Year 5 Edition 11 25th January 2023

MT ROUSE NEWS & VIEWS





Celebrating the continuing work of the Mt Rouse & District Historical Society.

Pictured above: Some of the team who keep history alive in Penshurst, not just for us, but also for everyone who comes into the town, or contacts the Association searching for connections from their past.

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Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogresss.org.au

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke, Sue Jellie & Jeff Jellie

Next Meeting - Wednesday <u>25th January 2023</u> 7.30pm Penshurst Memorial Hall

Good morning everyone, no, it's now afternoon.

I've spent the morning cropping photos, hunting files, and generally tidying up the contents of my computer. It's very easy to get into a muddle when filing photos that cross between the many associations we are part of. That was one of the subjects we discussed at the Mt Rouse & District Historical Society's barbecue. The weather was beautiful, the pond was covered in duck weed, as usual, but the rest of the Botanic Gardens was very well cared for. There's not a lot can be done about the duckweed, as the only poison capable of removing it would affect the important pondlife in the creek beyond.

At the meeting on Wednesday (yes, today), we'll be discussing updating our Community Plan, installing the Heritage signs, searching for funding for shade sales over the kids playground in the Gardens, and the Green Space conundrum. I have contacted the Council in reference to getting that project up and running again, and am awaiting a phone call from Bill Scott who is now in charge. We'll keep you up-to-date on all these projects as often as possible. In the meantime, Eda Williamson, one of the Community Liaison officers will be coming to the meeting, to answer as many questions as she can, to be part of helping our community thrive.

This is the first PPA meeting for 2023. Everyone is welcome to sit in, without having to join the Association. If you like an item added to our agendas, please contact me. The same goes for items in the newsletter.

As usual, every volunteer group is looking for new members. If you have questions, please get in contact with the group you are interested in. Many can be found listed in the Monthly Meetings in this newsletter, or online at www.penshurstvictoria.com.au. It's fun to be part of the small crew of volunteers that help across so many groups here in town.

Wishing everyone a great fortnight,

Ama Cooke, President, Penshurst Progress Association.



Thursday 26th January 2023 8.30am Penshurst Botanic Gardens

BBQ breakfast to follow

Everyone welcome. See you there.



Would you like to sponsor the colour front page on our community newsletter?

All funds gathered by advertising in the newsletter help the Progress Association support community projects.

For more information contact
Ama 0402 878 738

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Historical Society member gains recognition

The Mt Rouse and District Historical Society have honoured one of its most productive and valued members over the past 15 years.

The society has decided to honour long time researcher, archivist and secretary, Val Heffernan, by naming one of its research rooms after her.

A ceremony honouring Val and her tremendous work was held at the Penshurst Courthouse last Sunday.

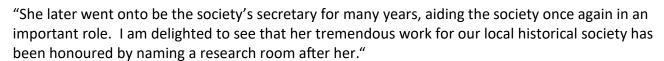
A former historical society president, Brian O'Brien, said the amount of work Val had done for the society couldn't be calculated.

"I remember telling her about 15 years ago that we had a mass of material at the Courthouse but it was all over the place, in boxes, under benches, and needed to be sorted and catalogued," Mr O'Brien said.

"Val lived in Hamilton and was a member of the Hamilton History Centre, so I thought it was highly unlikely she would be interested in Penshurst history.

"I am glad to say I was wrong. Val and a friend, Margaret Gardner, came out and started the work of sorting huge amounts of historical material. I think it took two or three years to get everything catalogued and into the great shape that it is today. People with

historical queries can get them accessed so much easier now - and that is primarily due to the efforts of Val and Margaret a decade ago.











MT ROUSE NEWS & VIEWS

Penshurst Accommodation

Having family or friends coming to visit and not enough room or just wanting a holiday. Check out Annie's on Ti Tree, 31 Ti Tree Lane, Penshurst. BnB Fully self contained Accommodation.

Can be booked direct through Airbnb or privately 0438765226







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Saturday

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Sunday

8am - 5pm

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Groceries - Bread - Frozen Foods Beer - Wine - Spirits

Penshurst's News Agency

MT ROUSE NEWS & VIEWS

Penshurst Social Support Group

What a great day. We left Penshurst for Glenthompson and viewed the Mural in the Church, had morning tea at Moyston Football ground, drove to Pomonal to see the painted Shipping containers and marvelled at the art. We went on to Halls Gap Hotel for lunch, back to Vaughans Native Nursery and called in for an icecream on the way home.

We were fully loaded with plants and what a scenic drive it is back through the mountain range to Dunkeld.

