

Lancefield Mercury



LANCEFIELD MENS SHED: SHED TALK



The other week I was seriously considering giving the Shed away. I turned up at the shed and saw workmen removing the brand-new see-through fencing at the kindergarten and replacing it with a great thumping two-meter colourbond fence. When I asked what that was about, I was told that some individual had pressured the authorities to replace the fence so the Men's shed blokes couldn't see the children.

I have heard on the grapevine that there has been talk of trying to get rid of the Shed altogether, although we have been at this location for fifteen years.

The Lancefield Men's Shed, from my understanding is the only shed in the district that runs school programs for three different schools in the area. We, who work with the kids, have all got certified "working with children" cards and happily spend the morning with these delightful young people making bird boxes and pencil cases and the like. I am certain that most of the blokes are pretty offended by this situation and the ease with which this individual has pressured the authorities to make this expensive modification.

I get more disappointed every day with this computerized,

Netflix, coffee drinking, phone society but I thought we still need some sort of proof before we made accusations.

One of my sons is a Landscape Architect working for one of the councils in Melbourne. He tells me he gets challenged all the time by people as he goes about his work planning outdoor spaces for the community. I think it's becoming a sad old world when you can work your whole life, bringing up a family, contributing to your community in every way you can and you get to old age and suddenly you seem to be on the outer.

Well, that individual is not going to stop me turning up and making a contribution in the shed. I get too much joy fixing up old stuff for people and working in the school program and enjoying the company of some fine men. My only regret is the little ones next door can't give us a smile and a wave as we turn up for the day.

We should also reflect on the fact that many of these kids do not have senior adults in their life. As the community consists of multiple generations, it seems sad that the connection between the older and younger generation has



been impacted by prejudice by denying just a simple smile, a wave or just retrieving an errant ball from the carpark.

The Shed Bloke

COUNCIL RESPONSE

The first response from the Council is “Response attributable to Martin Collins, Director Community Services, Macedon Ranges Shire Council: The Eastern fence was replaced as a

child safety and privacy measure following a concern raised with Council. The decision was made in accordance with Council’s child safe obligations and was not the result of any finding of inappropriate behaviour by the Men’s Shed or its members. Council values both the kindergarten and the Men’s Shed and is committed to maintaining safe and welcoming community facilities.”

The Lancefield Mercury has put further questions to Council, which at the time of going to press have not been answered.

The Mount Players
presents

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DIRECTOR / MUSICAL DIRECTOR
**ZACHARY T VANSTONE
& TOM FOSTER**

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ZACHARY T VANSTONE

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GIVE YOUR 10 CENTS WORTH

The Council has placed new bins across the Shire, attached to existing rubbish bins. These new bins are two-way receptacles for containers that attract the 10c refund when presented to the places that give you cash for cans. So, leave your empties in the basket, or take what has been left and trade them at the refund centre for 10c each. Take the cash, or you can donate to a charity – Deep Creek Landcare do lots of good things and any funds they get from the container deposit scheme go towards native plantings in our area.



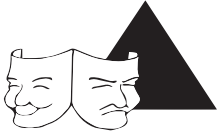


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THE MOUNT PLAYERS HAPPENINGS

AFTER-LIGHT

NEW CONTEMPORARY ROCK-OPERA

Our August production, After-Light The Dramatic Prog-Rock Opera by Zach Vanstone & Tom Foster opens Fri 14 August and runs until Sun 30 August.

The Mount Players is proud to present this truly contemporary and original piece, after viewing a scaled down version at the Melbourne Fringe Festival in 2024, giving young, up and coming artists Zach and Tom the opportunity to stage their creation locally.

In the vein of Jesus Christ Superstar and The Who's Tommy, boasting a rock band live on stage with singers telling the story of Boy as he struggles through his mistakes, exorcising his demons in a journey of self-discovery and ultimately redemption. Penned during COVID, this production does explore some darker

themes. "This is a show about learning how to let go," said composer Zach. "Following the break-up between Boy and Girl, Boy falls into a life-threatening coma. In order for Boy to wake, he must forgive the past, reconcile with the future and learn to let go of Girl. If Boy fails, his intrusive thoughts: Addiction, Paranoia and Depression will consume his soul."

Warning: Suits 18+. Coarse language, adult/sexual/drug and staged violence

For tickets go to www.themountplayers.com or call 0419 329 052 for assistance.

See you at the theatre!

Karen Hunt



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Parish Priest: Fr. John Healy C/- Woodend Presbytery 0409 436 441 Assistant Priest: Fr. Zaher Al Mhanna C/- Lancefield Presbytery 5429 2130

CURRENT MASS TIMES

Vigil Mass will be celebrated each Saturday evening at 6:30pm in the Lancefield Church.

Sunday Mass will be celebrated each Sunday morning at 9am in the Romsey Church.

The Anointing Mass will be celebrated at 10:30am in Romsey on the first Saturday of each month.

WEEKDAY MASS

Thursday 9:30am at Romsey Church except for the fourth Thursday which will be celebrated at Romsey Aged Care at 10:30am.

Friday 9:30am at Lancefield Church

BAPTISMS

Baptisms are held on the first Sunday of the month at 2:30pm. Please contact the office for the next available dates.

RECONCILIATION

Reconciliation is held on the second Saturday of the month at 10am in St. Ambrose Church in Woodend, on the third Saturday of the month at 10am in St. Brigid's Church in

Gisborne, and on the fourth Saturday of the month at 10am in St. Mary's Church in Lancefield.

Saturday Mass will be celebrated at 9:30am, prior to Reconciliation.

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

2027 SACRAMENTS

Registration is now open for Sacraments due to be celebrated in 2027. Please contact the office at lancefield@cam.org.au if you would like to be included in information sent out in February.

Reconciliation available to Yr 3 and above, Holy Communion available to Yr 4 and above and Confirmation available to Yr 6 and above.

Sacrament fee for 2027 is \$100. Baptism details required for registration.

Please direct enquiries to the parish office on 5429 2130 or by email at lancefield@cam.org.au

For funeral arrangements, please contact Fr. John on 0439 033 750 or by email at john.healy@cam.org.au

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

Fay Woodhouse

Ken Allender

Julianne Graham

Beth Child

Editorial Enquiries to
Andy Moore 0430 448 120

Advertising Enquiries to
Ken Allender 0404 886 580.



2026/7 Advertising rates

Casual Ads Black and white

Eighth \$45

Quarter \$65

half \$120

full \$200

Colour

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half \$180

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Subscriptions BW

Eighth \$330

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full \$1,205

Colour

quarter \$815

half \$1,430

full \$2,165

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.



