

MT ROUSE NEWS & VIEWS



*This is the first newsletter of our 5th year.
May this year bring new happiness, new goals,
new achievements, and a lot of new inspirations.
Don't be cowed, and don't take any bull, make
this newsletter year the best year ever.*



We thank the Penshurst Hotel for sponsoring our colour front page.

Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogress.org.au

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke & Josh Hewitt

Next Meeting - Wednesday 28th September 2022

Community Meeting 7.30pm - Supper Room, Penshurst Hall

It's Tuesday morning and it's almost freezing, and so am I. Tom and I were woken before 6am by the sound of cranky possums on the back verandah, and my first thought was 'where is the cat'? That lot have a love hate relationship. Tom has seen Nell go nose-to-nose in conversation with a couple of the smaller versions, but the big fat slow possum who climbed out of the top shelf of the cupboard was bigger than the cat, so I am grateful s/he was up high and Nell appeared from inside through the cat door. I had a massive headache and their scritch noise was driving me nuts, so I wanted everyone to calm down and quieten down until I warmed up and found my painkillers. I'm so glad Tom didn't reach for his camera, and also delighted that the Mt Rouse & District Camera Club is off to a great start.

It's a beautiful morning. After so much rain any drop of sunshine is a blessing, and these crisp late winter mornings are a lovely contrast to the slow summer evenings that we experience here in western Victoria. Every time the possums get noisy it reminds me of a childhood memory of being in a house deep in the Blue Mountains in NSW where other possums danced across the roof, and the leeches hung from trees. I was probably about seven and used to roaming the creeks (salt shaker in hand) behind our house in the suburbs, but these tree-hung water slugs were way beyond my imagining. Back then I was an avid collector of turtles for our big pond (at one stage we had seven, both turtles and ponds), my mother was into waterlilies in a big way, and the turtles could easily climb over the edge and wander back to the creek .. But why would they bother, with all those goldfish When my parents moved away from that house

I deliberately went fishing/wading (a yearly event) in that pond (20 x 8 feet and 4 feet deep) and made sure they were all long gone. There's nothing quite like the feeling of fish sucking the salt from your skin.

Now for a bit of paperwork ...

Thanks to the COVID confusion the Progress Association will be having two AGM's this year. To get us back on track the next one will be in November (23rd). I have to chase the Taxation department, who still thinks the PPA resides in the Penshurst Supermarket, even though we've changed the address three times in the last four years. We now have both the new heritage signs and the posts they will stand on. A variety of grant applications have been submitted, and others will be, and the Council is giving us a fridge (thank you SGSC), which was to be one of the grant requests. I will also be chasing the Green Space adventure, which seems to have stalled, since Council no longer has a Planning Officer. Here's hoping all of these things will come to a happy solution as this year moves on into the Spring and Summer.

Wishing everyone a wonderful fortnight,
Ama Cooke, Chair, PPA

When the seasons shift, even the subtle
beginning, the scent of a promised change,
I feel something stir inside me.
Hopefulness? Gratitude? Openness?
Whatever it is, it's welcome.

Kristin Armstrong

Are you new to Peshurst and would like to meet other people?

Or are you interested in meeting & welcoming people who are new to Peshurst?
Come along to a coffee catch-up.

When: Second Tuesday of the Month

Where: Peshurst Store

Time: 11:30am

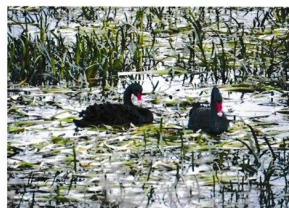
Looking forward to meeting you.

Think it's a great idea but that time and day don't suit? Please feel welcome to get in touch with me.

Jacqui 5576 5102

Peshurst Photography Show

24 - 25 September 2022



Peshurst Memorial Hall, Martin Street.

Saturday 10am - 4pm Sunday 10am - 3pm

Have you entered your photos in our Show?

Entry forms are available from Tom Cooke 0488 557 345 or

[Download your entry form here:](#)

<http://www.peshurstvictoria.com.au/PCA/Photography%20Competition%20Entry%20Form.pdf>

Entries must be in by 8th September

For more information

<http://www.peshurstvictoria.com.au/PCA/index.html>



LIONS CLUB OF PENSURST & DISTRICT

SMOKE ALARMS



With quite a few house fires in Victorian homes already this year we think now is a good time to remind people that Lions Clubs have a program whereby they will change smoke alarm batteries for community members who, for whatever reason, are unable to change their batteries themselves. We are concerned there may be people in our community who would benefit by this service but are unaware that it exists.

