

# Lancefield Mercury

## THE ONGOING UNMET NEEDS OF CARERS



Are you the sole or fulltime carer for someone in your family, or a friend? Many people who are looking after ailing spouses, children, relatives, parents or friends don't actually call themselves carers. Are you aware that as a carer you are entitled to financial and practical support?

The Royal Commission into Aged Care, whose findings were delivered in March 2021, recommended that people who fall into this category – unacknowledged even by themselves as carers – be accounted for and funded. The Carer Gateway was established as a result of the ongoing unmet needs of carers, who experience twice the rate of ill physical and mental health of the general population.

Eleven percent of the population currently cares for someone who is aged, ill, has a disability or mental illness, and there is some funding available to support unpaid carers. However, finding them is one challenge; and identifying what support they need, and then helping to supply it, is another.

Vivien Philpotts and Michelle Balthazar from the

Lancefield and Romsey Neighbourhood Houses are keen to talk with carers so that the carers in turn can be cared for, with time out, home help, whatever they identify as areas of need. Maybe someone coming in to chop firewood, clean the garden, rearrange the cupboards; maybe an outing with the cared-for person?

Previously, local and regional health care services provided some of this sort of assistance. However, the Shire dropped its Home Care program, and Meals on Wheels no longer operates. And there are no case managers in the NDIS – the carers have to fulfil that role, with paperwork, signing disclaimers and keeping up with documentary requirements – if the carer is caring for more than one person, this is a huge burden in time and stress.

Previously gestures towards carers have been well-intentioned but insufficient – a few morning teas to get a carer out of the house and socialising is a kind gesture,

*Continued on page 34*

# FRIENDS OF LANCEFIELD PARK SLOWLY GROWING

Our Friends of Lancefield Park initiative is growing slowly and steadily. Why don't you join us for a chat and perhaps do a little work, if you are that way inclined? We keep the tasks easy and simple. The next get-together is on Wednesday 10 April 5pm-7pm. We meet at the BBQ undercover area next to the playground. Bring a hat, gloves, gardening/work wear, sturdy non-slip shoes with socks, drink bottle, your favorite gardening tools, lots of energy and ideas to improve our park.

We are incredibly pleased with the progress of our canteen upgrade. Thanks to the great work by our community-minded local tradies: Andrew Smith (North Vic Maintenance), Bruce Ferguson (Builder), Simon Choate (Greenwood Electrical Group), Chris from CMC Plumbing as well as John Breeze, who has coordinated this exciting project. We anticipate that we will be finished in time for the beginning of the football season which was our main goal.

Thanks again to the MRSC Community Funding Scheme and the Lancefield-Romsey Bendigo Community Bank.

If you would like more information about our Park, please contact the CoM by email: lancefieldpark@hotmail.com or call the Chairperson or Secretary for further information.

Kathryn Lewis – Chairperson. PH: 0476 114 811  
William (Bill) Balcam – Secretary. PH: 0411 195 501



## ANZAC DAY SERVICE

Romsey - Lancefield Returned Services League would like to advise that On Anzac Day, Thursday 25 April, the wreath-laying service will take place at the Romsey Cenotaph at 8:30am. Following this, the commemoration service will be held at 9:30am at the Lancefield Cenotaph in High Street.

Marchers are requested to assemble in front of the Lancefield Hotel, in High Street, at 9:15am.

After the service, tea and coffee will be provided by the Lancefield Neighbourhood House committee in the Lancefield Mechanics Hall.

All community members, school children and social groups are welcome to attend on this important day



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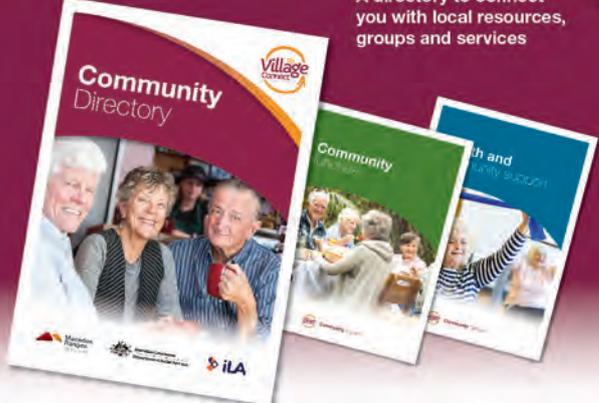
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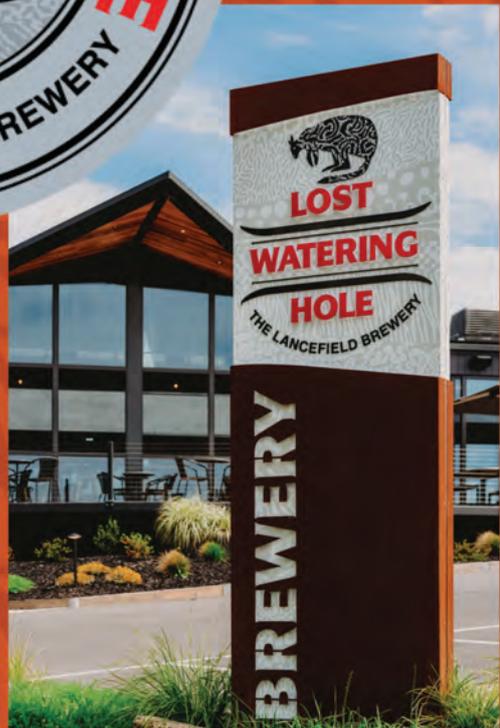
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# PROJECT CULTIVATE

Cemeteries vary...sometimes neat and well-trimmed but often weedy and unkempt. Neat and well-trimmed is expensive; requiring a lot of trimming, weeding, poisoning and mowing, hence, the idea behind Project Cultivate. I first heard about the project from Kosta on ABC Radio and he was excited...even for Kosta!

Project Cultivate involves planting native plants and grasses local to the area to revitalise cemetery sites while complementing surrounding monuments, pathways and facilities. Carried out in consultation with stakeholders including families, the local community and Traditional Owners, the project is succeeding in establishing a beautiful biodiverse environment that can be sustainably maintained.

An exploratory pilot at Melbourne General Cemetery commenced in May 2023 with the laying of 1,400 cubic metres of mulch. This was followed by the planting of more than 120,000 indigenous native grasses, wildflowers and groundcovers, which was completed in November 2023.

These works have benefited the cemetery in many ways, including:

- 30% reduction in herbicide use across the site
- 3°C reduction in ambient air temperature around mulched areas
- Improved soil quality and reduction in erosion, runoff and water pooling
- Visible increases in biodiversity, including increased activity from beneficial native insects, worms, fungi and birds.

Last year, at our place, we carried out our own mini version of Project Cultivate in three areas covering a total of 180 m2. To avoid using poison we covered the areas in overlapping cardboard and newspapers, topped it with freely available mulch and planted with grasses and shrubs sourced from our Landcare group, local nurseries and the Lancefield Farmers' Market. At cemeteries, space between graves is often tight, but in our case, we could choose from a broader range of plants enabling us to also include grevilles, ►

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correas, bursarias, tea-trees, mint bushes as well as smaller banksias, bottle brushes and wattles. We have watered them this summer, but they are drought tolerant once established. The areas are low maintenance and are starting to look pretty good.

After the success of this first pilot phase at the Melbourne General Cemetery (MGC), mulching has now been carried out in a second area in preparation to plant an additional 150,000 indigenous plants. The Southern Metropolitan Cemeteries Trust (SMCT) plans on mulching and planting the remaining 41% of suitable areas from July 2024, with completion by June 2025. The Project Cultivate pilot program at the MGC has developed a blueprint for similar environmental projects at other cemetery locations.

Visitors can continue to access the Melbourne General Cemetery. Opened in 1853, the historical and iconic Cemetery is regarded as one of Australia's most important. It was the first cemetery in Victoria to be designed as a public park, with curved pathways, trees and shrubs, gate lodges and rest pavilions. Before the MGC site was used as a cemetery, the area was likely a grassy woodland dominated by river red gums and diverse indigenous grasses, herbs, forbs and wildflowers, with Kangaroo Grass (*Themeda triandra*) making up most of the understory.