LANCEFIELD COUNTRY WOMEN'S ASSOCIATION

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

Lancefield Mercury

WANT TO KNOW MORE ABOUT QUILTING?

Well Winter is well and truly here. We trust that you are keeping warm and dry.

One of our members attended Macedon's Association Day where a speaker talked about the life of the Australian painter, Fred McCubbin who lived at Mt. Macedon for five years. Another member will be attending the August Group Meeting.

Our Branch will hold its Association Day on Friday, September 4 at 2pm.

Branches from our local district are invited to attend. These gatherings are very informative and, it is also an opportunity for branches in our district to catch up with each other. This year our Association Day will consist of a talk about Quilting from one of our esteemed members who is a very talented quilter. It will be held in the annex of the Mechanics' Institute.

Everyone is invited and very welcome to attend. Entry is a small donation which includes a simple afternoon tea.

Some further information about Canada:

It has 10 provinces [states] and 3 territories [Federal], and 97% of the population live in the provinces. Ottawa is the National capital, while Regina is the provincial/Territorial capital in Saskatchewan. Provinces generally span the more populated southern regions of Canada, while Territories

span the vast, sparsely populated northern regions. The population of Canada is 35 million and the official language is both English and French.

Our recipe for this month is Baked Potatoes, baked the way my grandma used to prepare them.

Firstly, she would wash, scrub and slice the big starchy potatoes [Sebago possibly] longways in half. She would then rub on some cooking oil, sprinkling the cut side with some salt, pepper and any other herbs that you might like to add.

Now on a tray, place some baking paper, and put two dobs of butter evenly spaced for each half a potato and sprinkle a generous amount of shredded cheese onto and between the butter. I like mozzarella but of course you can put on whatever cheese you prefer. You then put the potato face down onto the dobs of cheese and butter.

Place them in the oven and cook them for about 30 minutes at about 200 degrees Celsius.

When they are cooked, you will find when you turn them over that they will be super crispy and delicious.

Our next meeting will be on the last Friday of the month in the annex of the Mechanics' Institute at 10.30 am. We would be delighted to see you there.

Maybelle Briggs [Publicity Officer]

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HALL HAPPENINGS

Lancefield Mechanics' Institute

PLENTY TO DO

Well, it's so good to see the old Mechanics Hall very busy during July with plenty of winter birthday celebrations particularly for the young ones, other events and all the regular/term activities running and this continues through the winter months.

Hope you enjoyed our local GAB THEATRE group 'One Act Season 2026' performances. How lucky are we to have this creative group in our community. Well done George and Barb.

Note also 'Moving Meditation' classes (Jarad Lockyer) are now running in the Annex on Friday evenings.

And Montana Oliver is running the Term 3 (Winter) SENSORY PLAY sessions in the Main Hall on Friday mornings.

EVENTS TO PLAN FOR:

Don't miss out on the following upcoming special events coming to Lancefield Hall for your enjoyment:

- *Don't Miss This One* - Saturday August 8, Silent Movies return to Lancefield - main movie is Charlie Chaplin - The Gold Rush followed by Laurel & Hardy shorts
- Saturday August 15 - *Landcare Bush Dance*
- Sunday August 23 - *Savoy Opera* performances of 'The Yeoman of the Guard'

Regular Bookings: (* are School Term based activities)
For details, please contact the group directly or call the LMI Booking Officer (John) on 0437 313 564.

- *Line Dancing* on Monday and Wednesday mornings
- *Pilates** on Tuesday mornings and evenings - annex
- *Community Singing Group* on Tuesday mornings - annex
- *Old Time Dance* lessons and practice on Tuesdays
- (and an evening dance on the fourth Friday of the month)
- *Patchwork Group* on Thursdays - annex
- *Karate** on Tuesday and Thursday evenings

UPCOMING ACTIVITIES & EVENTS:

AUGUST

- Saturday 1 (afternoon and evening), *Gab Theatre* 'One Act Season 2026' performances
- Sunday 2 (afternoon), Private Event
- Monday 3 (afternoon), LMI Committee monthly meeting - annex
- Monday 3 (all day), Kitchen usage
- Tuesday 4 (afternoon), Kitchen usage
- Thursday 6 (evening), Community Bank CIP grant information evening - annex
- Friday 7 (morning), *Sensory Play* sessions

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- Friday 7 (evening), Moving Meditation sessions - annex
- Saturday 8 (evening), *Silent Movie* night (LMI fundraiser)
- Monday 10 (evening), *Upper Deep Creek Landcare* monthly meeting - annex
- Friday 14 (morning), *Sensory Play* sessions
- Friday 14 (evening), Moving Meditation sessions - annex
- Saturday 15, (evening), *Landcare Bush Dance* (fundraiser)
- Sunday 16 (afternoon), Private event
- Tuesday 18 (afternoon), Kitchen usage
- Friday 21 (morning), *Sensory Play* sessions
- Friday 21 (evening), Moving Meditation sessions - annex
- Saturday 22, Little Treasures Indoor Market
- Saturday 22 (evening), Private event
- Sunday 23, *Savoy Opera* performances of 'The Yeoman of the Guard'
- Monday 24 (all day), Kitchen usage
- Tuesday 25, Preparation for Community Luncheon - kitchen
- Friday 28 (morning), CWA monthly meeting - annex
- Friday 28 (morning), *Sensory Play* sessions
- Friday 28 (evening), Lancefield *Old Time Dance* group – monthly dance
- Sunday 30, *Patchwork* group *Destash* event

For Bookings contact:

John Sevenson, President and Booking Officer,
Lancefield Mechanics' Institute Committee of Management
Email: lancefieldhall@gmail.com or ring 0437 313 564



PROBUS CLUB

P.O. Box 280, Romsey. Vic. 3434

Lancefield Mercury

CATCH UP

The Romsey/Lancefield Probus Club is for outgoing, retired 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 Lost Watering Hole where members meet for a chat and a bit of fun.

The trip for 2007 to Tasmania in May is almost fully booked with members from the Lancefield/Romsey, North Melbourne and Altona Probus clubs making up the numbers. By sharing trips across different clubs, the numbers become more viable and guarantee the trip will go ahead. Our club had continued to have monthly outings and would like to thank the Red Poppy Winery in Romsey for opening the venue for the club outing. It's amazing what can happen when you think locally! The club has also visited the Cosmopolitan Hotel in Trentham, continuing with our local theme.

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: Ken Colson 0404467125 Secretary: Lorraine Robb 0407349144

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ROMSEY LIBRARY NEWS

THIS MONTH

ADULT PROGRAMS

Learning about our eLibrary

Curious about the free online resources available through your library membership? Book your spot to learn more about our eLibrary apps, such as Borrowbox and Beamafilm.