The Lions Club of Penshurst and District strongly urges people in need of this help to contact Sue Jellie 0418 141 301, or any other Lions member, to arrange a time for this to be done, or alternatively, to add your name to our list so we can come and change the battery next year.

Lions – We Serve

“If you would know strength and patience, welcome the company of trees.”
Hal Borland.



DAN TEHAN MP
FEDERAL MEMBER FOR **WANNON**

As your representative in the Federal Parliament, listening to your views about our local area is my priority.

Please do not hesitate to contact me if I can be of assistance:
190 Gray Street, Hamilton or
1300 131 692



☎ 1300 131 692 ✉ dan.tehan.mp@aph.gov.au 🌐 dantehan.com.au
📘 DanTehanWannon 📷 dantehan

Authorised by Dan Tehan MP, Liberal Party of Australia, 190 Gray St, Hamilton VIC 3300.

Caramut and District Garden Club

WARNING: DAMAGING FROSTS.

Unfortunately frosts are part of the natural weather patterns. I'm not sure what good they do, but know that many plants suffer when after a bad, or even light frost.

How tempting to "tidy up" frost damaged plants. It sure is unsightly to see them looking half dead. But DO NOT "tidy up" the dead ends of your plants until the danger of frost is over. Why? The next frost will kill the undamaged leaves, causing another unsightly looking plant. So you "tidy up" again. Another frost, and the plant has no protection, so ends up being killed.



My mother's family were market gardeners who grew tomatoes. She said when there was a frost, before the sun came up, they would water the plants, thus washing off the frost. Apparently it is the sun on the frosted plants which burns them, causing death.

Although we have had some good rain, check the garden beds/pots that are under verandahs or overhanging eaves. I have some areas that are protected and although the main bed might be well watered, plants in the dry sections suffer from lack of water and are in need a good soaking.

At the annual meeting of the Garden Club, all positions were filled and yours truly was given the job of doing the notes for the newsletter.

The aggregate winners for the monthly competitions were:

Bloom: 1st Marita Smith 2nd Mary Underwood
Special Bloom: 1st Mary Underwood 2nd Brenda Uebergang
Produce: 1st Jan Street 2nd Marita Smith

The next meeting of the Garden Club will be at Woolsthorpe on Tuesday 13th Sept at 10 am.
The special bloom for the month is a Daffodil

Visitors are always most welcome to attend.

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DB-U 5109

112 Bell Street
Penshurst Vic 3289

Eleanor advises:

The Clinic is closed during August.

Telephone consultation by appointment will be free.

The Clinic is taking this action as a number of medical clinics and specialist are now requesting clients take phone appointments - so I will follow their advice.

For an appointment contact -

Eleanor Sheldon Head Therapist M : 0400819408



**Penshurst
Remedial Myofascial Clinic**

Penshurst and Castlemaine Victoria

Opening Hours:

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday – 8.00am - 2.00pm

Sunday - CLOSED



Penshurst Store

Pop into the store and try some of our delicious pies, pasties, and sausage rolls. Freshly baked bread, cakes and slices.

Treat yourself to a ROX coffee or Hot Chocolate and browse our everchanging giftware and local produce.

Phone orders and payments most welcome.



Amanda & Cam Wilson

0439 941 942

Café/Bakery 110 Bell Street, Penshurst penshurststore@gmail.com

Last Fortnight's Crossword - Across: 4 neck, 5 dictatorial, 6 lunch, 8 ugliest, 9 quicksand, 13 hysterical, 14 pot, 15 hungry, 16 stereotyped, 19 metal, 20 curved, 22 dime. Down: 1 toothbrush, 2 belief, 3 inconclusive, 4 nondescript, 5 difficulty, 7 handy, 10 crooked, 11 announces, 12 grey, 17 depend, 18 match, 20 chop, 21 bed.

The nothing alternative –
a procrastination hack –
The 200 words project

Here is a 200 word idea from
“Willpower” by John Tierney
and Roy Baumeister.

Given our tendency to do
everything except the most
important task on our list,
some writers and researchers
have experimented with
putting their most important
task as task #2 just to trick
their brain.