If you are interested in Community Outings our next outing is the third week in February. We will be going to Ararat to Green Lake for morning tea, a tour of J Ward, and then the RSL for lunch.

To register contact Brenda Uebergang or Fiona Mitchell 55518683.



Above: Shirley Holmes, Anita Homes and Helen Jellie.

Caramut and District Garden Club

Monstera has large perforated leaves and unusual fruit. I didn't know this until I read about it. It is native to tropical America and the West Indies. There are a number of different varieties, many being climbers. Mine is a single plant but when I went to have a good look, there is at least two plants. It is more usual to grow them indoors in our climate. By being in a pot, the roots, which are extensive, are contained. If grown indoors, they will need to be re-potted every couple of years. If a plant becomes too big, divide it into clumps and re-pot each clump. They will thrive in warm and humid conditions. Dry air will slow growth. Mist the leaves to regularly to increase humidity. Mine gets no attention whatsoever. The leaves that are in the direct sunlight, tend to lose the bright colour. They enjoy regular watering but mine seem to manage with minimal watering.

Roses should be deadheaded regularly. Snip off withered flowers plus a bit of stem back to a bud and the bush will send up new buds for autumn flowering. Camellias will be bedding up but if the plants dry out at this stage, buds will not open later on. Mulch and water well at least once a week around the plant. Mine get watered mostly by the rain and still flower. Once hydrangea flowers have faded, trim by deadheading - wait for winter for the big cut back.

Enjoy Your Garden by walking around it on a regular basis.



MT ROUSE NEWS & VIEWS

Jokes and Pun from the Sea

- 1. Why don't clams give to charity?
- 2. Why are there fish at the bottom of the sea?
- 3. Why did the fisherman suddenly redirect his boat?
- 4. What does a fish say when he makes a mistake?
- 5. How did the shark plead in the murder case?
- 6. What did the carp say to his crush?
- 7. What does a dolphin say when he's confused?

Buy, Swap & Sell

Rhino Sportz roof rack.

Near new. \$50.

Ph. Brian on 0437844586

Lost & Found

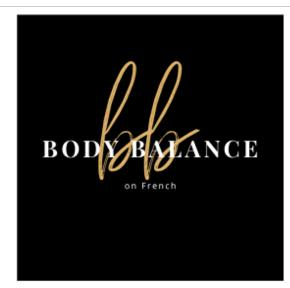
Found 1 x Earing

Shortly after New Year between Post Office and Hotel

Available for pickup if identical twin is presented

Contact - the Editor

All advertising in these two sections are \$2 per ad per issue. Contact the Editor for more details.



New clinic hours

Hamilton

Mon 9:30 - 5:00

Tue 1:00 - 5:00

Wed 9:30 - 5:00

Penshurst

Tue 9:30 - 12:00

Thur 2:00 - 5:00

Leanne Cottrill (Dip RM)
Remedial Muscle Therapy / Bowen Therapy /
Lymphatic Health / Functional cupping /
Relaxation Massage

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m: 0407 835 479
e: bbonfrench@gmail.com
facebook | instagram | cliniko

Open Strictly by appointment only

Scan QR Code to check Leanne's Cliniko for available times and days





"Dance with the waves, move with the sea. Let the rhythm of the water set your soul free." Christy Ann Martine

MT ROUSE NEWS & VIEWS

2023 New Year Resolutions

How can I achieve *my goals* through Social connections?
You are invited to -

Come and Try Day

THE FITNESS PARTY IS ON

A social morning out, meet new friends, gentle chair based exercises in a group. supporting your wellness

WHERE: Penshurst Senior Citizens

WHEN: Thursday 2nd February

TIME: 10.00am - 12.00

Join in the fun filled exercises from 10.00am – 11.00am followed by healthy morning tea and chat.

Bring your ideas to discuss over morning tea.

We have some new and exciting ideas to share with you. Looking forward to working together in 2023.

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Community

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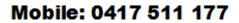
MT ROUSE NEWS & VIEWS

Penshurst Hair Design



Opening Days
Tuesday,
Thursday
Friday &
every second
Saturday
10am - 2pm
By Appointment

For appointments please ring





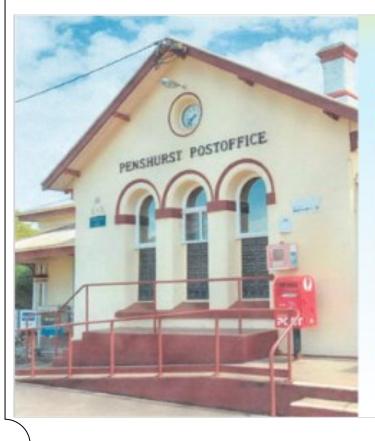
Musings from the Shed



The Shed is Open Come and visit

Saturday & Tuesday 10am - 4pm Or by appointment

Tom Cooke 0488 557 345.