September 2, 2.30 – 3.30pm. Bookings essential.

MOVIE CLUB AT THE ROMSEY LIBRARY

Each month we show a new and popular movie on our big screen.

To find out the upcoming titles showing for the rest of the year head into the Romsey Library. No bookings required.

Join us on the second Wednesday of the month from 10.30am for Movie Club.

The August screening will be on Wednesday August 12.

MEETING POD

Two-hour time slots available now.

Have you seen our new solo meeting pod?

Do you have an online interview? A telehealth appointment? Need a quiet place to sit an exam? Our new meeting pod is the perfect place to shut out the noise and focus. See library staff for more information and to discuss your individual needs.

Bookings required.

CHILDREN'S PROGRAMS

Children's Storytimes (during the school term)

Join us for age-appropriate songs, rhymes, stories and a fun activity.

Storytime, age 2 – 5 years, Monday and Tuesday 11am – 11.45am

Baby Rhyme Time, age 0 – 2 years, Thursday 11am – 11.30am

Saturday Storytime 15 August, 10am – 10:30am

iSpy Table

I spy with my little eye ...

The iSpy Table will be at Romsey this year, with different things to spot each month.

Throughout August, look for objects that begin with O and P.



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BOOK WEEK

Romsey Library are super excited to host local illustrator and author Simon Howe for some special Storytimes. Join us in celebrating Simon's latest picture book release, *Going Home*.

Monday August 24 and Tuesday August 25, 11-11.45am.

LITERACY AND NUMERACY WEEK

Curious Kids Space Explorers

A Space Explorers special Storytime! Get ready for a mission to Mars! Learn about the red planet, our solar system and how to become an astronaut. For ages 3-5 years.

Tuesday September 1, 11-11.45am.

Run by the Bendigo Discovery Centre

STEM CLUB

A four week STEM program for primary school children aged 7+. Thursdays, 4-5pm on the August 27 and September 3, 10, and 17. Attendance is required at all four sessions and booking is essential.

Go to www.ncgrl.vic.gov.au or ring 5429 3086 for bookings or more information on any of the above activities.

REMEMBERING THE VIETNAM WAR

You are invited to join the Romsey-Lancefield RSL on August 18 as we commemorate Vietnam Veterans Day.

Sixty years ago, on August 18, 1966, was the Battle of Long Tan, one of Australia's fiercest battles of the Vietnam war - 17 Australians were killed in action and 25 wounded, one of whom died a few days later.

On August 18 each year, Australia remembers the almost 60,000 service personnel from the army, air force and navy who served during the war, about 3,000 of whom were injured and 524 who made the ultimate sacrifice. We pause and reflect on the bravery, teamwork and endurance that Australians displayed throughout the war.

We honour those veterans who:

- lost their lives during battle
- returned home wounded, ill or injured
- lost their lives in the years since they returned
- still carry the physical and emotional scars of their service

We also pause to reflect on the impact of service on veterans' families.

Short services will be held at both the Romsey and Lancefield Cenotaphs on August 18, and you are welcome to join us. The service at the Romsey Cenotaph will start at 9.30am. The service Lancefield Cenotaph start at 10.30am.

For veterans and veterans' families who are struggling with the 60th anniversary of the Battle of Long Tan, we encourage you to reach out to Open Arms on 1800 011 046.

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Mary-Anne Thomas



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

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TIRED OF RABBITS DESTROYING YOUR PROPERTY?

In late June we were very pleased to have rabbit control experts on hand in Lancefield to advise us on how to manage an ever-increasing population of our “furry friends”.

The initiative for this program stemmed from landholders wanting to understand how they could get on top of the problem. Landcare member, Emma Stevens and Landcare Facilitator Ammie Jackson assembled details of the landholders interested. Deep Creek Landcare Group then approached Macedon Ranges Shire Council as to how the project might proceed.

MRSC Roadside Conservation Officer, Josh Gomez was able to secure internal funding to run the program. The program included access to very experienced presenters from the Victorian Rabbit Action Network, venue hire and machinery hire for practical on-site demonstrations. Josh coordinated all of the necessary arrangements for the day.

There are many benefits from getting the rabbit problem under control –economic from more pasture being available for livestock, more shelter from allowing other plants/trees to regenerate and reduced erosion due to greater vegetation cover. Once landholders have committed to the task, a systematic approach is required including:

- Assess the magnitude of your problem. Record rabbit sightings on the FeralSCAN app or utilise spotlight counts to get a good handle on rabbit numbers. Locate all burrows on your property including those in and around sheds and record in FeralSCAN. A smoker is very handy in identifying all burrow entrances. You may miss some initially but can update as you locate more rabbits.

- Get your neighbours in the loop. You can't be successful solving this problem on your own. Rabbits will return if there is a weak link in the area. Deep Creek Landcare can assist with integrated mapping across our local areas.
- Do the easy stuff first. Get rid of all potential rabbit harbouring sites on your property. Remove piles of timber or other surplus items, clean up around sheds and cut long grass in sheltered areas.

The next step is to prepare an overall plan with clear actions and timelines. That includes:

- Reduction in rabbit numbers. Shoot, lay baits (where appropriate), fumigate burrows or use ferrets. The aim is to reduce numbers by approximately 85% which is best done in late summer when the rabbits are under maximum pressure due to less grass. A working dog will often be useful to push rabbits underground prior to treatment.
 - Destroy access to burrows. Use netting to prevent access under houses, sheds and containers. The netting should be of good quality and have a sufficient outward facing skirt to deter rabbits from burrowing beneath it.
 - Comprehensively destroy burrows. Young rabbits cannot survive without the protection that burrows offer. Generally, the most efficient means is by ripping using an excavator with a single ripping tyne. The size of the machine is dependent on the extent of the task and the type of area to be ripped. Where ripping is not practical, implosion using explosives can be effective.
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program, training opportunities and workshops please refer to our website.

Deep Creek Landcare has nesting boxes for bats, birds, possums and phascogales for sale from \$25. We also have Myna bird traps to lend out. Annual Landcare membership is

\$20 per family. You can follow us on Facebook, our website, contact our President, Phil Severs (0476 324 000), attend our monthly meetings in the Lancefield Mechanics Hall or pop along to the Lancefield Farmers Market when we return in spring.

RT Edgar



18
Par 4

• 315m
• 306m
• 301m

RT Edgar

BETTER YOUR GAME

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DEEP CREEK LANDCARE GROUP UPCOMING ANNUAL GENERAL MEETING NEW COMMITTEE MEMBERS NEEDED

At our recent meeting our current President and acting Secretary (Phil) notified members he will be standing down at our next AGM in September. While we were saddened by this news, we wish him and Stella all the best with their future endeavours and thank them both for all the time and effort they have put into our group.