However, as far as
procrastination hacks go,
writer Raymond Chandler had
an interesting process for
writing that involved
methodically waiting for
inspiration. Chandler’s
process had 2 simple rules –

1. He would set aside 4 hours every day to write
2. He could either write or do nothing.

He was allowed to stand on his head or look out of the window but he couldn’t do anything that counted as a task (e.g. admin).

And, thus, we have a simple idea against procrastination – we set aside time to do one and only one thing. Justifying not doing important tasks by doing less important admin is no longer allowed. It’s all or nothing.

(Found on Sunday afternoon while looking for items to put in the newsletter.)

Riddles

1. What word starts with E and ends with E but only has one letter in it?
2. It’s shorter than the rest, but when you’re happy, you raise it like it’s the best. What is it?
3. You can carry it everywhere you go, and it does not get heavy. What is it?
4. The more there is, the less you see. What am I?
5. A word I know, six letters it contains, removes one letter, and twelve remains. What am I?
6. A barrel of water weighs 60 pounds. What must you put in it for it to weigh 40 pounds?
7. What word of five letters has only one left when two letters are removed?

Answers page ...

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Penshurst Men's Shed



Got any questions about the Shed?

We are open 10am - 4pm Tuesday & Saturday.

At present the Shed is open to men only. Membership is \$25 + insurance \$30. Next three members get free insurance.

For more information contact Tom Cooke 0488 557 345. See you there.



COMMUNITY SUPPORT AND HOME ASSISTANCE
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LISA GRAHAM

0426 127 221
@lmkbrg@gmail.com

We support the **ndis**



Community Support & Home Assistance

0426 127 221

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Penshurst Hair Design



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Saturday
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Western AG Hamilton - T: 03 5579 5900

Tim Wilson (Branch Manager) 0429 168 020

Matt Barber (Senior Agronomist) 0488 298 170

Damien Goodman (Agronomist) 0427 159 462

Geordie Elliott (Nutrition & Production) 0438 874 587

Meg Todd (Animal Health) 0437 772 861

Western AG Willaura - T: 03 5354 1585

Glen Gray - 0439 541 036

MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



11 AUGUST 2022

COUNCIL CONFIRMS COMMITMENT TO REGION'S YOUTH

Southern Grampians Shire Council adopted its Youth Policy at last night's ordinary Council meeting, confirming its ongoing commitment to young people in the region. The policy outlines Council's role in relation to the needs of the young people of the Southern Grampians Shire and demonstrates a strong commitment to the ongoing engagement and support of young people, their development, health and wellbeing, creating opportunity for future careers and encouraging active engagement in community and participation in civic life.

Southern Grampians Shire Council Mayor Cr Bruach Colliton said it was important for Council to formally recognise the role it must play in supporting young people. "We acknowledge that young people have a significant contribution to make to life in our community. In adopting this policy, Council is signifying our commitment to providing better support, seeking greater understanding, and actively engaging young people on decisions that impact them," said Cr Colliton. "To this end, we are for the first time, developing a Youth Strategy which will provide overall direction for Council's Youth service and guide the programs, initiatives, advocacy and support work for young people and their families.

"We're asking young people to contribute their thoughts, concerns and suggestions for improvement by responding to our Youth Strategy survey which is currently open on our website. The outcomes of the survey will guide the strategy and subsequent actions. We'll also be taking contact information from young people who are keen to get more involved in planning activities or being part of action groups or committees."

Council's Community Relations Team are also engaging directly with young people. This engagement, which started at Sheepvention, will be ongoing through social media, schools, community groups and at Council facilities including HILAC, until the end of August. Mayor Colliton said Council is striving toward a diverse response from all young people aged 12-25 who live, work and study in Southern Grampians Shire. "We want to make sure our Youth Strategy is informed by the diverse voices that comprise our community of young people in the Shire. We look forward to hearing what they have to say and working towards a better future for young people across the Southern Grampians," concluded Cr Colliton.

Young people aged 12-25 who live, work or study in Southern Grampians Shire can complete the survey to contribute. Respondents have the chance to win a \$100 voucher to a local business. Go to www.sthgrampians.vic.gov.au/haveyoursay. Feedback closes 31 August 2022.

Media Enquiries: Ashlea Sealey | 0460 321 634 | asealey@sthgrampians.vic.gov.au

111 Brown Street, Hamilton 3300 | Locked Bag 685, Hamilton 3300
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Penshurst's News Agency



Of Aromatherapy

I never actually thought that I would be writing about aromatherapy. From this old codgers perception it's a relatively new age thing but the understanding that aromas good or bad, has been around for years.