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Sport, the perfect opportunity to be gracious

We love our sport in the summer. As I type the world cup and the cricket is all happening. And yes it's nice to watch your team win. Yippee! But it's also interesting to listen to the speeches afterward. To see how the person / team who lost responds to their trouncing. And right at that moment is a perfect opportunity for a spirit of graciousness.

How refreshing would it be if the loser paid glowing tribute to the victor. And what if we rewarded them for this humility with post match points for the next time they played?

I wonder if that would change the way we do sport, the way we play sport, what we say, how we say it and the spirit in which we play sport.

Just as interesting is the winners speech. Who do they pay tribute to and in what tone?

One of the things that made Ash Barty such a fantastic tennis player was not only her competent action with the racquet, but what she said afterwards. I reckon she would have got top points for her graciousness with a speech like this.

"First and foremost I have to say congratulations to Danielle (the opposition) and your team. It has been an amazing fortnight for you and you are in the top 10 and that is absolutely where you belong. Congratulations and I know that you will be fighting for more of these in the future. And to all of the umpires, ball kids, everyone who makes this so easy for us to come and enjoy it and do what we do and love what we do and we love to come here and compete ... you guys make it seamless and without you we would be lost."

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

A Chat with Cherie Greed

At some point all of us will have to have a chat with a funeral director. While we are having this chat our hearts and heads will be all over the place. Wouldn't it be better if we could just have an informal gathering with a Funeral director in a gentle Q & A session. Mrs. Cherie Greed will be with us on Friday 24th of February at 7:00pm where she will pastorally outline the process of organising a funeral and answer all those questions that you may have been too shy to ask. All you have to do is put your name down on the clipboard at the back of Christchurch Hamilton by Friday 17th of February or let Fr. David know (ph 0435 867 040) There is no charge for this evening and all are welcome.

"I give you this to take with you: Nothing remains as it was.

If you know this, you can begin again, with pure joy in the uprooting."

— Judith Minty

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The 8th Annual Penshurst Art Exhibition

PCAi is a not-for-profit organisation created to host our local Art Exhibition. We started it as a bit of fun, and because Tom always wanted to run an art show. Now in its 8th year, it's still a lot of fun, and continues to grow as we are blessed by the return of wonderful artists and people who decide to help, often on Opening Night, which is the busiest time of the Show.

There is something inspiring about seeing all that art collected in one location, and then being challenged to display it in ways, we hope, might tell a story, or fire the imagination of our visitors. We added the children's section for just that reason - to highlight the wonderful artists of all ages across the region, and to provide a forum to our two schools, Penshurst Primary and St Joseph's, as well as other children in the town and district.

Would you like to be part of our Exhibition? If, like me, you can't paint anything but a house, there are other ways to be involved. Contact Tom 0488 557 345 or me, Ama, 0402 870 738 and we'll answer any questions we can. Roll on March. There's a lot to do before then.

You are invited to the 8th

PENSHURST ART EXHIBITION

Friday 24th - Sunday 26th March 2023 Penshurst Memorial Kall

Enter your art in our Exhibition or just enjoy the beauty

Are you new to Penshurst and would like to meet other people? Or are you interested in meeting & welcoming people who are new to Penshurst?

15th February 2023

Come along to a coffee catch-up.

When: 3rd Wednesday of the month Where: Penshurst Store & Bakery NEW Time: 10:30am

Looking forward to meeting you! Jacqui 5576 5102



Please note NEW DATE AND TIME

to avoid clashing with
other town activities

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11 JANUARY 2023

CELEBRATING OUTSTANDING ACHIEVEMENTS ACROSS THE SOUTHERN GRAMPIANS FOR 2023

Southern Grampians residents are invited to celebrate community achievements at upcoming Australia Day events hosted around the region on Thursday 26 January 2023. Australia Day celebrations will be held in townships across the Southern Grampians with the official celebration to be held at the Hamilton Botanic Gardens from 10:30am.

Southern Grampians Shire Council Mayor David Robertson said celebrating those within the community that contribute so much to so many is an honour to be a part of.

"Each and every year we are continuously blown away by the nominations of those within our Southern Grampians community who achieve incredible things," said Cr Robertson.

"It may be their ability to put together an event that provides our community joy or it could be for an individual whose selflessness inspires others to help someone other than themselves. It's this community spirit and regional camaraderie that makes the Southern Grampians such an incredible place to live.