All positions will be declared vacant at the AGM, and we are looking to attract new candidates for these positions.

The Annual General Meeting will be held on September 14 at 7.30 pm in Lancefield Mechanics Institute Annex. All committee positions will be declared vacant including: President, Secretary and Treasurer.

There will be a guest speaker in attendance, and food and drinks provided after the meeting. The group was one of the earliest Landcare Groups in Victoria and has been active for over 30 years.

An injection of committee members will ensure our ongoing success. We will need at least two new people to nominate for positions on the committee.

Current committee members will be on hand to ensure an orderly and supportive transition process. For further information contact Phil Severs (0476 324 000)

DEEP CREEK LANDCARE GROUP

Covering Lancefield - Romsey - Monegeetta Districts

ANNUAL GENERAL MEETING

On September 14 @7.30 pm in Lancefield Mechanics Institute Annex, Deep Creek Landcare Group is conducting its AGM, and all the committee positions will be declared vacant including: President, Secretary and Treasurer

A guest speaker will be in attendance. Food and drinks provided.

DCLG was one of the earliest Landcare Groups in Victoria and has been active for over 30 years. An injection of new committee members will ensure ongoing success. Current committee members will be on hand to ensure an orderly transition process.

For further information contact Phil Severs 0476 324 000. Please RSVP for catering purposes.



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VOLUNTEER TREE GROWERS NEEDED.

Deep Creek Landcare Group is looking for volunteers to grow native plants for our local projects as part of the tree project scheme.

Volunteers are supplied with boxes, pots, potting mix and seeds. They will also get instructions on propagation and tree growing and will be supported by experienced tree growers.

All the volunteers need to supply is some time, a sunny spot and water. Most people grow one kit which is 7 boxes with 48 tube stock in each. You can however grow as many kits as you like. Kits would likely be started in November, and the plants go out to projects around March.

You don't have to be part of our landcare group, but we are of course always happy to have new members. You also don't need to live in our Landcare Group area. Anyone from anywhere can take part.

If this sounds like something you would be interested in or you would like more information, please contact Ken on 0404 886 580.



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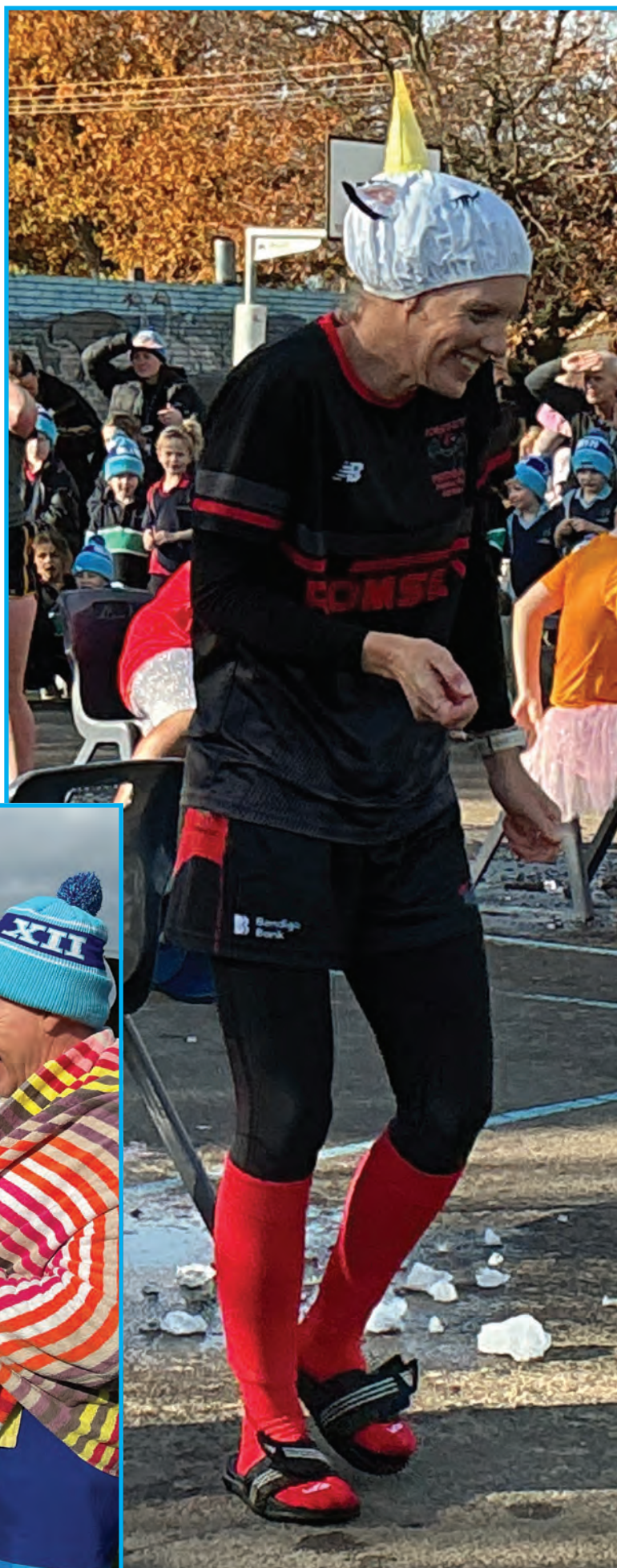
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ICE BUCKET RELAY

Once again, St Mary's was awash with a sea of blue beanies at our much-anticipated Ice Bucket Relay late last term. Successful nominees for the coveted spots took their seats – our school captains (Jazrelle, Chase, Alice, Ashton, Ethan, Stella, Josh, Marlie and Paddy) against our lucky parents and teachers – and nervously awaited their turn to be iced.

There were squeals from the participants and excited cheers from the audience as icy buckets of water were poured over the heads of each person. In the end, the students were victorious, but the real winner was the Fight MND Campaign, for which we raised \$551.25 for vital research into how we can fight 'The Beast' of MND.

We thank all the participants and our whole school community who donated so generously to this worthy cause.





INTRODUCING EUCYPRIS VIRENS

ANOTHER ESSENTIAL CRITTER FOR OUR WATER'S HEALTH

Eucypris virens is a small freshwater ostracod with a cosmopolitan distribution, typically with a length of approximately 1.5 to 2.0 mm. This tiny freshwater animal is found within inland waters of Australia, often within temporary - or what are called markedly astatic - waters. This is where the water levels may rise and fall with evaporation or seasonal dryness.