For example, the smell of a hospital ward with its hand cleaners and antiseptic is very potent. You know exactly where you are and what sort of work goes on here.

My rush to get from Parkrun to the shower has nothing to do with any time restraints; Its got a lot to do with some personal odours.

The smell of freshly baked bread is a delicious fragrance and you can probably recall some of your favourite meals just by remembering the smell of the meal when it came to your table at your favourite dining establishment.

These fragrances can bring back memories, sad and glad. They can also invite anticipation for something that is about to happen.

The smell of incense from outside the church just as the service is about the start. The wine in the 'nose of the wine' as it swirls in the glass and the aroma of that special curry as you sit down to table.

Indeed there is a whole cosmetic / bubble bath / cologne market built on the premise that we have a sense of smell. This business flourishes because it knows that we want to mask some of our disappointing odours and hope to attract others if we wear the right aftershave or perfume.

We have a God - given sense of smell for a good reason. We are to relish it and revel in it and delight in it. We are a sensuous and sensual people and aromatherapy is right to remind of this exciting fact.

Fr. David Oulton p. 0435 867 040 droulton72@gmail.com

Everything you need to know about Jeanine and Fr. David's Long Service Leave

When: Monday 8th of August to Wednesday 14th of September.

Where: New York... to visit daughter Jacky

Because: It's her 30th birthday

Who: Fr. Robert will be celebrating the Eucharist on the weekends while Jeanine and Fr. David are away. To help Fr. Robert with his travelling... .

There will be **no service at Penschurst on Sunday August 28th.**

Fr. David will be back bright eyed and bushy tailed for Sunday September 25th at 4:00pm.

Who else? In case of emergency you should contact Fr. Scott at Warrnambool. Ph. 5561 1687

Question: Will Jeanine and Fr. David miss you? Answer: Yes.

Community Meetings

Boram Boram Cemetery Trust

- Contact Jeff Jellie 0407 781 407 or Sue 0418 141 301

Caramut & District Garden Club

- 2nd Tuesday monthly at 10 am. See Garden Notes for venue.

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room 1.30 pm.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm.
- Penshurst Social Support Group - WDHS meets every Thursday; for Exercise, Activities, Outings and General chit chat. Join us for lots of fun & laughter at Sheppard Centre - **COVID Permitting**. Western District Health Service – PENSURST Campus. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mt Rouse & District Historical Society

- Courthouse open 1st Saturday each month 9.30 am to 12.30 pm.
- Meeting 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. Phone Phil 0458 766 250.

Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February at Volcano Centre 7.30 pm. New members welcome.

Lions Club of Penshurst & District

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm at Penshurst Memorial Hall, 21 Martin Street. penshurstlions@gmail.com



AmbulanceVictoria

The Penshurst Branch is staffed by local Ambulance Community Officers (ACOs).

Ambulance Victoria is regularly looking for local ACOs. If you are interested in becoming an ACO or would like further information, please email penshurst.teamleader@ambulance.vic.gov.au

Penshurst Bowls Club

- Pennant Season (October - February) meets 1st Thursday at 7.30pm Alaister 0427 555 973
- Off Season 1st Tuesday at 7.30pm.

Penshurst Pony Club Rally

- 1st Sunday each month. Phone Jenni 0409 962 969

Penshurst Senior Citizens

- meet last Tuesday monthly, 4 pm at club rooms in Bell Street.
- Novelty Bingo, last Tuesday of month Feb - Nov at 2.15 pm.
- Cards & social afternoon, 2nd Wednesday monthly at 2pm

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

4pm Mass 4th Sunday each month

For further details contact Janet Kelly on 5576 5247

St Andrew's Uniting Church Penshurst

2nd & 4th Sunday

11am Service

St Joseph's Catholic Church Penshurst

1st Sunday No Service

2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

5th Sunday Mass 8.30am

A PAGE TO SHARE RECIPES

BROCCOLI CHEDDAR SOUP

Prep Time 15 mins Cooking Time 30 mins Serves 4 - 6

INGREDIENTS

1 large head or two small heads broccoli (a little more than 1 pound), chopped into florets and stems	1 litre vegetable stock
1/4 cup unsalted butter	2 cups whole milk
1/2 medium white onion, chopped	8 ounces cheddar cheese, grated
1 small carrot, grated	1 teaspoon salt
1/4 cup all-purpose flour	1/8 teaspoon freshly ground black pepper
	Bread, for serving

METHOD

1. Blanch the broccoli:

Bring a large pot of water to a boil and add a few big pinches of salt. Add broccoli stalks and blanch for 2 to 3 minutes until they are bright green and fork tender, but still slightly crispy.