While the landscape and gardens of the Cemetery have changed dramatically since opening to the public, many traditional elements and plantings remain today including significant native and exotic trees, ornamental rose gardens and areas of lush, green turf. While these traditional plantings have their place, new plantings must consider

broader environmental and sustainability factors. The SMCT CEO Laz Cotsios said listening to Traditional Owners and understanding the types of flora that existed in the area pre-colonisation was critical to inform the project. "We're listening to what the land needs. We're working with our neighbours, our colleagues, with Traditional Owners and with community to explore what could be and how we can re-imagine a more sustainable future together," Mr Cotsios said. "We can't start again, but we can bring back some of the plants and hardy foliage that came before us."

There is also a lack of irrigation at MGC, and the soil is heavy compacted clay, with little topsoil. SMCT horticulturists, in consultation with industry experts, local government and Traditional Owners have developed a list of 16 indigenous plants for Project Cultivate, many of which would have previously been present at the site. These plants are climate ready and will thrive at the site, tolerating the challenging soil and lack of irrigation. The list includes Kangaroo Grass, Wallaby Grass, Native Flax, Tufted Bluebell, Clustered Everlastings and Billy Buttons.

Like Kosta, I am excited by the project. Not just its potential for cemeteries but for other public land and our backyards!

Deep Creek Landcare Group has nesting boxes for bats, birds and phascogales for sale from \$30. We also have Myna bird traps to lend out. Annual Landcare membership is \$20 per family. You can follow us on Facebook, contact our President, Phil Severs (0476 324 000) catch us at the Lancefield Farmers' Market or attend our monthly meetings in the Lancefield Mechanics Hall. We would love to see you!

## 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](mailto:editor3435@gmail.com) – enquiries Andy Moore 0430 448 120

Enquiries about advertising: [advertising3435@gmail.com](mailto:advertising3435@gmail.com) – Ken Allender 0404 886 580

Check [lancefieldmercury.org.au](http://lancefieldmercury.org.au) for general information about advertising and how to contribute articles, as well to see digital back copies.



### Editorial Committee:

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 Karen Barr  
 Fay Woodhouse  
 Ken Allender  
 Julianne Graham  
 Beth Child  
 Editorial Enquiries to  
 Andy Moore 0430 448 120  
 Advertising Enquiries to  
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### Advertising Rates

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 Annual full page \$1000

### Colour Advertising:

Full page \$240 per edition  
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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.



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# TERM 1 HAS ABSOLUTELY FLOWN BY

Term 1 has absolutely flown by with so many great activities, events and learning opportunities for our students. The students have all settled in well to the new school year, especially our new preps, as they enjoy school life and getting to know their Year 5 buddies. We look forward to sharing all our learning adventures with you throughout the coming year.

## SCHOOL LEADERS AND SPORTS CAPTAINS

We would like to introduce our 2024 School Leaders and Sports Captains. We hope that they have a wonderful year and flourish in their roles as leaders.

**School Leaders:** Emmett Mahony, Ruby Caton and Sophie McCarthy

### Sports Captains:

Goannas - Cohen Bobic and Pippa Awty

Joeyes - Meg O'Meara and Edie Portelli

Kookas - Millie Kilpatrick and Harper Greathead

Wombats - Charlotte McCarthy and Mason Kilduff

## ENVIRONMENT GROUP

We congratulate the following students from Years 4-6 who will be part of our Environment Group in 2024 - Kacey Warren, Amelia Silva, Isla Shannon, Arianne Schachner, Taylah Lingard, Milla Willmott, Zaviar McWha, Riley James, Bailey Cooke, Charlie Rapson, Ben Bedggood, Stella Smith, Archer Tully, Jazelle Salazar, Marlie Wilson and Scarlett Coleman. It will be a busy year working with the Deep Creek Landcare Group, our Junior Landcare Facilitator Emma Stevens, and getting involved in community environmental issues. Our first outing was to the Melbourne International Flower and Garden Show as we used the opportunity to experience the Grow Together Garden. We look forward to sharing this fantastic opportunity with you next month.

## MINI VINNIES

Congratulations to our 2024 Mini Vinnies - Georgia Helmore, Ben Goodwin, Anna Newnham, Lara Farrugia, Ellie Smith, Olivia Keenan, Harper Tootell, Charlotte Collins, Zane Wilson

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and Celina Iaria. These Year 5 students have a busy year ahead with Lancefield's Feed it Forward, Aged Care visits to both Willowmeade in Kilmore and Bupa Village Woodend as well as a variety of fundraisers throughout the year. We look forward to sharing their social justice journey with you.

### LIBRARY ASSISTANTS

It is our great pleasure to announce that our Library Assistants for 2024 are Blake Wilson, Mollie Hunt and Scarlett Caspersz. These amazing students will be busy with ▶

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daily duties to assist Mrs Kilpatrick in the smooth running of the library as well as getting involved in Book Week later in the year. We hope they enjoy their new roles and look forward to them sharing regular library related information with us.

## SCHOOL WELCOME PICNIC

On the evening of Thursday 22 February, the weather forecast was a little concerning: extreme heat, with strong winds and the possibility of a storm. What a way to begin our School Welcome Picnic! But the weather didn't keep anyone away. It was great to see so many of our families join us with their picnic blankets and chairs, finding a shady spot or braving the heat of the sun.

The focal point was our outdoor stage (thanks to the generous support of the Lancefield Neighbourhood House), finally ready to be used by our students as they shared the moves that they had learnt throughout the day with Brigette from Footsteps Dance Company. We had food vans onsite for our families to buy their dinner and by all accounts Little Wild Asian and Twista Bros were a big hit. And, of course, there was the Ice Cream Van which had a continual queue throughout the evening. You had to make sure you ate your ice cream very quickly as the heat just melted it away!

Thank you to all our families who were able to attend and to the students for their wonderful performances on the night. It's always great to see students show off their talents and be brave enough to perform in front of a big crowd. A fantastic way to begin the new school year.

## CLEAN UP AUSTRALIA SCHOOL'S DAY

Friday 1 March was National Clean Up Australia School's Day. We thought this would be a great opportunity to get all students within the school involved in cleaning up our school and parish and taking great pride in the spaces that we have. We asked for parent volunteers and were overwhelmed with a big number of parents available to join us for the set hour of the clean-up. Each year level had been set a task - Preps to clean up the leaves and acorns, 1/2s to do a general rubbish collection in all areas of the school, 3/4s to distribute the soft fall that had been delivered earlier in the day around both the Junior and Senior playgrounds as well as watering of the trees along Chauncey Street and general clean-up of the fenced area next to the basketball courts and the 5/6s headed over to the Church to clean within the church, wiping down the pews and general tidying inside as well as assisting parent volunteers with general garden tidying outside.

Our parent volunteers took on the agapanthus along Chauncey St as well as the hedge beside the shed, the Remembrance Garden and the gardens around the church and presbytery as well as assisting some of the classes with their jobs. We also had our School Leaders inside the hall cleaning out the Games cupboard.

What a huge afternoon of cleaning and tidying it was! Within that one hour we got everything done that we'd hoped to get done. Many hands make light work, and it was so good to see everybody out and about working hard together but at the same time enjoying each other's company and having a laugh. Thank you to all our students, staff and parent



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volunteers for their amazing efforts on this day. All your hard work paid off, the school looks sparkling and it's a space we're all proud to call our own.

We are so lucky at St Mary's, what a great community we have.

### ENROLMENTS FOR PREP 2025 NOW OPEN

Do you have a child who will begin school in 2025? Why not come and have a personalised tour with our principal? Please contact the main office on 5429 1359 to book an appointment. Or contact us via email [office@smlancefield.catholic.edu.au](mailto:office@smlancefield.catholic.edu.au) - we look forward to welcoming you into our caring community.