Ostracods as a group, including Eucypris virens, are small bivalve crustaceans abundant in nearly all freshwater and marine habitats. The group exhibits an incredibly high diversity with approximately 10000–13000 living species. The group contains approximately 200 genera with some 2000 species.

Ostracods generally are small crustaceans, typically around 1 mm (0.04 in) in size, but varying from 0.2 to 32 mm. In most cases, their bodies are flattened from side to side and protected by a hinged bivalve-like valve or “shell” made of chitin, and often calcium carbonate. They have a wide range of diets, and the Class includes carnivores,

herbivores, scavengers and filter feeders, but most ostracods are deposit feeders.

In Australia, a large portion of this diversity is still undescribed, indicated by undocumented species found within many temporary habitats, in addition to being found to live in sulfidic cave ecosystems, deep groundwaters, hypersaline waters, acidic waters with pH as low as 3.4, and in temperatures varying from almost freezing to more than 50°C in hot springs. Of the known specific and generic diversity of non-marine ostracods, half (1000 species, 100 genera) belongs to one taxonomic Family, the Cyprididae. Many Cyprididae occur in temporary water bodies and have drought-resistant eggs, mixed/parthenogenetic reproduction, and the ability to swim. These biological attributes pre-adapt them to form successful colonisations of these habitats.

These eggs are often resting eggs, and remain dormant during desiccation and extreme temperatures, only hatching when exposed to more favourable conditions. They hatch from the egg as juveniles, with the bivalved carapace and at



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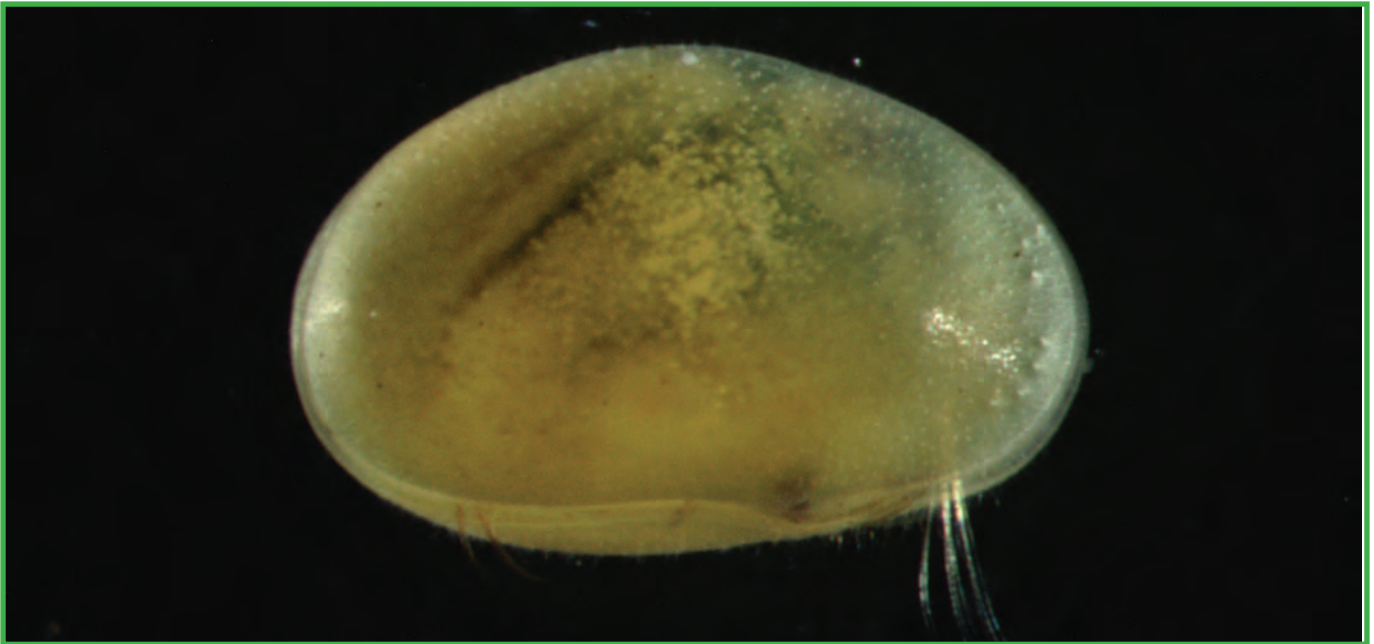
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least three functional limbs. As the juvenile grows through a series of moults, they acquire more limbs and develop further the already existing ones. They reach sexual maturity in the final instar (final stage of moulting) and then never moult again.

An interesting side note is that they may be distributed from one water body to another by waterbirds, because of their highly resistant shell. They may survive passage through the digestive tract of water birds. For example, ducks

feeding on algae/aquatic plants and rummaging through the benthos (organisms that live on, in, or near the bottom of aquatic environments) for food, inadvertently take in ostracods. These immediately seal themselves within their shells and may survive up to an hour, passing through the bird's digestive tract, before being pooped out, possibly in another water body or river.

Rob Walsh

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STEPPING INTO STRENGTH - JARAD LOCKYER

We all know how to walk, don't we? One foot after the other, as my mum used to say...

There's a lot more to it than that, as I discovered from Jarad Lockyer who offers a method of rebalancing the body using the mind, with awareness and ways of rethinking how we move that are more like games than hard work.

Having an injury is often the way people discover better ways to use and repair their bodies – this was Jarad's entrée into the work he is passionate about. He teaches the Khora Movement School's techniques, developed by Colombian Juan Rueda, who began in gymnastics and circus performance – and we know how strong and flexible you have to be for that! Juan synthesised his combination of body skills into a series of simple stretches, mind reframes and focuses of attention that can be effective in maintaining balance, strengthening and retaining physical capacity and thus promoting a positive outlook as we age. There's nothing like an illness or injury or loss of capacity to make us gloomy.

With a background in Social Work from RMIT and lots of physical training via clowning, martial arts and theatre



skills from Le Coq-trained artists, Jarad is now offering sessions of 2 hours a week in 6-week blocks to introduce what he calls "a somatic journey to get to a meditational state." It may not sound practical, but it's grounded in the physical, and challenges our mind-body relationship with simple stretching, resistance and movement that has physical results – and anyone, no matter what age, or matter how physically

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challenged, can do it and find benefit.

In my session, with the Mechanics Institute's John Severson as the other student that evening – we were shown how to walk; which bits of the foot connect with the ground first. Heel, ball under little toe on outside of foot, ball under big toe, toes last – try it, you'll have to focus for a few tries and then it gets easier. Then Jarad gets you to try reversing...it's mind and feet in a new dance for a while, then you get into the rhythm.