Drain broccoli. Scoop out and set aside about 1 cup of the florets for the topping.

2. Cook the onions and carrots:

Wipe out the pot, place over medium heat, and melt the butter. Once melted, add the onions and carrots, and cook until veggies soften, 4 to 5 minutes, stirring regularly.

3. Cook the soup:

Stir in the all-purpose flour. The flour will form a paste with the veggies. Cook for a minute or two to coat the vegetables, and then start to slowly pour in vegetable stock. Stir constantly as you pour in the stock to avoid lumps. Once all the stock is added, bring soup up to a low simmer. Add milk and the blanched broccoli (except what you're saving for the topping). Simmer for about 10 minutes over low heat.

4. Puree the soup:

Blend with an immersion blender, or let the soup cool until no longer steaming and blend in batches in a blender. (If using a standing blender, be careful to let the soup cool a bit and do not overfill the blender to avoid splattered hot soup!)

5. Season to taste and serve:

Add the grated cheese, salt, and pepper to the pureed soup and stir over low heat until the cheese has melted. Taste the soup and season with additional salt and pepper to your liking. Ladle the soup into bowls and garnish with some reserved broccoli and extra cheese on top. Serve with bread.

** For a thicker soup add a potato or two.



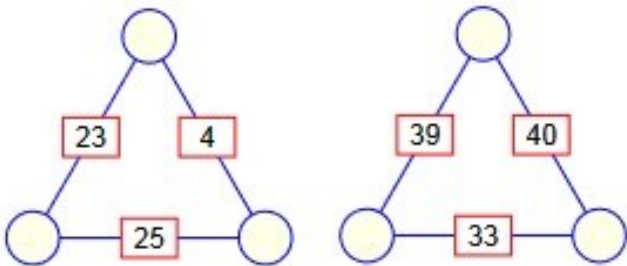
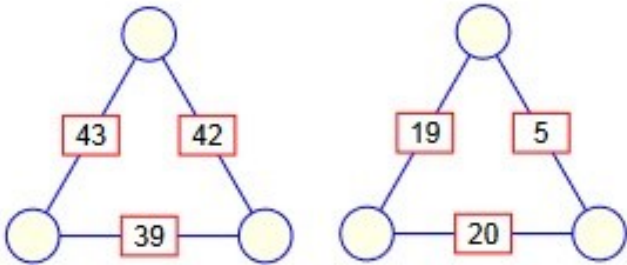
Something for the children

V C U G N I Y A L P D
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 O N I E A T I N G S E
 S N E C I N E M A S C
 N U S D N E I R F D C
 I R E R E A D I N G O
 A G K O P U Z Z L E S
 R A I O G N I K L A T
 T T B Z R E T O O C S

Favourite Things

Find these words in the puzzle.

- | | |
|----------|------------|
| BIKES | RUNNING |
| CINEMAS | SCOOTER |
| DANCING | SKIPPING |
| EATING | SOCCER |
| FRIENDS | TAG |
| INTERNET | TALKING |
| MOVIES | TELEVISION |
| PETS | TRAINS |
| PLAYING | VIDEOS |
| PUZZLES | ZOO |
| READING | |



The number in each square is the sum of the connecting circles. Your job is to find the missing numbers.

Good luck!



Mt Rouse Puzzler

Above:

- 2: To encase again.
- 4: The idea that is represented by a word, phrase, etc.
- 7: Made up. Not real life. Imagination.
- 8: To be in a position in which the lower part of the body is resting on something.
- 10: To prove something by showing examples of it.
- 12: To move slowly with the body close to the ground.

