

MT ROUSE NEWS & VIEWS



Another interesting outing for the Penshurst Social Support Group



From Penshurst to Glenthompson and on to Ararat, these seniors certainly travel around.
Join them on page 3 for the full story.

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, Sue Jellie & Jeff Jellie

Next Meeting - Wednesday 22nd February 2023 7.30pm *Penshurst Memorial Hall*

Good morning everyone,

If you are reading this on Wednesday, when we deliver the newsletter to various places around the town, drop into the Hall at 7.30pm for our Progress Association meeting. We are expecting Eda Williamson, Community Engagement Coordinator from the SGSC again, with some of the answers to the questions we gave her, that she's been addressing over the last month. She will be first on the agenda.

The Mens Shed insurance has been paid for the next year. Memberships will be due at the end of March, pro rata to bring us all into line for February next year. Current members will be contacted over the next few weeks. The new kitchen in the Shed is being created from the framework donated by Bruce & Jenny Eccles from the LPO. Thank you both for this, and for sponsoring the colour front page of the newsletter for three issues. I know how much people are enjoying the colour pages.

Ladies, we need to have a meeting to discuss allocating a day for the Shed to be open for us. If you are interested in joining the Shed please contact me on 0402 870 738.

Some days I sit in front of this report and write what feels like reems, and others, like today, I feel like I've said it all before. There is one thing I haven't done yet, which is to thank Jacqui Tribe for helping me with the newsletter each fortnight. I appreciate her clear sight on days when I am unconsciously typing gibberish. My other helper is Brian O'Brien, as you know, who pops in once in a while with stories, ideas and articles that we consider interesting to the town. Do you have anything you would like to share? We hope that the communication of ideas helps draw people together.

Members of the PPA have inspected the sites of the new Heritage signs, created last year to replace the current ones, and that process will begin in the next few weeks. We've also had a request to place one at the site of St Martin's Private Hospital, so we will be adding that to this project. In the end we intend to install thirty signs around the town to help our visitors understand the importance of Penshurst's connection to it's past.

Wishing everyone a great fortnight,
Ama Cooke, President,
Penshurst Progress Association.

"It is only when we take chances,
when our lives improve. The initial
and the most difficult risk that we
need to take is to become honest."
Walter Anderson

BINGO!



**Everyone welcome at the
Penshurst Senior Citizen's
Club Rooms**

On 28th February at 2pm

See you there!

Penshurst Social Support Group on their latest outing

Continued from the front page



On Thursday we drove from Penshurst Senior Citizens, to the Lions Park in Glenthompson and had morning tea. We were awed by the very old gum trees in that park. We set off for J Ward Ararat and arrived at 11.30 for a guided tour. What a very well versed lady, she told us stories about the Governor and his family, the inmates and the history of the Jail and how it used to be the hospital for Aradale, the mental Asylum before being turned into a jail for the criminally insane.

We were regaled of stories about ghosts and we saw the old kitchen where they cooked bread and baked for the inmates. The picture (right) is of Anita Holmes showing how the bread was lifted from the ovens. Later we went to the RSL and ate a great lunch and visited Maccas for an ice-cream before returning to Penshurst.

Pictured are Shirley Holmes, Anita Holmes, Aileen Pye, Helen Jellie, Dorothy Thomas and Alana Burley.



An AUSSIE GENTLEMAN

G'day mate
Pleased to make your acquaintance.

He's blotto
Inebriated beyond the capacity to stand up.

You little ripper!
Words of praise fail me.

Rack off
Your presence is no longer required.

Fair dinkum
Of course I'm telling the truth.

Pull ya head in
You may be correct in your assertion but shut up.

Wanna rage?
Would you like to drink large amounts of alcohol with me until we both drop?

You drongo
A rather dimwitted person.



Your shout
If you value your well being you should buy the next drink.

Go on
I'm not entirely convinced you know what you're talking about.

Whadayawant?
Might I enquire about your needs?

Have a chunder
The delicate act of regurgitation.

You pong
Dear me, we do smell don't we.

Bloody oath!
I'm in total agreement with you.

Howya going?
May I enquire about your welfare?

Give it a go ya mug!
Are you perhaps incapable of performing this act?

5576 5270

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Saturday

8am - 6pm

Sunday

8am - 5pm

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Sandwiches & lunch packs available

Order your meat, fresh fruit & vegetables by phone for collection at your convenience

Groceries - Bread - Frozen Foods

Beer - Wine - Spirits

Penshurst's News Agency

New and worth review

Get to know the locals ...

Are you interested in forming a Birdwatching group?