### STILL TO COME IN THIS TERM

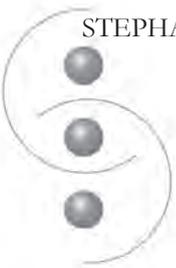
There's never a dull moment at school, there's always something happening, which at times can make it very difficult for the classroom teachers to get everything done! As I write this, we only have 2 weeks to go for the term and this is what we've got to look forward to in that time: National Ride 2 School Day; P-2 Tabloid Sports; Years 3-6 Athletics Day; P-2 Incursion; Grandparents Day which includes an Easter Hat Parade

We look forward to sharing these exciting events with you next time. We hope everyone has a very happy and safe Easter, with a visit from the Easter Bunny.

Jo Shannon (Community Liaison Leader)

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## A SECOND HEYDAY

How time flies, hey? The market turned 21 on March 23 and is currently enjoying what could be described as a 'second heyday', with consistently large numbers of shoppers in attendance, all putting their money where their mouth is and getting behind our local and regional producer community.

Macedon Ranges Lamb, based in Sidonia, reported an excellent start to their marketing at Lancefield in February and Larder Mouse Farm, British White beef cattle producers of Newham were super excited to be finally joining the fold at the birthday market.

Yapunyah Meadow Grazed Chickens are returning to the market this month with truly free-range chickens raised at Graytown. The chicken is flavourful, chemical and GM free as well as having led a more natural life outdoors with grass, sunshine and the ability to move freely and forage as chickens naturally do.

Husk and Harvest return also with new seasons walnuts grown at Redesdale. The walnuts are graded and vacuum sealed for freshness through the year.

O'Callaghans Irish Fruit Cake is made in Malmsbury and returns after a new year break. Every one of their fruit cakes is delicately handcrafted and laden with dried fruits from the Sunraysia District. The addition of honey, and a generous amount of Irish whisky and certain spices gives the cake its moistness, distinctive taste, and subtle texture.

Ongoing electricity supply issues in the Strathbogie region have been affecting the ability of Avenel Mushrooms to produce crops consistently and grower Michelle Wilkinson has been unable to attend for a few months as she has not had stock available to sell.

Chin Chin Farm of Chintin made their market debut in March with their bushfoods range, lavender products and infused honey range. Chin Chin Farm is a mixed farming enterprise with a philosophy that begins by looking after the soil and remediating the land. The resulting lush grass and adjoining native forests work in harmony ensuring that everything grown on the farm is enhanced with flavour from the ground up.

This is your last month to enjoy Pudding Nana puddings, made by Alex over in Bacchus Marsh who has been attending whilst Castlemaine based Pud for All Seasons take their annual break.

Thanks to all who come and support small family farming enterprises, small business, thriving creative endeavour and community building by shopping at the Lancefield and District Farmers' Market. It's because of you we have made it this far in 21 years. Next market is April 27, see you there!

Meggs Hannes – market manager on behalf of the Lancefield Neighbourhood House Inc. 0493 452 757

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# LANCEFIELD NEIGHBOURHOOD HOUSE



## WHOLE TOWN GARAGE SALE

Join us for a garage sale right in our community! It's the perfect opportunity to find hidden treasures, score amazing deals, and support local sellers.



**SATURDAY, APRIL 20TH**  
**MAPS ON SALE 3:00 AM**  
**76 HIGH STREET, LANCEFIELD**



Register your garage sale or car boot sale before April 15 on the lancefield.org.au website or phone or drop into the House.

### We need some volunteers

The Neighbourhood House has a few volunteer positions which need to be filled:

- Op Shop recycling - involves taking our trailer to the transfer station on a fortnightly basis.
- Maintenance jobs - on call, help if you are available.
- Community Transport Drivers - when and if you are available to take people to medical appointments
- Community Lunch - help with prep, cooking, setting up serving or clean/pack up.
- Megafauna Festival - event management team.

We also always welcome new people to help at the Op Shop, The Townhouse, Food Share, admin, gardening and Mens Shed.

### The best medicine

Volunteering can help reduce stress, combat depression, protect your mental and physical health, keep you mentally stimulated, and provide a sense of purpose.

Volunteering can also help you find friends, connect with the community and learn new skills and its lots of fun. So if you have ever thought you would like to volunteer there are some pretty good reasons why to put your hand up.

Get in touch with a local community organisation, most of them need volunteers, through the lancefield.org.au/community directory or the Lancefield calendar.

## Share Ride

WEDNESDAY 10 APRIL

### THE LUME EXHIBITION

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FRIDAY 26 APRIL

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To join the ShareRide trips click on the QR codes or call the House



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Postural Alignment. Yoga.	Postural Alignment. Art Class.	Boomerang Bags. Tools Down lunch the Mens Shed	Postural Alignment.	Bike Riding	Yoga. Mind, Body, Soul Awareness

For more information on any of these activities:  
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Ph: 5429 1214  
 W: lancefield.neighbourhoodhouse.org  
 E: admin@lancefieldhouse.org.au

**WOODEND HANGING ROCK  
PETANQUE CLUB**

## MARCHING ON

As the season marches on, we have many enthusiastic members who love to leave the quiet surrounds of Woodend and travel near and far to play in a Doubles (2 to a team) or Triples (3 to a team) tournament. This month they have been to Ballarat, Dove (in Endeavour Hills), the Coonawarra (wine district of South Australia), and Apollo Bay.

On Saturday 27 April we are holding our Inaugural Doubles Tournament at The Old Racecourse in Forest St, Woodend and are encouraging all our members to join in for a fun and competitive day of petanque. There will be snacks and tea and coffee available all day, with lunch available for purchase.

After play we are planning an Italian-themed dinner and encouraging all players and non-players to join in the fun and festivities of the night, with spot prizes, trivia, music and dancing. We are still playing at 4pm on Thursdays at Hanging Rock Reserve and on Mondays at the Old Racecourse in Forest St, Woodend. Come down and have a throw, all are welcome.

Any enquiries please ring Louise 0438302218.

## A CLASSICAL CELEBRATION

The Gisborne Singers proudly present their first concert of the 2024 season, a unique program that not only showcases musical masterpieces but also unravels the historical tapestry behind each composition. The program includes: Handel - Zadok the Priest HWV 258 (6'), Mozart - Exsultate, Jubilate K. 165 (15'), Mozart - Laudate Dominum from Vesperae Solennes de Confessore K. 339 (5'), Haydn - Te Deum, Hob. XXIII:2c (9') and Mozart - Regina Coeli, K. 108 (17').

Join us for an afternoon of musical discovery as we travel through time and experience the emotions and cultural significance embedded in these remarkable pieces. Soprano soloist is Merlyn Quaife, with backing by the Macedon Ranges Chamber Orchestra.

The concert is on Sunday 28 April at 2.30pm, Our Lady of the Rosary, Kyneton (afternoon tea provided) [www.trybooking.com/COHHD](http://www.trybooking.com/COHHD) and Sunday 5 May 2024 at 2.30pm, St Mary's, Sunbury

[www.trybooking.com/COHHD](http://www.trybooking.com/COHHD) for tickets.

Tickets \$55 full, \$45 concession, under 12 free.

Please phone 0480 156 263 or go to our website [www.gisborne.harmonysite.com](http://www.gisborne.harmonysite.com) for enquiries.

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 phone 0408 156 263.



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**B** COMMUNITY BANK CONNECTIONS

# COMMUNITY EVENTS INVESTMENT PROGRAM

Thank you to all who have applied in our recent round of grants for events – we had a fabulous response and are currently reviewing applications. Be sure to follow us on Facebook (facebook.com/CommunityBankLancefieldRomsey) and email cip@lrctrl.com.au to be kept up to date on future grant programs.

Don't forget, we still have \$500 Small Change Grants available for not-for-profit groups and clubs in Lancefield and Romsey.

These grants will be available year-round (until exhausted), and the application process is simple – just a one-page form available for pickup at our branches.