"Our celebration last year saw large crowds make the most of our picturesque Hamilton Botanic Gardens which we hope to build upon this January. With COVID safe catering to be distributed by the Hamilton Lions Club and live local music, we encourage you to come along and enjoy the community spirit.

"We will also welcome a number of new citizens to the region which is always such a pleasure to see new faces joining our community," concluded Cr Robertson.

Winners of Australia Day Awards will be announced across four categories:

- Young Citizen of the Year (for residents aged under 25).
- Citizen of the Year (for residents over 25).
- The Community Event of the Year to the group or person who has staged the most outstanding community event.
- Community Recognition for an individual/group based in the Southern Grampians who has made a significant contribution to the local community in the current year or over a number of years.

This year's celebrations are assisted by the Australian Government through the National Australia Day Council. Wet weather venue will be the Hamilton Performing Arts Centre. Information on outer township celebrations will be available via the Council website and Facebook page over the coming week.

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

111 Brown Street, Hamilton 3300 | Locked Bag 685, Hamilton 3300 Telephone: (03) 5573 0444 | council@sthgrampians.vic.gov.au | www.sthgrampians.vic.gov.au

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Opening Hours:

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday - 8.00am - 2.00pm

Sunday - CLOSED



Amanda & Cam Wilson 0439 941 942



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Meg Todd (Animal Health) 0437 772 861 Western AG Willaura - T: 03 5354 1585

Glen Gray - 0439 541 036

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Ricotta & Sultana Filo Rolls

Prep Time 20 mins Cooking Time 25 mins Serves 4

INGREDIENTS

- Ricotta cheese, reduced-fat, 300 g
- Cottage cheese, low-fat, 150 g
- Eggs, raw, 2 extra large eggs, lightly beaten
- Sultanas, 3 tablespoons, chopped
- Honey, 1 tablespoon
- Vanilla essence, 1 teaspoon
- Ground nutmeg, ½ teaspoon
- Lemon juice, ½ juice of 1 lemon

- Lemon zest, ½ zest from 1 lemon, finely grated
- Filo pastry, uncooked, 6 sheets
- Oil spray, 1 spray (2-sec spray)
- Blueberries, 300 g, or blackberries (fresh or frozen)
- Artificial sweetener or sugar, 1½ tablespoons Icing sugar, 1 teaspoon, for dusting

METHOD

Preheat the oven to 200°C and line a baking tray with baking paper.

Place the ricotta, cottage cheese, beaten egg, sultanas, honey, vanilla, nutmeg and lemon zest in a bowl and mix well to combine.

Lay a sheet of filo on a clean work surface and spray with cooking oil. Fold the sheet in half from the long end, and cut in half lengthways. Spoon a little of the



cheese mixture along the short edge, leaving space at the ends so the filling does not spill out. Tuck in the ends, then roll up to enclose. Repeat with the remaining filo and cheese mixture to make twelve rolls.

Place rolls on the prepared tray, seam-side down, spray with cooking oil and bake for 20 to 25 minutes until the pastry is golden and crisp.

Meanwhile, for the salsa, place the berries, sweetener and lemon juice in a small saucepan and cook over medium heat for 5 to 6 minutes. Serve three rolls per person, dusted lightly with icing sugar, with the warm berry salsa on top.

TIP: Try other spices such as ground cinnamon, cloves or cardamom for a different flavour.

20 pauper, 22 affirm.

Last Fortnight's Crossword - Across: 5 inherent, 6 conspire, 7 persuade, 11 enumerate, 14 regenerate, 18 remembrance, 19 respite, 21 audacious, 22 advantage, 23 stimulate, 24 reiterate. Down: 1 fruition, 2 trivial, 3 atrocious, 4 corollary, 8 segregate, 10 conviction, 12 extrovert, 13 augment, 15 irrevocable, 16 obsolete, 17 restrain,

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A touch of History

John Wallish 1916 WW1

SOLDIER TWICE WOUNDED

Sergeant Albert J Wallish, formerly of Penshurst, has been invalided home. He was wounded in the hand, and after treatment returned to duty. In another engagement he lost a leg, which has been replaced by an artificial limb. Sergeant Wallish, who was with the 11th West Australian Battalion, won the distinguished conduct medal for gallantry at Anzac on September 25, 1915, when, his officer having been killed, he reorganised the platoon, and held a trench almost single handed. His brother, John Wallish, is in France. The two are sons of the late John Wallish, State school teacher at Penshurst. Mrs Wallish and family are living in Melbourne.

