

## Don't miss the Mount Moriac Speed Shear this Saturday!

The 6th annual Mount Moriac Speed Shear is being held this Saturday 17th October 2015.

Victoria's richest and greatest speed shearing competition is not to be missed with thousands of dollars in cash and prizes to be won.

Bring the whole family along to see some of the world's fastest shearers battle it out for the top prize. This year, for the first time ever we are also calling on all female shearers to enter in our all-female competition, but we need the ladies to join us to make this happen.

It will be a great night of entertainment with a DJ and live music until 1am, BBQ, raffle, face painting and fast paced action all night.

Registrations open at 5.30pm and competition starts at 7pm.

Each year money's raised is donated to a worthy cause. Last year, funds raised were donated to a well deserving Moriac family. This year we will be making a donation to the Winchelsea Hospital, so get behind this worthy cause and come along to this free community event.

Only 15 minutes from Winchelsea at the Mount Moriac Hotel, 1115 Princes Hwy, Mount Moriac.

A big thankyou to our local Winchelsea sponsors: Barwon & Yarra Valley Woolbrokers, Winchelsea Trading & Farm Supplies and All About Mowers and Chainsaws; without your support each year this event would not be possible.

For more information please contact Robbie Crouch on 0448 880 620 or visit our Facebook page: [www.facebook.com/speedshear](http://www.facebook.com/speedshear).

The Mount Moriac Speed Shear is an event not to be missed!

## Our 95 year-old wonder woman

Ninety-five year old local woman, Roma Schroeter, is a member at Winchelsea Health Club, and attends regularly. She gave us some insights into her recipe for a long and active life.

### 1 – How long has Roma lived in Winchelsea?

All of her life. Roma was born 21/02/1920, which makes her 95 years old.

### 2 – Has Roma always been into physical activity?

Roma played bowls for 40 years finishing up when she was 80.

She helped out at the butchers shop herself and husband owned, which kept her on her feet a lot.

### 3 – When did Roma join up with Winchelsea Health Club?

Roma began exercising at the community health centre around 15 years ago. The exercise group transferred to the Winch. Health Club and she has been visiting us on a regular basis since around 2011.

### 4 – Why did Roma choose to join the gym?

She had given up bowls and wanted to keep up the exercise and social interaction while keeping busy out and about. She says sitting around doesn't agree with her. Roma plays cards at the senior citizens and participates in community group outings with Do Care and Probus.

### 5 – What are the benefits of being a member of Winchelsea Health Club, and does Roma have any advice for others on physical activity and general health?

Roma likes to get out and about, the light exercise keeps the circulation up, the body and mind sharp and she very much enjoys the cuppa and chat with friends. Even on days when the energy levels are low she says a little bit of exercise is better than nothing. She doesn't always feel like bouncing out of bed to visit the gym but she makes the effort anyway as every little bit of exercise counts. She advises others to make the effort saying; "Once you come in and give it a go you see what you can do then you can improve from there each time." Roma says the exercise over time has helped ease aches and pains in her body.

It keeps her joints moving and improves your general health. She says sitting around is the worst thing you could do.

Roma enjoys using the treadmill and rowing machine at the Health Club and also practices strength and mobility exercises given by the instructors at Winchelsea Health Club.

**Below: Jayden Overall Health and Wellness Team Leader at Winchelsea Health Club with Roma Schroeter.**



## Winchelsea Gym to change hours

From this week, the gym will be closed on Friday afternoons, and will instead open on Saturday morning.

This will be for a trial period, to see if the Saturday opening suits members.

The changed hours are Friday 6am to 11am, and Saturday 9am to 11am.