## 2024 TERTIARY SCHOLARSHIP PROGRAM

It is with great pleasure we announce the recipients of the 2024 Community Bank Lancefield and Romsey Tertiary Scholarship program:

### REBECCA HARRISON MEMORIAL BURSARY

- Bryanna Cafari – Bachelor of Psychology at Deakin University
- Tahlia Binney – Bachelor of Nutrition Science at Australian Catholic University

## 3 YEAR TERTIARY SCHOLARSHIP

- Clair Mustey – Bachelor of Civil Engineering, Deakin University
- Cormac Hayes – Bachelor of Sports and Exercise Science, La Trobe University
- Eliza Newnham – Bachelor of Animal and Veterinary Biosciences, La Trobe University • Jadzia Chapman-Lowe, Bachelor of Science, The University of Melbourne
- Jakira Bowen Duarte – Bachelor of Marine Science, James Cook University

Congratulations to all the above recipients and we wish them every success as they embark on the next step in their education.

## RELAY FOR LIFE

It was fabulous to once again be participating in the Cancer Council's Relay For Life at Lancefield Park with our "Community Bank Carnival" team. This event is such a significant occasion for cancer survivors, carers and the community in general and Community Bank Lancefield and Romsey is honoured to support such a great celebration of life. Thank you to all those involved who contributed to a wonderful fundraising outcome. Congratulations!



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# ARTANICA

The biennial Botanic Art exhibition, ARTANICA, showcasing the remarkable talent of the Mt Macedon and District Horticultural Society's botanic artists, will be held on April 13-28, at the Mt Macedon Horticultural Hall, Mt Macedon Golf Club, Mt Macedon.

For over a decade the Society has been supporting an active group of talented artists many who exhibit both nationally and internationally. The group include artists who regularly exhibit in major exhibitions at both the Royal Botanic Gardens Melbourne and Sydney, as well as members who have exhibited works in major international institutions such as the Hunt Institute, USA, and the Royal Botanic Gardens, Kew, London.

This is an opportunity to view and purchase original works and admire the diversity of approaches that the artists employ in this highly demanding art-form. All works are exquisitely executed in fine detail using the highest quality materials and a variety of mediums including watercolour works on paper and vellum, as well as works in graphite, and pen and ink.

The Macedon Ranges has a long history of botanic artists including: the 19th century Mt Macedon resident Ellis Rowan, naturalist and illustrator whose botanic art

work is in numerous national galleries and institutions; in the 20th century Joan Law-Smith well respected gardener, botanic artist, writer and patron who created the magnificent Macedon garden, Bolobek; in the 1980s Jenny Phillips, Kyneton, founder of the Melbourne School of Botanic Art, highly regarded international botanic artist whose work is in galleries and institutions worldwide; and 21st century Anita Barley, Woodend, currently working and residing in Kew Gardens London, Botanic Illustrator at the Melbourne Botanic Gardens, a Fellow of the Linnean Society London, winner of numerous awards internationally and within Australia whose works are represented in multiple international galleries and institutions.

These artists are continuing this tradition while adopting a contemporary approach and style, and a wish to capture the bio-diversity of plants found in both the natural landscape and historic gardens.

The exhibition hours are 10am to 4.30pm, Saturday to Tuesdays plus Anzac Day.

All works are original and for sale. Join this fabulous event and have opportunity to view works from established and emerging artists.

## MACEDON RANGES FIELD NATURALISTS ARE LOOKING FOR NEW MEMBERS

Did you know that Sir David Attenborough is a Field Naturalist? We are Citizen Scientists that enjoy nature walks, spotlighting, contributing to things like Bird Count, Frog ID and naturalist.

If any of these activities sound like fun to you, we are your community.

Formed in 2020, the Macedon Ranges Field Naturalists aim to enhance knowledge and understanding of the flora, fauna and fungi of the Macedon Ranges Shire. Through sharing this knowledge, the group aims to foster interest in the region's natural values and to help preserve its native species, communities and ecosystems.

We love things like discovering fungi on Mount Macedon, wild flowers in Barrm Birrm and checking out the koalas on Hanging Rock. We also participate in research and organising guest speakers who are specialists in various areas of flora, fauna and fungi. You can be as

involved as little or as much as you like.

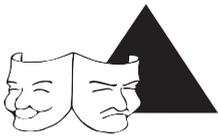
At a recent meeting, we had citizen scientist presenters who told us about potentially new species discovered in our shire. Very exciting! Future speakers include people who can help you make your garden wildlife friendly and give you information about the wonderful landscape we live in.

We have strong connections with MRSC, Nature Stewards, The Royal Horticultural Society of Victoria, Entomologists and other community groups.

We are recently incorporated and are running a competition to design our logo. You can contribute and win. Go to [www.macedonrangesfieldnaturalists.org](http://www.macedonrangesfieldnaturalists.org) and see details about memberships, events and more.

Lisa Dobson  
0400500536





# SECOND PRODUCTION OF THE YEAR

The Mount Players are now in full rehearsal for their second production of the year, *Looped*, which opens May 10 and runs till May 26.

It is a comedy, written by Matthew Lombardo, and is being directed by Peter Newling. This is Peter's first directing gig with TMP and he comes to us with bags of experience as a very successful director across the Melbourne community theatre scene.

*Looped* - During the Summer of 1965, celebrated actress Tallulah Bankhead entered a Los Angeles recording studio to re-record (or "loop") just one line of dialogue from her final film, 'Die My Darling'. What should have taken about 8 minutes ended up taking 8 hours.

The playwright uses a great deal of theatrical licence, offering us a hilarious yet sympathetic guesstimation as to what may have happened in that room on that day. A combination of clever writing backed by a stellar cast of highly regarded, experienced actors, this play will appeal to many - don't miss it! We will be celebrating Mother's Day at the matinee on Sunday May 12 - there will be complimentary bubbles for all the mums and delicious treats at interval.

Book your tickets at [www.themountplayers.com](http://www.themountplayers.com) or call 5426 1892 for assistance. See you at the theatre.

By Karen Hunt

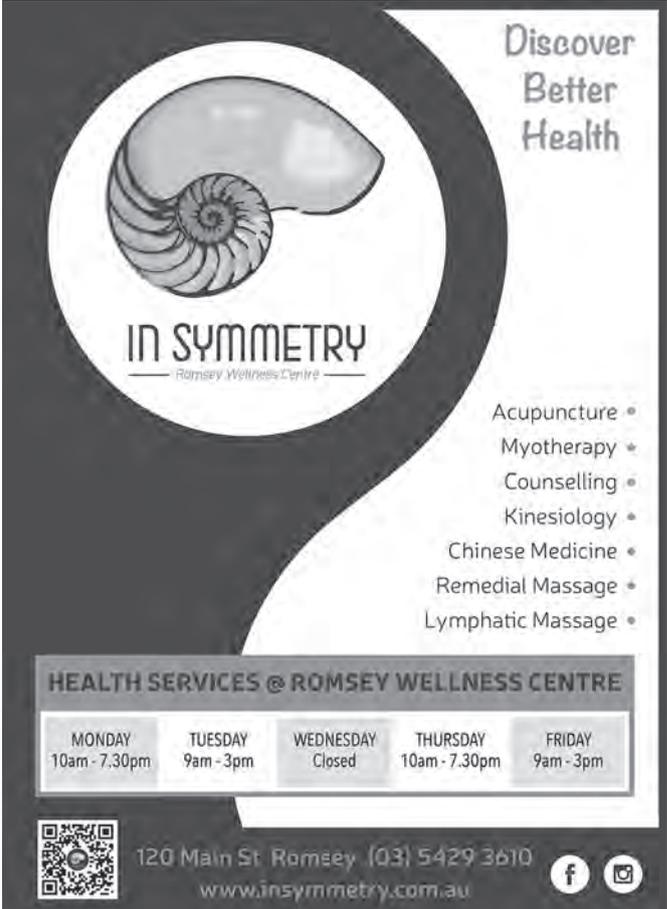



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# Lancefield CAR & COLLECTABLES Swap meet

Sunday  
**14<sup>TH</sup> APRIL**  
2024

## Something for everyone

Hosted by Lancefield  
Football/Netball Club Inc.