Contact: schulz104@gmail.com or the editor

Useful webpage for Lake Linlithgow: https://ebird.org/australia/hotspot/L2552777/media?m=&yr=all

Right: Red-necked Stint



Pregnancy scanning

Nathan Rentsch • Penshurst

spotonscanning.com.au [Facebook icon] [Instagram icon]

The future belongs to those who believe in the beauty of their dreams. - Eleanor Roosevelt

Tell me and I forget. Teach me and I remember. Involve me and I learn. - Benjamin Franklin

Do not go where the path may lead, go instead where there is no path and leave a trail. - Ralph Waldo Emerson

Penshurst Social Gathering

Maybe you're new to Penshurst. Maybe you've lived here a while. Maybe you'd like to meet new people or just enjoy a night out. Whatever your reason, why not come along to a Penshurst relaxed & friendly social gathering. All welcome - all ages.

When: Friday March 17

Time: 6:30pm

Where: Penshurst Hotel Bistro

Buy your own food and drinks at the venue. Please RSVP to Jacqui so we can book enough seats.

5576 5102



Would you like to sponsor the colour front page on our community newsletter? \$22 per issue. All funds gathered by advertising in the newsletter help the Progress Association support community projects.

For more information contact Ama 0402 878 738

Penshurst Hair Design



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

For appointments please ring

Mobile: 0417 511 177



Musings from the Shed



*The Shed is Open
Come and visit*

*Saturday &
Tuesday 10am - 4pm
Or by appointment*

*If you are interested in a
ladies day, contact*

Tom Cooke 0488 557 345.

The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart. Helen Keller



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SOCIAL SUPPORT GROUP PROGRAM –March 2023

DATE	PROGRAM
March 2nd	AM: Exercises at Senior Citizens Morning tea and Lunch at Senior Citizens-purchase from the bakery Cards, Monopoly, UNO, Canasta & 500.
March 9 th	AM: Exercises at Senior Citizens Morning tea and Lunch at Senior Citizens- Chicken & salad, Cheesecake Activity- left right game/ jeopardy. Guest Speaker: Continence Nurse - Nurse: Sharon Homburg Cost \$12.80 for the day.
March 16 th	Community Outing Koroit - Leave at 9.00am Morning tea at Mac Arthur - Lunch at Micky Bourke's Koroit (Booked) - Nursery Admin Cost \$7.90
March 23 ^d	AM: Exercises at Senior Citizens Morning tea and BBQ at Senior Citizens Sausages, chicken & veggie Burgers, salad and sweet Carpet Bowls at 1.00pm Cost \$12.80 for the day
March 30 th	AM: Exercises at Senior Citizens Morning Tea and Lunch at Senior Citizens Roast Dinner and apple pie \$10.00 per meal Planning May Program. Drive up to Mt Rouse Lookout, afternoon tea in the gardens. Admin Cost \$7.90

Please note:

Bookings essential, please phone to discuss and register attendance.
Community members are welcome to attend Exercise Group from 10am – 11am at Sheppard Centre followed by Morning tea & a chat.
Should you wish to attend the Social gathering following exercises and morning tea, exercises cost is included in the daily fee.
Weekly costs vary depending on the monthly program.

All bookings to be in by Monday of each week Phone Social Support Group 55518381 / 0417017728



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.

Jokes - No explanation necessary

A biologist, a chemist, and a statistician are out hunting. The biologist shoots at a deer and misses five feet to the left. The chemist takes a shot and misses five feet to the right. The statistician yells "We got 'em!"

If you jumped off the bridge in Paris, you'd be in Seine.

Did you hear about the Buddhist who refused Novocaine during a root canal? His goal: transcend dental medication.

Jean-Paul Sartre is sitting at a French cafe, revising his draft of Being and Nothingness. He says to the waitress, "I'd like a cup of coffee, please, with no cream."

The waitress replies, "I'm sorry, Monsieur, but we're out of cream. How about with no milk?"

Q: What has four legs and one arm?
A: A happy pit bull.

Q: Why don't cannibals eat clowns?
A: Because they taste funny.

Q: What did Kermit the frog say at Jim Henson's funeral? A: Nothing.

"If at first you don't succeed, then skydiving definitely isn't for you."

"Experience is not what happens to you; it is what you do with what happens to you." —Aldous Huxley



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)

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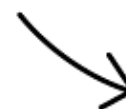
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Buy, Swap & Sell - Lost & Found All advertising in these two sections are \$2 per ad per issue. Contact the Editor for more details.

MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



10th February 2023

INCREASED FUNDING FOR COMMUNITY GRANTS PROGRAM

Southern Grampians Shire Council resolved at Wednesday's ordinary Council meeting to allocate the unspent funds from the 20/21 COVID Hardship Fund to the 2023/24 Community Partnership Grants program budget. Through the 2020/21 Budget process, Council allocated the full amount of the year's rate increase to the hardship fund totalling \$328,000 of which \$109,431 remains unspent.

Southern Grampians Shire Council Mayor Cr David Robertson said the Hardship Assistance Policy and funds were designed to provide support to ratepayers who found themselves struggling through the pandemic with Council related expenses.