Penshurst Free Press, Vic, Sat 19 Aug 1916



Shane Ottrey of Caramut is looking for nesting sites/trees of the yellow tailed Black Cockatoo for the purpose of study over the next few months.

If anyone can help him locate these sites please contact him on 0417 223 728. Thank you.

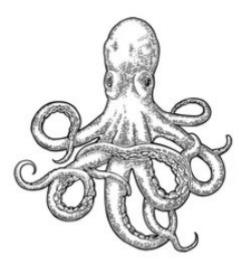
"The sea possesses a power over one's moods that has the effect of a will. The sea can hypnotize. Nature in general can do so."

- Henrik Ibsen



MT ROUSE News & Views

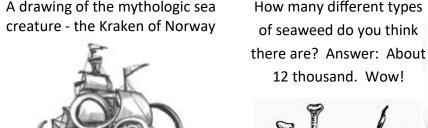
Fun for the kids

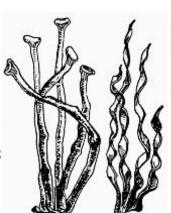


An **octopus** is a soft-bodied, eight-limbed mollusc of the order **Octopoda**. The order consists of some 300 species and is grouped within the class Cephalopoda with squids, cuttlefish, and nautiloids. Like other cephalopods, an octopus is bilaterally symmetric with two eyes and a beaked mouth at the centre point of the eight limbs. The soft body can radically alter its shape, enabling octopuses to squeeze through small gaps. They trail their eight appendages behind them as they swim. The siphon is used both for respiration and for locomotion, by expelling a jet of water. Octopuses have a complex nervous system and excellent sight, and are among the most intelligent and behaviourally diverse of all invertebrates.

Octopuses inhabit various regions of the ocean, including coral reefs, pelagic waters, and the seabed; some live in the intertidal zone and others at abyssal depths. Most species grow quickly, mature early, and are short-lived. In most species, the male uses a specially adapted arm to deliver a bundle of sperm directly into the female's mantle cavity, after which he becomes senescent and dies, while the female deposits fertilised eggs in a den and cares for them until they hatch, after which she also dies. Strategies to defend themselves against predators include the expulsion of ink, the use of camouflage and threat displays, the ability to jet quickly through the water and hide, and even deceit. All octopuses are venomous, but only the blue-ringed octopuses are known to be deadly to humans.

Octopuses appear in mythology as sea monsters like the Kraken of Norway and the Akkorokamui of the Ainu, and probably the Gorgon of ancient Greece. A battle with an octopus appears in Victor Hugo's book *Toilers of the Sea*, inspiring other works such as Ian Fleming's *Octopussy*. They are eaten and considered a delicacy by humans in many parts of the world, especially the Mediterranean and the Asian seas.







Stay away from Blue Ringed Octopus

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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 –
 PENSHURST 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 Volcanoes Discovery 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. penshurst.vic@lions.org.au

Penshurst Book Club - meets 3rd Tuesday each month at 2pm. Contact Ruth Pihl on 0490418313

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

5pm 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

PAGE 17 MT ROUSE NEWS & VIEWS Mt Rouse Puzzler Across: 2: To judge the value or condition of someone or something in a careful and thoughtful way. 6: To make something clear or easy to understand. 7: To study something closely and carefully. 8: The thought of something. 12: To prove something by showing examples of it. 13: To tell information again using fewer words. 15: To explain the meaning of something. 16: To be different especially in a way that is very obvious. 17: To cause someone to do something by asking, arguing, or giving reasons. 19: An opinion or way of thinking about something. 21 21: A small part of something. Down: 1: To give encouragement and approval to someone or something because you want the person or thing to succeed. 3: Something which shows that something else 12: Recognize or treat as different. exists or is true.

- 14: To officially decide something especially because of evidence or facts.
- 16: To write or say the words of a book, author, etc.
- 18: To tell someone the appearance, sound, smell, events, etc., of something or someone.
- 22: The main subject that is being discussed or described in a piece of writing, a movie, etc.
- 23: To form an opinion from evidence.

7. Can you please be more Pacific?

Answers to lokes - 1. Because they're shellfish! 2. Because they dropped out of school. 3. Just for the halibut. 4. It was just a fluke! 5. Not gill-ty. 6. Don't play koi with me!

4: Most important.

something else.

writing.

bigger or more advanced.

5: To cause something to grow or become

9: A restatement of a text, passage or work

11: The way that the text is organized in your

giving the meaning in another form.

10: To say that something is similar to

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

Outside the Hall in Martin St

Dates for January 19th & February 2nd & 16th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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GREATER HAMILTON LIBRARY

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 4th February 2023

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.

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