BBQ breakfast/lunch,  
canteen, coffee cart  
and Sat tea

No Outside Catering Allowed



### Show & Shine

Entry \$6 per  
person in the car

Main Oval  
- 11 am Judging

### Categories:

- Best Vehicle – Australian Origin
- Best Vehicle – American Origin
- Best Vehicle – British/ European/Asian Origin
- Best Vehicle with Unrestored/Original Patina
- Best Motorcycle
- Best Overall Vehicle at Show

**Sites**  
Approx 6m x 6m  
or 6m x 5m

**\$20** Outdoor **OR** **\$25** Indoor

**400+ STALLS**

**\$200**  
PRIZE

Best Car at Show

**\$6** Buyers entry

Meet opens 7am

www.lancefieldswapmeet.com  
email: lancefieldswapmeet@outlook.com

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EMRBATA

# TOWN CENTRE ACTIVATIONS COMING

EMRBATA was successful in obtaining State Government funding to support the development of Town Centre Activation Plans for Romsey and Lancefield. Workshops have been organised by EMRBATA to be held on 16 April (Romsey) and 18 April (Lancefield). These will engage business operators, shopfront landlords and community leaders to work with renowned “place-makers”, Village Well ([www.villagewell.org](http://www.villagewell.org)), to identify quick wins and do-able projects as well as some bigger moves that will rejuvenate and reinvigorate the town centre (Main/High Street) precincts of Romsey and Lancefield.

This is part of the Macedon Ranges Thriving Villages Project, funded by State Government. Romsey and Lancefield are, so far, the only towns which have secured funding for specific Town Centre Activation Plans, although a “Macedon Ranges Regional Vision” discussion (engaging representatives from towns/villages across the Shire) was held in March.

Macedon Ranges Shire Council is strongly supporting the project and will attend the discussions in an observer capacity. This is a project being driven by the community for the community. It will yield benefits for local businesses and the broader community. It aims to forge a new culture when it comes to effective collaboration between community, Council and other stakeholders to “get things done”.



## CHRISTMAS

As a result of State Government COVID 19 Recovery funding made available to Business and Traders Groups, RRBATA/EMRBATA initiated the Romsey Main Street Illuminations element of Christmas in Romsey which were held in 2021 and 2022. With the addition of an evening craft market, the Main Street Illuminations attracted visitors to the town and engaged many local community members in a relaxed, family friendly setting. Unfortunately, this funding stream was no longer available last year so the Illuminations element did not feature in the Christmas in Romsey 2023 program.

EMRBATA is now keen to explore business/corporate sponsorship opportunities to enable this to be returned to the Christmas program, including a Lancefield Illuminations element.

Visit [easternmacedonranges.au](http://easternmacedonranges.au) for more information.

**Macedon Ranges Shire Council**

**Did you know 3 and 4 year old kindergarten is free?**

Register now for 2025 kindergarten and give your child the best start to their learning journey at one of Council's 8 kindergartens in the Macedon Ranges.

Our kindergartens have highly qualified and experienced early childhood Teachers and Educators and, with their beautiful natural features and outdoor play areas, are rich in nature-based and creative learning experiences.

For more information on when your child is eligible to start kindergarten, and guidance on making an informed decision about when is best to start, go to [mrsc.vic.gov.au/kindergarten](http://mrsc.vic.gov.au/kindergarten)

Register online by 31 May 2024  
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MRODC

# CAN WE STILL JOIN?

March started off with a beautiful sunny Sunday and more new members with beautiful fur babies.

Coming into autumn where we can have four seasons in one day. Rain, hail or shine we are training all the time - except Easter Sunday and Code Red/Catastrophic fire danger days, as our training ground is an evacuation center for Riddell's Creek and surrounding areas. We have been lucky this year.

We get asked many questions. Most can be answered in our website FAQ's or if you can't find an answer there, use the chat to send a message or email us. The club is run by volunteers and many of us work, so we may not reply to you straight away, but we will reply, please be patient.

Common questions we get include:

"How old does my puppy need to be?" Sixteen weeks (minimum) and they must be fully vaccinated before they can come to join in with our group.

"Can my child train our dog?" Children 12 and over are permitted to train dogs, but they must always be supervised

by an adult.

"My dog is not a puppy and has never done obedience training. Can we still join?" Yes, lots of dogs that join when are older.

Our instructors will be there almost every Sunday morning helping you and your young or old dog work better together.

Details are on our website [www.macedonrangesdogclub.org.au](http://www.macedonrangesdogclub.org.au). Or contact us via our Facebook page or email to [info@macedonrangesdogclub.org.au](mailto:info@macedonrangesdogclub.org.au), a representative will contact you.

Don't be shy, come and see us at the Riddells Creek Recreational Reserve Sutherlands Road Riddells Creek. We are happy to chat and provide additional information about joining. We are there from 9 till 11 Sunday mornings.

Take care, stay safe and remember a dog is for life... a dog is family.

Carol - Instructor/Treasurer MRODC

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## DREAM AND LEAD STUDENT CONFERENCE

Recently our Year 6 Leaders and student council representatives had a bright and early start to make their way to Melbourne for the Dream and Lead conference, held by the Youth Leadership Academy Australia (YLAA). The conference is designed to ‘inspire, strengthen and empower primary leaders.’

The day was full of motivational keynote speakers, including high school leaders, the YLAA CEO, an ex-AFL player, and other inspirational speakers who had overcome challenges in their lives and harnessed their strengths to become leaders.

The message behind the day was about empowering students to discover their leadership potential and increase their confidence when faced with hurdles.

### MAKE IT PURPLE DAY

On Friday March 1, Lancefield Primary School raised awareness for Epilepsy by dressing in purple and bringing a donation for the Epilepsy Foundation. There was a sea of purple as students arrived at school with excitement. Students went into the draw to be a lucky one selected to pour purple ‘muck’ on some of our brave teachers at a special assembly! The day was a huge success, and our school raised a total of \$344 which will go towards much needed research into this condition. Thank you to all of our families for their donations and supporting a cause so close to our hearts.

## FORCE OF NATURE RETURNS

For the third year Force of Nature is returning to Lyons Will Estate. A collaboration between farmer, chef and winemaker. A celebration of autumnal produce and all things local. Matt Donnelly and Jo Corrigan, from Forces of Nature Food Co (Mushrooms Anonymous), are two ex-professional chefs and restaurateurs turned foragers, growers and adventurers. As part of the 2024 Macedon Ranges Autumn Festival their beautiful produce will be cooked by friends of Lyons Will, Ana Cortes and Hannah Watt.

Corrigan states “Autumn is a truly magical time in the Macedon Ranges, we’re inspired by the incredible colour everywhere as nature reminds us to slow down and enjoy those final golden days”.

Hannah and Ana have a shared passion for seasonal local ingredients and their culinary experience has been key in creating an exciting menu utilising the best that the region has to offer. Using what’s in season at the farm and what can be foraged from the forests enveloping the Macedon Ranges, each of the four courses will be designed to complement the wines of Lyons Will Estate. Corrigan continues “our market garden produce is at its very sweetest at this time with cheery heirlooms and blooms going right through until the world begins to shower us the fungi”. So think peppers and pine mushrooms, pumpkin and tromboncino, quinces and figs.

Force of Nature will take place at Lyons Will Estate on the 14th of April, 2024. First seating at 12pm.

\$95 per person for two small entrees and two main courses. Wine by the glass or bottle can be purchased at cellar door, along with a selection of other drinks. Bookings via [lyonswillestate.com.au/events](http://lyonswillestate.com.au/events)



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# STILL HAVING FUN

Having fun, making new friends, and catching-up with old ones!

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. There is a coffee morning at 10 am every Friday at the Lancefield Corner Store where members meet for a chat and a bit of fun.

In March the AGM was conducted to elect new and continuing members to support the ongoing development of the club. We would like to thank retiring members for their hard work over the last 12 months, continuing members for their ongoing efforts and lastly new members who manage to keep the club active and interesting. As we didn't have a speaker for the AGM, we

would like to thank Ken Coulson for conducting the trivia session for the members.

Thanks also to Holgate's Brewery for hosting our lunch this month and for providing a seniors' range of meals as options. It was much appreciated.