Speaking of rhythm, clapping and stamping comes into it, too – did I say there's something for everyone in this work...?

Another part of this method is finding out how our fascia work as the crucial elements in our balance, mobility and wellbeing. "In short, fascia is connective tissue. It surrounds body parts from organs to muscles to blood vessels. It can also be a tough part of the body on its own, like the thick plantar fascia that stabilizes the arch on the bottom of the foot.

Fascia connects all connective tissues (that means the muscles, bones, tendons, ligaments, and blood) and holds together the entire body. There are four different kinds of fascia (structural, intersectoral, visceral, and spinal), but they're all connected. When it's healthy, it's flexible, supple, and it glides. Because fascia appears and connects throughout the body, you might think of it like a tablecloth. Tugging one corner can change the position of everything else on the table." (Healthline.com)

"Supports surrounding tissues, reduces friction,

transmits nerve impulses, ensures the proper position of internal organs, water storage, participates in water-salt balance, protects nerves and blood vessels, transmits mechanical forces between muscles, supports proper movement and function, provides shape for muscles, tendons and joints." (Cyvigor.com)

At one point John and I were on the floor learning how to roll using the momentum of limbs in the best positions – fun, if not elegant. The inner kid is never far below the surface. This exercise is especially good for dealing with falls. When you see an actor or circus performer – or clown – fall, they have ways of protecting their bodies, so it looks dramatic but is safe for the person landing on the floor. These principles apply here, for everyday life.

Jarad uses these methods when working with sports teams, who need to be as fit and injury-free (or injury-healed) as possible at all times; and with people suffering deep pain from ailments or injuries, as well as with people interested in expanding their physical skills for their own wellbeing.

Jarad is keen to share this inspiring, stimulating, everyone can benefit from putting their minds into their physicality, and moving using the innate intelligence of the body. Try it.

Beth Child

Moving Meditation, Fridays, in the Annex at the Mechanics Hall. Contact: jaradteacher@gmail.com / Jaradwolf@instagram.com



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Beginning in mid-March, the 2026 Lancefield Auskick season has now come to a close for our 60+ registered participants. We have enjoyed watching skills develop, friendships form and community connection build.

The end of year party on Sunday 19 July was action-packed and a morning to remember. Beginning with some fun drills, we then had the annual parents vs kids match (which the kids won in a tight one), followed by medal presentations from senior players and a run through a banner specially made by the Lancefield Junior Football Netball Club. It was brilliant to see all the different Tiger football teams come together as one.

A big thank you to our 2026 sponsors who help provide food, equipment and the awesome Tigers singlets which I'm sure most of the readers have seen around town: Middys Electrical, Greenham, Lancefield Hotel, Innovative Glass &

Aluminium, Bendigo Bank & Lectrix.

We would also like to thank all the parents that helped out during the year, helping to turn organised chaos into a well-oiled machine. We couldn't do it with you. Please get in touch (Jack – 0407 081 602) if you would like to assist in a more permanent role in 2027, the more the merrier!

Finally, we must thank and acknowledge our fearless leader Ross Moloney who has been running the program for 7 years (that's about 80 cold Lancefield mornings!). Ross will be stepping down from the coordinator role as his three kids have all now graduated from Auskick, but we're sure Ross and wife Jodie will continue to keep very busy supporting local sport.

From your coaches: Tommy Waters, Jack McPherson and Ross Moloney.



FROM THE DESK

We live in a world that never stops. Twenty-four hours a day, seven days a week, people are hustling, grinding, and working hard to make ends meet or get ahead. Many are chasing the Australian dream: owning a home, providing for their family, and building a secure future. With the rising cost of living, it's easy to feel that working longer hours or taking on side jobs is the only way to keep up. Yet this pursuit often comes at a cost. While hard work can bring financial rewards, it can also erode our physical health, strain our relationships, and leave us mentally and spiritually exhausted. The relentless drive for more is not a new problem - it has marked humanity for generations.

That is why God's fourth commandment is so surprising: "Remember the Sabbath day,

to keep it holy" (Exodus 20:8-10). God commands his people to stop working and rest. Sabbath is not simply a break from labour; it is an invitation to trust that God will provide. Even when life feels uncertain, we can rest because our Father knows what we need. Ultimately, this rest is found in Jesus Christ. He does not promise us the Australian dream, but something far greater: the Kingdom of God and eternal life with him.

Even now, he offers peace amid anxiety and strength in the daily grind.

Because of him, we can pause without fear, knowing the

world will keep turning in

God's hands. God is not a harsh taskmaster but a loving Father. May we learn to rest in his love, his provision, and his promises.

Blessings,
Rev. Mike

Church Service 9am Romsey, Lancefield 10:30 each Sunday

Prayer Meeting: Christ Church Hall Lancefield Thursday 10am

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FUTSAL TUESDAY EVENING PROGRAM

Romsey Recreation Centre | Tuesday | from 7.30pm

Futsal is held at Romsey Recreation Centre, offering a fast-paced, social format of indoor soccer for senior's teams 15+ years. The competition provides a fun and accessible way to stay active close to home. Whether you're part of a local club, a group of friends keen to form a team, or an individual looking to join one, now is the perfect time to get involved for next season, email leisure@mrsc.vic.gov.au

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Romsey Recreation Centre | Mon/Wed/Fri | 9:30am (60min class) Staying Strong is a fitness and strength program, with classes suitable for participants who are 55+ years of age. Classes are a low to moderate in intensity. Contact 5421 1469 or email leisure@mrsc.vic.gov.au for more information.



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DO YOU LIKE TO HIBERNATE?

In forests of Alaska and Canada during winter you could find a wood frog hibernating under leaves on the ground. And during the cold winter months (where temperatures drop to -45°C) the frog will be frozen! In early spring as the land thaws, so does the frog.

For most animals, freezing can be dangerous, yet the wood frog does freeze. Amazingly over the winter months there is no muscle movement and no heartbeat! Yet in spring the frog will wake from hibernation completely undamaged.

Now lots of us may like to hibernate over winter, to stay warm at home, eat soup and sit in front of the open fire. But whilst it may be cold, don't neglect relationships, don't hide away, we need one another; the Bible says, "Two are better than one, because they have a good return for their labour: If either of them falls down, one can help the other up." — Ecclesiastes 4:9-10

At Encourage Church the heater and coffee machine are both on for our 10am Sunday services, so we look forward to warmly welcoming you soon.