13: A puzzle in which words that are the answers to clues are written into a pattern of numbered squares that

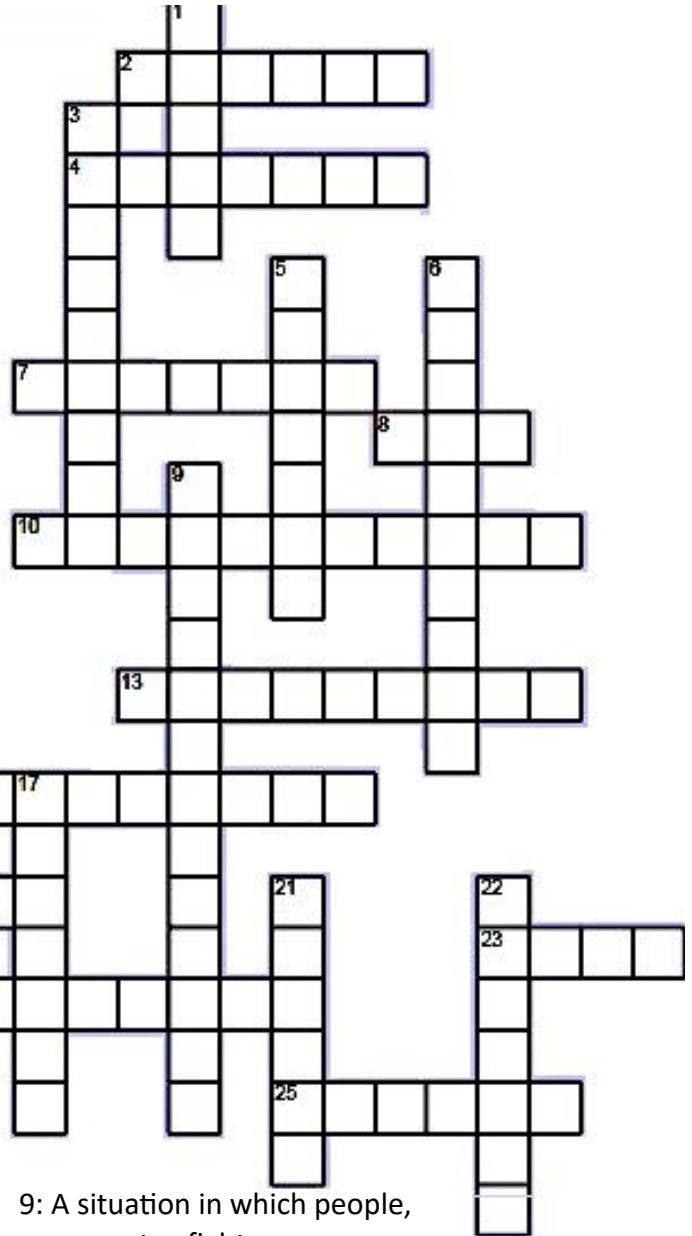
go across and down.

14: To be able to touch, pick up, or grab something by moving or stretching.

- 16: The list at the end of a book.
- 18: To fail to hit, catch, reach, or get something.
- 20: Not present at a usual or expected place.
- 23: To look at and understand the meaning of letters, words, symbols, etc.
- 24: One of the parts that form something.
- 25: Unusual and interesting from far away.

Down:

- 1: A substance that can be shiny, conduct electricity and heat, and can be melted and shaped.
- 3: A vehicle used for taking hurt or sick people to the hospital.
- 5: To dislike something or someone very much.
- 6: The act or process of giving someone a reason for doing something.



- 9: A situation in which people, groups, etc., fight, oppose, or challenge each other in an angry way.
- 11: A way of getting near, at, or to something or someone.
- 15: Different types of buildings for people.
- 17: Objects that are made out of clay usually by hand.
- 19: To cause or allow something to fall, flow, or run over the edge of a container usually in an accidental way.
- 21: The way that something is done or happens.
- 22: Small issue, unimportant.

Riddles answers: 1 An envelope, 2 A thumb, 3 Your name, 4 Darkness, 5 Dozens, 6 A hole, 7 Stone.



Mobile Library
Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm

Outside the Hall in Martin St

Dates for September:
1st, 15th , 29th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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Penshurst's Website

Have you visited the Penshurst website yet?

Not only is the site full of valuable information, but there are links to many of the important organisations within our town.

Would you like to add a link to your website? Email president@penshurstprogress.org.au

Visit our site

www.penshurstvictoria.com.au and let us know if you have any comments.

Editor

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Registered Address: 46 Watton Street, Penshurst 3289

DEADLINE FOR SUBMISSIONS – Saturday 3rd September 2022

The newsletter will be published on Wednesday fortnightly and we would appreciate submissions at the earliest possible time within the fortnight but no later than the Saturday immediately prior to the Wednesday of publishing.

Editor : Ama Cooke

All correspondence to: mtrousenewsletter@gmail.com

F R E E N E W S L E T T E R F O R T N I G H T

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