Numbers are still firming up for our trips this year with options to Gippsland, Canberra and New Zealand as well as day trips. Next month we are off to the Morning Melodies and lunch at Kyneton RSL. This is a first for the club, so we are looking forward to something a little different.

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 our website [www.rlprobus.org.au](http://www.rlprobus.org.au) for more details.

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**Mary-Anne Thomas**



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HALL HAPPENINGS

TALENTED LOCAL PERFORMERS

The Live and Local @ Lancefield gig (evening of Friday April 5) is coming up fast. It is great to be able to showcase our talented local performers as part of the Autumn Festival, along with local wines (Lyons Will) and produce (Bespoke Preservatives & Pantry and Mía Mía Gelateria). We are hoping to see this as a regular part of the MRSC Autumn Festival.

Don't miss joining Bronwyn Wilson on her Lancefield Heritage Walk on April 6 from 2 – 4.30 (including afternoon tea at end of walk). Meet outside the Foyer entrance of the Mechanics' Institute, The Crescent, Lancefield. Cost is \$20 per person which includes afternoon tea. Bookings at Trybooking – numbers are limited. And in March we had a couple of late entries for different events from last month – we are hopeful that you got to enjoy them including on March 20 – 21 a pop-up shop (moccasins, hats, socks, etc), and on March 24 'A Slice of Italia' dinner (by Slice of Perfection), and then on March 27 the No Lights-No Lycra disco.

All our regular groups and activities have been in full swing, and it is great to have been able to connect many of you to these activities over recent months. Activities such as Line Dancing on Monday and Wednesday mornings, Pilates on Tuesday mornings and evenings, Old time dancing on the fourth Wednesday of the month, Ellys Playtime Music on Monday mornings, Patchwork group on Thursday mornings, Karate on Tuesday and Thursday evenings, Tai Chi on

Saturday mornings, and we now host Iyengar Yoga sessions with Esther Tomsic-Pavlis on Wednesday evenings.

Keep an eye out for more details on our local theatre group - GAB Theatre. It will be great to have them back at the Hall with their new production entitled "Gabs Winter Feast" - four short plays that as always will be highly entertaining (May 31 – June 2).

As well, the following events and activities are coming up during April and into May.

APRIL

- Sunday 7 (evening) Kyneton Paranormal investigation
- Monday 8 (evening) Landcare meeting
- Thu – Sun 18 – 21 CWA Creative Arts Exhibition
- Wednesday 25 ANZAC Day breakfast
- Friday 26 CWA meeting
- Friday 26 (evening) Lancefield Old Time Dancers – monthly dance
- Saturday 27 Little Treasures Market
- Sunday 28 Witches of Macedon Fair

MAY

- Friday - Sunday May 3 – 5 Painters Workshop

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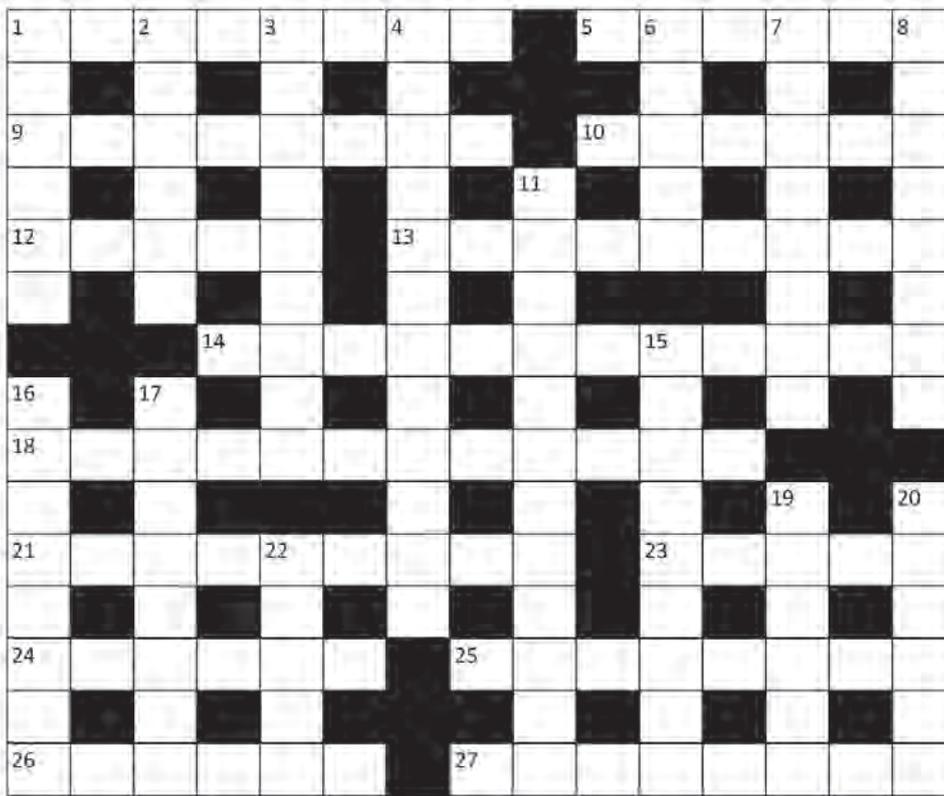


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# CRYPTIC CROSSWORD NUMBER 9



## ACROSS

- 1 The last five trailers are used for private workshops (8)
- 5 Without panic is clam arrangement and unreal really (6)
- 9 Heard friendly moniker steal a title (8)
- 10 You and a clan can form a gap (6)
- 12 The sufferer usually can't tell you they have this digestive complaint (5)
- 13 Into names or formally specifies (9)
- 14 Gun is nifty as - but not fulfilling (12)
- 18 Loan dragged on without a sign of good fortune (6,6)
- 21 It could be here if it's not here (4,5)
- 23 Historical magistrate could be about the first lady (5)
- 24 It tops off the Blues Brothers get up (6)
- 25 Lance Armstrong erred but has the heart to carry a heavier load (9)
- 26 Even the expensive ones just get burnt (6)
- 27 Illustrative representative (9)

## DOWN

- 1 This sunflower is anti-inflammatory (6)
- 2 Could be spreadsheets or larger sizes? (6)
- 3 What you have - until proven otherwise (9)
- 4 Italian fireworks or lighting for its capital (5,7)
- 6 A profit once more (5)
- 7 A big one could have a white top (9)
- 8 Greasy AO set up is long gone (5,3)
- 11 Not really caring one way or the other (12)
- 15 It makes a mess silently despite the name (5,4)
- 16 Certain you can't know (8)
- 17 Alerting changing to changing (8)
- 19 Bangle could be from old part of India (6)
- 20 It's ironic when it's trivalent (6)
- 22 He may make a pipe or a potato (6)

*Answers page 38*

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# ROMSEY HOTEL SUBMISSION

Romsey residents – and those living within five kilometres of the Romsey Hotel – are invited to complete a survey relating to an application for gaming machines, to help inform Council’s submission to the Victorian Gambling and Casino Control Commission (VGCCC).

In response to an application to the VGCCC for 50 gaming machines at 90 Main Street in Romsey

(Romsey Hotel), Council has commissioned an independent consultant to deliver a Social and

Economic Impact Assessment (SEIA). To inform this SEIA, Council is undertaking a community survey via independent company Insync, using a publicly available database from the Victorian Electoral Commission to target letterbox drops to all Romsey residents and those within five kilometres of the venue.

Council’s Director Community, Maria Weiss, said there may be people who have moved to the area

more recently – or turned 18 and are newly eligible to vote – who are not captured in this database.

“We know this is an important matter for many Romsey

residents and we want to ensure that we are

giving as many eligible people (within five kilometres of the venue) as possible the opportunity to

participate in our survey,” she said. “It is important to Council that our SEIA is as well-informed as it can be, to

ensure that our submission to the VGCCC best represents the sentiments of our community.”

Eligible residents who haven’t received a letter directly must “opt in” to complete the survey, showing proof of residency to ensure validity of the data collected. Residents can do this by contacting Council on 5422 0333, or by visiting a Council office in person.

A summary of results will be included in a future Council report, expected to be listed for decision at the April 2024 Council Meeting.