And if you're interested in the wood frog here's the website we used <https://www.nps.gov/gaar/learn/nature/wood-frog-page-2.htm>

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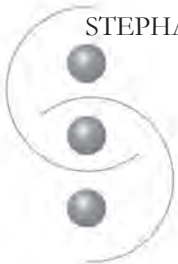


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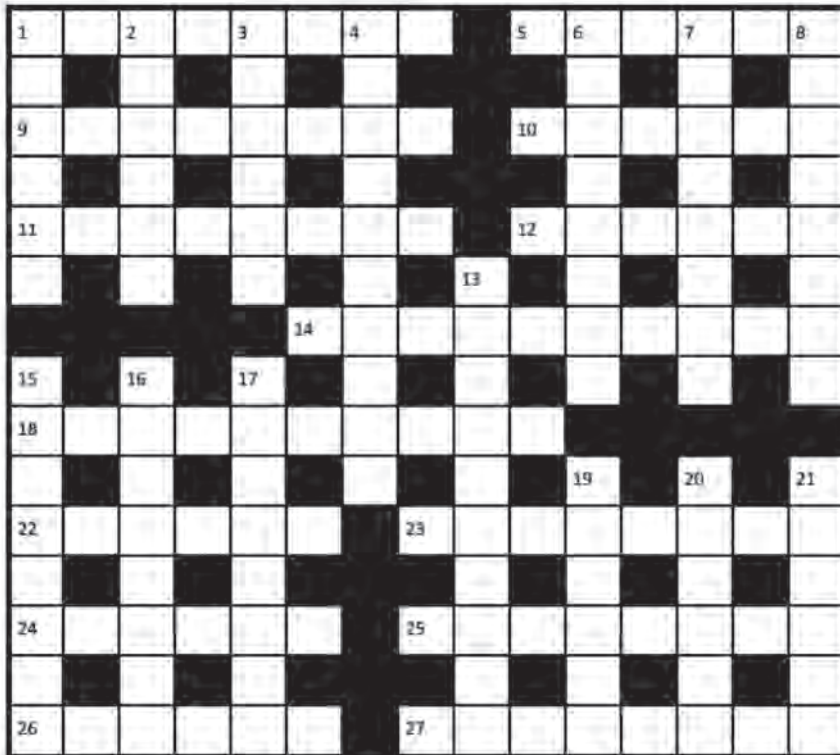
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CRYPTIC CROSSWORD

NUMBER 35

By Kevin Moysey



ACROSS

- 1 Updates last first and throbs (8)
- 5 Dear PR for a cloth merchant (6)
- 9 Estimated again or recited? (8)
- 10 Asserts no longer end to offer benefits (6)
- 11 Aide most likely turned to droplets (8)
- 12 Without it, a position can kill (6)
- 14 Sounds like helpers display their presence (10)
- 18 Met airmail but it doesn't matter (10)
- 22 Tuner came last for employment duration (6)
- 23 Assume you are better when you are (8)
- 24 This oxide helps enlarge your pipes (6)
- 25 Caress seabirds to reveal common motifs (8)
- 26 An ass? Yes, surprisingly it produces focused writing (6)
- 27 What happens when an actor does it again (8)

DOWN

- 1 Patrol to discover entrance to another world (8)
- 2 Lick, or sounds like what the dog might do but it's a drink (6)
- 3 A cat is cold at first and made of tiny particles (6)
- 4 Basic arrangement to enter my ale (10)
- 6 Pens and rods can provide answers (8)
- 7 Pushing down urgent ironing (8)
- 8 See red in NT, but wasn't happy about it (8)
- 13 I trap a tree to bring home (10)
- 15 Stay away from point to point gap (8)
- 16 Comes from the same neat stuff (8)
- 17 This is definitely too long to wait (8)
- 19 Soft otter works with clay (6)
- 20 It's a pile of stones in the far north (6)
- 21 Nothing is happening - but heard sister was told to stay (6)

Answers page 12

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A PATCH OF LANCEFIELD

A WELL ATTENDED AGM

We had our AGM last Thursday July 16. It was very well attended and a new committee, (looking remarkably like the old one!) was voted in; so, on we go to the next event – our Whole Town Destash which is coming up on August 30 in the main hall of the Mechanics Institute, 10am till 4pm. \$5 entry.

The thing about a destash is doing it! Diving into cupboards, boxes, sheds, garages, trunks in spare rooms and under beds; then hauling it all out and making huge, difficult decisions: Can I bear to throw this away? I've only had it for twenty - or thirty or (mumble) years. In my case, my mum bought gorgeous white organdy embroidered with

yellow flowers to make a dress for me when I was eight, an age I remember vividly but it wasn't what we might describe as recent – yep, unmade, fabric still cherished and definitely not being thrown away, cos one day...

Now is the time to harden your hearts, strengthen your resolve and...destash! And whilst you may not be a crafty type, maybe it's time the box of Great Aunt Maisie's notions and remnants collection found a new and delighted home.

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Regular Classes & Groups

Lancefield Jam

Any instrument, any level, or just come to listen.
Thursdays 6-8 pm Gold coin donation

Postural Alignment

Posture function and flow to improve mobility,
posture and joint alignment.
Mon, Tues, Thurs 11.30am - 1 hour - \$15

Boomerang Bags

Help create re-usable bags for Lancefield,
Wednesdays 10am - 12pm

Dungeons & Dragons

New Macedon Ranges Society meeting for
tabletop role playing games every second
Sunday 1- 5 pm at the Neighbourhood House

Yoga

Reconnect with your spirit within; gentle and
suitable for everyone of all abilities.
Slow Flow restorative yoga **Sat 10am** with John

French Conversation

French conversaton, for all levels,
Thursdays 6:30pm at the Townhouse. Gold Coin
Starting back up in August 2026

Community Singing Group

All ages and abilities welcome!
Every Tuesday 10:30am - 12pm \$5
Lancefield Hall Annexe - 4 The Crescent Lancefield

Well Played sensory

A sensory playgroup designed to engage children
aged 6months-5 years and help build connections
between families.
Fridays 10am at the Mechanics hall



Next Market is on
Saturday Aug 22nd

Wanting to volunteer?

We have many volunteer opportunities available
through the Neighbourhood House!

- Running of Op Shop
- Helping in the Town House
- Assisting with Community Lunches
- Share Ride & More!

Contact us for more info on:

5429 1214 or admin@lancefieldhouse.org.au



Please join us for our monthly
community lunch

Raising Kids in a Digital World

Our local primary school students have been learning about digital safety and wellbeing this year, through a program we are proud to fund. Now it is the grown-ups' turn.

