity Local Law No. 10 of 2013 – which will come into effect from 25 September 2023.

The new Local Law was designed for the community to protect safety and amenity throughout the Macedon Ranges over the next decade.

- Some of the key changes include:
- burning in the open air now prohibited on land less than 2,000 square metres
  - broadening of accountability to include landowners – not just perpetrators
  - gambling advertisements now prohibited on Council land or on a road
  - new clause added to allow fireworks (conducted by a pyrotechnician) on private land, under strict conditions
  - heavy vehicle parking now prohibited on land 2,000 square meters or less
  - events, filming and busking now its own clause
  - smoke-free zones added to the Local Law, allowing Council to prescribe and declare smoke-free (including e-cigarette-free) zones
  - prohibiting collection of wood from Council land or a road
  - stricter regulations around:
    - unsightly and dangerous land and buildings
    - scare guns
    - building sites
    - shopping trolleys

Thank you to everyone who provided feedback earlier this year which helped shape and enhance the new Local Law.

Council strongly encourages all members of the community to familiarise themselves with the new Community Local Law 2023 available online at [mrc.vic.gov.au/local-laws](http://mrc.vic.gov.au/local-laws) and at Council offices.



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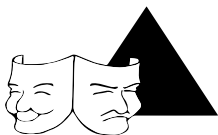
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THE MOUNT PLAYERS HAPPENINGS

# PETER PAN

The legend of Peter Pan has been delighting children for over 100 years and The Mount Players (TMP), in conjunction with Sunbury-based Boilerhouse Theatre Company (BTC), are excited to present 16 performances of Peter Pan - A Musical Adventure. TMP President Craig Lenaine-Smith says "It's wonderful that we have been able to join forces to work on this production together and to see the large number of young people getting a chance to perform on our stage. This is the first time in a few years that we have had a true family show".

Co-Directors Ryan Stormland and Jess Ryan (who is also the BTC President) each have a love of the story and are excited to be working with two casts of 25 adults and children. Ryan admires the musical score but also that "the characters are legendary in all the right ways, with a nuanced chemistry between Hook, Peter, and Wendy. Peter and Hook see life in a similar way, as a game, an adventure to win. Wendy changes the way Peter thinks, to see people as people, not 'props' on his stage".



Jess is huge fan of classical literature and jumped at the opportunity to bring a modern take on this story to a new audience. As a choreographer, Jess is enjoying working with the Pirates and Lost Boys and says, "the opportunity to work with kids is challenging but also ridiculously fun."

Running November 3 to 26, this is a show for all the family. To book tickets, go to [www.themountplayers.com](http://www.themountplayers.com) or call 54261892.

Karlana Santamaria

## CARERS WEEK WORKSHOP

10:30am-12:30pm, Wednesday 11 October, Dromkeen Gallery, 1012 Kilmore Road, Riddells Creek

Council is inviting families and carers to join guest speaker Sally Camilleri from Carers Victoria in a special workshop where we will explore why caring for ourselves is so important, what stops us caring for ourselves, and how to make a self-care commitment.

Morning tea provided. To register email [hshort@mrsc.vic.gov.au](mailto:hshort@mrsc.vic.gov.au) or call 5422 0333.

## HPV VACCINE

Council's immunisation clinic is offering catch-up HPV vaccinations for people aged 25 or under who have missed out.

The HPV vaccine protects against nine types of HPV that cause almost all cases of cervical cancer, other HPV-related cancers and genital warts. Australians aged 12-25 years can receive the HPV vaccine for free through the National Immunisation Program.

If you or your child are under the age of 25 and haven't had a single dose of the HPV vaccine, you can find out more about Council's free immunisation sessions and make a booking at [mrc.vic.gov.au/immunisations](http://mrc.vic.gov.au/immunisations)

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