For those residents outside of the five-kilometre survey area that would like to share their opinion on the application, they can make a submission directly to the VGCCC.

For more information, visit Council’s Your Say page and the subsequent community survey section.

# REPORT DUMPED TYRES

Tired of seeing tyres dumped in our parks and waterways? These illegal dumps aren’t just eyesores – they pose serious fire risk, provide a breeding ground for vermin and cost a lot to clean up. Remember you pay for the legal disposal of your waste tyres when you buy new ones. Don’t let others destroy

our shared spaces. If you spot tyres where they shouldn’t be, report it to council or EPA at [epa.vic.gov.au/report-pollution](http://epa.vic.gov.au/report-pollution).

By working together, we can crack down on illegal dumping and keep our community and environment safe and healthy.



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## LIBRARY

# SCHOOL HOLIDAYS FUN

Come along to the Romsey Library for oodles of school holiday fun including:

- Gruffalo find-and-seek: drop in throughout the holidays.
- Wear a Purple Poppy author talk and craft: Tuesday 2 April, 2pm to 3pm. Bookings preferred.
- Paw Patrol movie screening: Wednesday 3 April, 2pm to 3.30pm.
- Necklace and luggage tag craft: Tuesday 9 April, drop in between 10am and 1pm.
- Stop motion animation workshop for ages 7-12: Wednesday 10 April, 10am to 11am. Bookings essential.
- Wonka movie screening: Wednesday 10 April, 2pm to 4pm.

## ATTRACTING BIRDS AND NATIVE CRITTERS TO THE GARDEN SATURDAY 4 MAY, 10 - NOON

Come along to this informative session with gardening expert Kerri Mewett, and learn how to attract native wildlife into your garden. Bookings essential.

## HOME LIBRARY SERVICE

We have a lovely volunteer who we are hoping to connect with someone who is in need of library items, but is unable

to easily leave the house. Library items include books, magazines, audio CDs or MP3s or even DVDs. If you know of someone who would benefit in the short or long term from having items dropped to their residence, please contact the Library.

## THE MEMORY PLACE: DOCUMENTS OF LONG AGO

Tuesday 30 April, 2.30 – 3.30pm

Enjoy memories, conversation and fun as we explore a hands-on collection of old (but familiar!) documents. Our Memory Place sessions are all about sharing reminiscences and learning from each other as we rediscover everyday objects from the past.

Bookings required – please phone 5429 3086 for more information.

## FREE FILM SCREENING: THE DRY (MA 15+)

Wednesday 24 April, 10.30am – 1pm with interval.

Join us for this free screening of *The Dry*, based on the bestselling Australian novel by Jane Harper. Detective Adam Falk returns to the Mallee town he grew up in, and reluctantly finds himself investigating an apparent murder-

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## SKIN CANCER UNIT TO VISIT WOODEND

suicide that drags up uncomfortable questions about his own past.

Bookings required. Tea and coffee provided. Please note this film is rated MA 15+.

### BOOK REVIEW:

Always Isn't Forever by J C Cervantes

Reviewed by Milika Fortune

Always Isn't Forever is a beautiful book about a sudden tragic loss between two connected souls. The book follows Hart and Ruby's journey through the rough time of him trying to prove that he is truly Hart, despite being in another's body. I really loved reading through the intense build-up of this story. I experienced a roller coaster of emotions throughout my reading, but it was always such a thrill to follow the perfect storyline. 100% recommended.

### LIBRARY TIMES

Please note the Library will be closed from Friday March 29 to Monday April 1 for the Easter public holidays.

Contacts 5429 3086, romsey@ncgrl.vic.gov.au goldfieldslibraries.com and on Facebook - Macedon Ranges Libraries.

Australia has one of the highest rates of skin cancer in the world and Lions Clubs in Victoria and Southern NSW are doing something practical about reducing that level and its impact on families. The incorporated charity, the Lions V Districts Cancer Foundation, has put a Skin Check and Awareness Unit on the road. The Lions Club of Lancefield-Romsey are proud to announce that the skin van will be visiting Woodend, stationed at Marjory Place near the visitor centre on Saturday 20 and Sunday 21 April.

The van will provide a free skin checking service to local people and will be operated by fully trained, certificated and professionally supervised volunteers. The unit will also be a valuable resource for local people to access not only the skin check, but valuable and timely information about skin care and self-checking techniques. We know early detection of skin lesions potentially saves lives, so this visit will be a timely support and reminder to local people of the need to take care of their skin. Following the skin check, visitors will be issued with a referral to their GP if there are any suspect spots or lesions. The Unit is not a medical clinic, so diagnosis or treatment requirements are not discussed – it simply provides the skin check and alerts the visitor to skin lesions that require further checking and attention: a great first step in ensuring urgent needs are addressed.

To book a skin cancer check please phone 0400 038 160.



  
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## FROM THE DESK OF PASTOR TIM

Encourage Church, Pastor Tim Emonson, Worship Service Sunday 10am, 7 Mitchell Court Romsey.  
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# WE ARE HOSTING THE RSL

This month we have the privilege of hosting the Romsey-Lancefield RSL for an "ANZAC Day" church service, 10am Sunday April 28 at Encourage Church, 7 Mitchell Court in Romsey. It will be a Commemoration Service with the RSL marching in, the Last Post played, and as usual for our church, a scrumptious morning tea afterwards.

The service will remember those who faithfully served their country in a time of war. Our hearts will be with the wounded – whether in body or mind, and particularly those that didn't make it home.

For those that did not return, I am reminded of a verse that is often quoted at Anzac Day Services – "Greater love has no one than this: to lay down one's life for one's friends." (John 15:13, NIV). Think about that – the greatest love someone could show you, is to lay down their life so that

you can live. Those that have fought and died, did so for the freedom of their family, their friends and ultimately for me.

'Laying down one's life' is what Jesus did for you that you could truly live. As Jesus Himself said: "I am the good shepherd. The good shepherd lays down his life for the sheep" (John 10:11 NIV); and again, "I lay down My [very own] life [sacrificing it] for the benefit of the sheep" (John 10:15b from the Amplified Bible). Jesus did this voluntarily for you. God's love for you was so great, that His Son Jesus was willing to die for you.

If you want learn more about Jesus laying down His life for you, come along to the Passover Feast on Saturday 20 April – bookings essential for the Feast. Otherwise, join us for one of our services at 10am each Sunday at 7 Mitchell Court in Romsey.

# COFFEE CUPS ARE RECYCLABLE

Macedon Ranges residents can recycle coffee and soft drink takeaway cups in their kerbside recycling bin (yellow lid). Drink cartons, including milk, juice and stock can also be recycled.

Sadly, the lids and caps are considered too small to be recycled

Check if your take-away coffee cup is compostable. If so, you can take it home and pop it in your FOGO bin.

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**LANCEFIELD COUNTRY WOMEN'S ASSOCIATION**

President: Angela Turner, Secretary: Maybelle Briggs, Treasurer: Sandra Stevens, lancefieldcwa@gmail.com

# AUTUMN DAYS

Aren't we having some lovely, cool autumn mornings? Just perfect for that early morning run or walk. Lots of produce continues to grow in the garden, and yes, zucchinis are everywhere.

Here is a favourite recipe of the CWA to use up some of those zucchini:

**Pea and Zucchini Fritters**

**Ingredients**

- 2 medium zucchini grated
- Half cup of frozen peas
- Half cup of grated cheese
- Half cup of plain flour
- 2 eggs lightly beaten

**Method**

In a bowl mix all of the ingredients together. Heat up some vegetable oil to a high temperature. Drop spoonfuls of the mixture into the hot oil. When the fritters are looking crisp and brown, drain on some paper towel and serve.

Our branch once again would like to thank the proprietors of the Lancefield Hotel for providing us with

the opportunity to participate in their regular Friday night Meat Raffle. All of the funds raised will continue to go towards donations to various local groups in our community.

We also wish to thank the hotel patrons for their courtesy, friendliness and generosity.

In the next article we will list all of the recipients who receive our support.

The Creative Arts Exhibition for the Central Highlands Group which will be held on April 20 and 21 at the Lancefield Mechanics Institute, and is a must for your calendar.