We are sponsoring a free cyber safety seminar for parents and carers, presented by Inform & Empower's Martin McGauran, a primary school teacher and eSafety educator, and Carley McGauran, a psychologist and mum.

The session covers what families are navigating every day: social media, online gaming, artificial intelligence, cyberbullying, explicit content, managing devices, the impacts of screen time, and how to keep the conversation going at home.

Wednesday 12 August, 7.00pm to 8.30pm, Romsey Primary School.

All local parents and carers are welcome, and the seminar is strictly for adults. Register at bit.ly/parents2026 or find out more at informandempower.com.au. It is free, it is local, and it is ninety minutes well spent.

A big year of investment!

With the 2025–26 financial year now closed, we are proud to share that Community Bank Lancefield and Romsey reinvested **\$455,124** back into our community through our Community Investment Program.

That is funding for local sporting facilities, community events, youth programs, scholarships and more, and it takes our total contribution to Lancefield, Romsey and surrounds to over \$3.9 million. Every dollar of it began with someone choosing to bank locally. Thank you.

Community Investment Program: Round 1 opens 10 August

Applications for Round 1 of our 2026–27 Community Investment Program open on **Monday 10 August** and close on **Sunday 20 September**.

Before that, we are hosting an information session with representatives from the Community Enterprise Foundation on **Thursday 6 August, 7.00pm to 8.00pm, at The Annex, Lancefield Mechanics' Institute**.

If your group has never applied before, or has applied and missed out, this is the session for you. We will walk through how the community banking model works and where the funding comes from, who and what is eligible, and the project types the Board is looking to support. We will also cover the practical things that trip groups up: budgets and quotes, letters of support, landowner approvals, acquitting past funding, and what the Board considers when requests exceed the funds available.

To register your spot, email cip@lrcfsl.com.au. That is also the place to go for more information once the program opens. Applications are made online at communitybanklancefieldromsey.smartygrants.com.au

No more lunchtime lock-out

Here is one you may have missed. Since March, both our branches have stayed open right through the lunch period. Our doors are open **9.30am to 4.00pm, Monday to Friday**, with no midday closure. Pop in on your own lunch break, or any time that suits, and see a familiar face.

Community Bank · Lancefield and Romsey
20A High Street Lancefield VIC 3435
p 5429 1977 e lancefieldmailbox@bendigoadelaide.com.au

bendigobank.com.au/lancefield

Lancefield & Romsey Community Financial Services Limited ABN 44 053 517 111 (Financial Services) and Financial Services Limited ABN 11 055 043 335 (ASIC Registered Company Limited 237979 A1400002; OUT 45378890; 00000000)

Community Bank Lancefield and Romsey



You're Invited

Community Investment Program Information Session

Grants like these are funded by locals who bank with us. When you bank with Community Bank Lancefield and Romsey, your money comes full circle. Every account held here helps turn a great local idea into something real.

Grant and Sponsorship applications are opening soon!

Join Community Bank Lancefield and Romsey, together with representatives from the Community Enterprise Foundation, for an information session to learn whether your community group is eligible to apply.

We'll also share tips to help you navigate the online application system and give your group the best chance of success.

When Thursday 6 August

Time 7.00pm – 8.00pm

Where The Annex at Lancefield Mechanics' Institute, Corner of High Street and The Crescent, Lancefield

RSVP By Monday 3 August to Lauren Harrison via email cip@lrcfsl.com.au



The Lancefield and Romsey Community Investment Program is a management account of the Community Enterprise Charitable Fund ABN 12 102 649 968 (the Fund), The Bendigo Centre, Bendigo VIC 3550. Sandhurst Trustees Limited ABN 16 004 030 737 AFSL 237906, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 098 049 178 AFSL 237870 is the trustee of the Fund. A1760570 CIT 48070582 06/07/2019

STAY AT HOME COMMUNITY CARE

Lancefield and Romsey Neighbourhood Houses are offering a local aged care provider service, 'Stay at Home', but we are changing the name as this project is much bigger than working with people on Support at Home funding – the intention is for it to grow to be a service for all members of our communities.

Lancefield Romsey Community Care is a strengthening of neighbourhood values, community caring for community, for times when financial or physical constraints mean you can't mow the lawn or mend a leaking tap or need some temporary help with cleaning or meals. We aim to support those in the community with what they need!

To develop this project we need people who are either:

1. On My Aged Care's 'Support at Home' funding (or would like help to apply) and would like the benefit of having a locally based, supportive and contactable Aged Care Provider.

2. Locals looking for flexible, part-time work in the areas of cleaning, social support, gardening and personal care.

Lancefield and Romsey Neighbourhood Houses are a Community Partner with Aged Care Provider HomeMade and Mable. HomeMade cover all the legal, reporting and budgetary requirements of 'Support at Home' packages. The Neighbourhood Houses cover navigating the application

process, ensuring people are happy with their services, Care Plans and Mable oversees/recruits the local workforce.

We now have six clients, with a huge thank you to our first 'guinea pigs' who have supported us to learn how it all works. We now know we can offer very hands-on support to navigate applying for funding or transitioning from an existing provider. As clients you can visit our office, or we can come to your home, and we work together to establish what you need and ensure the support workers we find you are happy with.

The second aspect is to grow the number of local support workers so we can offer choice and variety to clients whilst providing flexible and meaningful employment to people in the local region.

As the Community Partner project grows, so too will our ability to bring services to more people in the community, who need a helping hand from time to time. As the project grows it will be able to provide more employment opportunities for locals, whether it be three hours per week to maintain your pension or working towards full-time hours.

To find out more about any of this project please contact the Lancefield Neighbourhood House on 5429 1214 and leave a message with your name and phone number.



LANCEFIELD CRICKET CLUB

JUNIOR PLAYERS

\$50 Season Fees
Playing shirt & club kit provided

Under 11 Mixed (Friday night)
Under 13 Girls (Friday night)
Under 13 Boys (Saturday morning)
Under 15 Girls (Friday night)
Under 15 Boys (Saturday morning)
Under 18 Girls (Friday night)

Scan the QR code to register your interest!

Caught your interest? Scan here to register!



Lancefield BAKERY

Mon	6.00am - 5.30pm
Tues	6.00am - 5.30pm
Wed	6.00am - 5.30pm
Thurs	6.00am - 5.30pm
Fri	6.00am - 5.30pm
Sat	7.00am - 3.30pm
Sun	7.00am - 3.30pm

Ph **5291 1340**
20c High St Lancefield
www.lancefieldbakery.com

f i



HOLY SCHNIT!

\$20



\$20

SCHNITTY MONDAYS

CHICKEN OR VEGO

SERVED W/ SLAW, GRAVY AND CHIPS