It will be open from 10 am until 4 pm on the Saturday, and from 10 am until 3 pm on the Sunday.

Morning and afternoon teas and lunch will be available. The entry fee is \$5 and children are admitted free. Just a reminder that the branch meets at the Mechanics Institute on the fourth Friday of each month at 10 am. Come and say hello.

Maybelle Briggs



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Continued from page 1

but hardly solid ongoing support. And if a carer can't even make it to the morning tea – often due to lack of backup to stay with the person cared for - it makes the idea even more disappointing.

PS My Family Matters (<https://www.psmfm.org.au/>) was started by Tamara Wilson ten years ago; she needed support herself and recognised that she was one of many people in the same position. These days she is a peer support consultant for the group, led by a team of volunteer board members who are either carers or work in the community sector. The organisation has some federal government funding until the end of June this year, so has teamed up with local Neighbourhood Houses to try and find a more sustainable model.

Isolation is one of the main issues for carers. Often the carer is left with the whole burden of care when other family members, or friends, leave them to it. Rates of separation, domestic violence and poverty are particularly high in the carer community. So mental health suffers, too. Some carers are holding down fulltime jobs, then they come home to their carer roles in between employment. Carers have double the rate of physical and mental issues – no wonder. And they are primarily women who have had to sacrifice their own physical, mental, social and financial wellbeing in order to meet their caring obligations. (2023 Carer Wellbeing Survey Report – Carers Australia and University of Canberra).

There are 420 Neighbourhood and Community Houses and Centres in Victoria: “More of us than Maccas!” says

Kristine Rawlinson, President of PS My Family Matters, Project Manager-Carers with Neighbourhood Houses Victoria, and carer to both her husband and son. Since partnering with local Neighbourhood Houses, PSMFM is now supporting four times the number of carers and families. Originally it was seven carers in the Macedon Ranges who were receiving intensive support. Now it's 32, and the numbers keep growing, bearing in mind that the ripple effect takes in extended family members and friends, and amounts to more like 100 people who benefit from the support.

Donations are what keep PSMFM afloat, and they deal with each person's situation individually – there's no paperwork for carers (PSMFM make this all happen in the background), which is a big plus, since, as we all know, dealing with any government department is a maze of form filling-in, which takes time, and often funding doesn't apply unless there's a “crisis”. Also, PSMFM can respond quickly to requests for support; they are local, on the ground and not bound by bureaucracy.

There's peer support, perhaps a shoulder to cry on and regular get-togethers for pizza with carers and their loved ones socialising together, a rare event for many.

This idea is one Vivien and Michelle and Kristine, with PSMFM, want to expand, to reduce the isolation factor and offer welcoming Neighbourhood Houses, for all involved.

Vivien and Michelle would like to create a list of local carers – not to be shared publicly, but for reference when applying for funding. Since there is a pool of funding

### CRYPTIC CROSSWORD NUMBER 8



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available, Vivien and Michelle will collate the list of needs, and advocate on behalf of carers. This list of carers will be kept private in the Neighbourhood House files.

They are suggesting a directory list, so that any need, whether it's chopping wood, shopping, giving emotional support with a cuppa and a chat, or keeping the cared for person company in their own home whilst the carer takes time out, can be flagged and addressed – Vivien and Michelle want to know what carers need, so that this can be taken into consideration when making a directory of needs and helpers, and funding levels. Sometimes it may be as simple as getting someone to come and help with gardening, small domestic chores, or clean out cupboards, drive to appointments (and wait to return home, which is a time commitment). The helpers on the list may be busy people with a small window of time and a good chopping arm, or...name any other skill.

There will be a paid part-time coordinator to collate, assess and communicate under the Neighbourhood House umbrella, similar to Tamara's peer support work for PSMFM. Info will be passed on to agencies who offer specific services, if that applies. As many of the current supports respond to carer burnout and poor wellbeing, rather than prevention, the idea is to "Invest early, save lives" rather than patch up after the event.

This fits in with Neighbourhood Houses Victoria's aim to have ongoing funding across the State's neighbourhood and community houses and centres to establish Neighbourhood Carers Clubs. These would be co-located with houses like Romsey and Lancefield Neighbourhood Houses and would receive funding to employ a part-time peer support worker

and fund activities and a range of supports for carers to participate in; whether the activities are carer specific or general community offerings is totally up to the individual carer.

Carers need to know that there is somewhere in their local community – that it's not one of the many medical or disability related organisations they always deal with - where they are always welcome; where someone understands what it is they are going through and they can relieve the carer of some of their mental load, and work with the carer to improve their mental, physical, social and financial wellbeing.

Ideas for support are welcome – lunches for carers, and cared-for. Neighbourhood Houses are carer-friendly places. Come in and chat with your thoughts about how best you can be assisted.

The monthly Feed it Forward lunch in April will have a Carers theme and is free for any Carer or the person/people they care for. In April the lunch will be held in Romsey on Wednesday 24 at 12.30pm .

## CONTACTS

Vivien at the Lancefield Neighbourhood House coordinator@lancefieldhouse.org.au;

Michelle at the Romsey Neighbourhood House manager@romseyneighbourhoodhouse.org.au; and <https://www.psmfm.org.au/> kristine@nhvic.org.au Kristine at PS My Family Matters.

Beth Child

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## LANCEFIELD COUNTRY WOMEN'S ASSOCIATION

President: Angela Turner, Secretary: Maybelle Briggs, Treasurer: Sandra Stevens, lancefieldcwa@gmail.com

# CWA CREATIVE ARTS EXHIBITION RETURNS TO LANCEFIELD

Mark your calendars for a celebration of creativity and community at the Lancefield Mechanics Institute. CWA Central Highlands Group is proud to present our annual two-day Creative Arts Exhibition on April 20 and 21. CWA members from Lancefield are working hard on their entries and are excited to show them off to you.

Marvel at our members' skill - the hall will be filled with a showcase of crafts and preserves competing in more categories than we've ever had.

Indulge in delights - treat yourself to a delicious lunch while enjoying the vibrant atmosphere and connecting with fellow craft enthusiasts.

Stock up - need to replenish your craft stash? We'll have

lots of bits and bobs to take home at bargain prices on our de-stash table.

Don't forget the preserves - add some homemade goodies to your pantry, made with love by our members.

The Exhibition is on April 20 and 21 in the Lancefield Mechanics Institute, 4 The Crescent, Lancefield. Doors open from 10am - 4pm on Saturday and 10am - 3pm on Sunday. Don't miss the Award Ceremony on Saturday at 11am. Join us for a weekend filled with creativity, community, and cherished traditions. Spread the word and invite your friends and family to share in this special event. For more information, contact Mel Pritchard, 0423 672 719. See you there!

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# MACEDON RANGES AUTUMN FESTIVAL 2024

The festival which runs from 5-28 April is an all-encompassing Macedon Ranges focused celebration of all things authentically local, including live music, food and drink. A diverse program of markets, events and workshops, will keep you coming back for more, in addition to the popular Festival Trails.

Let your palate guide the way along Australia's biggest Pie & Tart Trail, a choice of ten Tipple Trails, or the Edgy Veg Trail. Collect stamps on your Festival Passport to go into the draw for the highly sought-after 2024 Autumn Festival Competition. Festival visitors can also explore the new Autumn Festival Treasure Trail to discover leafy

picnic locations, collecting clues along the way for another entry into the 2024 Autumn Festival Competition.

Attend genuine accredited local farmers' markets, become the maker you've always hoped to be at artisan workshops, enjoy guided walks and talks, or simply eat, drink and be merry at foodie feasts.

The Kids' Colouring Competition returns for 2024. Entries can be submitted to the Woodend Visitor Information Centre between 10am and 4pm during the Festival.

Visit [www.visitmacedonranges.com/autumn-festival](http://www.visitmacedonranges.com/autumn-festival) for more information.



**APRIL 5-28**

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On Friday March 1, Lancefield Primary School raised awareness for Epilepsy by dressing in purple and bringing a donation for the Epilepsy Foundation. See page 24