"We were pleased to be able to support those within our community who found themselves suffering hardship during COVID, and through this fund, we were also able to support a number of our local businesses," said Cr Robertson. "This included covering the 2021/22 Local Laws permits and the 2022 Calendar Year Environmental Health fees/registrations for all compliant businesses.

"We now have just over \$100,000 remaining which Council has determined to reallocate to the Community Partnership Grants to ensure that that money continues to support and importantly remain within our communities," said Cr Robertson. This money will form part of the 2023/24 Community Partnership Grants program with round one opening later in the year.

"We see this as a really positive outcome as each year our Community Grants program is very popular and over-subscribed in some categories, with so many great and innovative projects needing a bit of financial support. "By reallocating these unspent funds, we have the opportunity to boost next financial year's program from \$200,000 to over \$300,000 to grow initiatives, and kick-start projects and events that bring joy and benefit our Southern Grampians Shire residents.

"We currently have the final round open for 2022/23 which closes on Friday 24 February 2023, so if you or your community group has a project that improves the lives of those within our townships, check out the eligibility criteria and apply today," concluded Cr Robertson.

Categories include Community Infrastructure, Arts and Cultural Development, Community Strengthening, Tourism and Events, Environmental Sustainability, and Heritage.

For more information on the current grants program, visit www.sthgrampians.vic.gov.au/grants/

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

Life is what happens when you're busy making other plans - John Lennon

If you look at what you have in life, you'll always have more.

If you look at what you don't have in life, you'll never have enough - Oprah Winfrey

Opening Hours:

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday – 8.00am - 2.00pm

Sunday - CLOSED



Amanda & Cam Wilson

0439 941 942



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.

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The work of the table

They come every so often and together we have sat at a table. We have swapped stories, shed tears and laughed raucously. The wine like the conversation has flowed, been consumed and enjoyed. The bread broken, the food passed around.

But there are other tables I go to in other places. In homes, in Churches and in institutions where a similar dynamic occurs.

There is dialogue, there is food and beverages.

Sometimes nothing much seems to happen and yet everything is happening. It's not just about the outward fare and the drinks. In the chatter and through the chatter, something shifts. We enter into a slightly different dimension. Sure, we look the same and sound the same, but after the time together we are always altered just ever so slightly.

We arise from the table transformed. Relationships are strengthened, new insights are grasped, turned over, reflected upon and integrated.

Odd, that a simple piece of wood with four legs can do all of that when people gather together around it. The table facilitates something much grander and more potent than itself. It is really just the implement, the focal point. The mechanics and the effectiveness of the relationships are really up to those who are gathered around.

I count myself privileged to work from a table. Sometimes in the formal setting of the worship, but far more frequently at a simple kitchen table. Both the altar and kitchen table are important. One is not somehow 'better' than the other. Both have a role to play and in fact, they complement each other in the work they do.

Fortunately tables are not my exclusive prerogative. The 'table work' is for all to enjoy. Next time you are at table, ask yourself 'What is really going on here?'

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.

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 Senior Citizens Centre, French Street - **COVID Permitting**. 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

Penshurst Bowls Club



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

- 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

A PAGE TO SHARE RECIPES

Italian Sausage Rice Balls with Marinara Sauce

Prep Time 30 mins Cooking Time 20 mins Serves 4-6

INGREDIENTS

1 cup brown rice, cooked	1 teaspoon dried oregano
1 cup cooked Italian sausage, finely diced	1 tablespoon garlic, minced
2 tablespoons olive oil	1 cup whole wheat bread crumbs
½ cup onion, finely chopped	1 egg, slightly beaten
3 cups sweet potatoes, diced	½ cup feta cheese, finely crumbled
3 tablespoons tomato paste	1 cup Pasta Sauce
2 teaspoons dried basil	¼ cup parmesan cheese, grated

METHOD

1. Sauté onion over medium heat with olive oil in a large sauce pan for 2 to 3 minutes.
2. Add sweet potatoes, tomato paste, garlic, basil and oregano. Cover and cook 15 to 20 minutes on low heat until sweet potatoes are tender. Stir occasionally.
3. Place mixture in a large mixing bowl to let cool. When cool, add sausage, ¾ cup of the breadcrumbs, cheese, rice, and egg. Mix very well with hands.
4. Preheat oven to 400 degrees F and lightly oil a baking sheet.
5. With hands, form into golf ball size pieces and coat them in the remaining breadcrumbs. Place rice balls on baking sheet.
6. Bake at 400 degrees F for 20 minutes.
7. Warm marinara sauce and drizzle over rice balls.
8. Garnish with grated parmesan cheese.



You are invited to the 8th

PENSHURST ART EXHIBITION

Friday 24th - Sunday 26th March 2023

Penhurst Memorial Hall

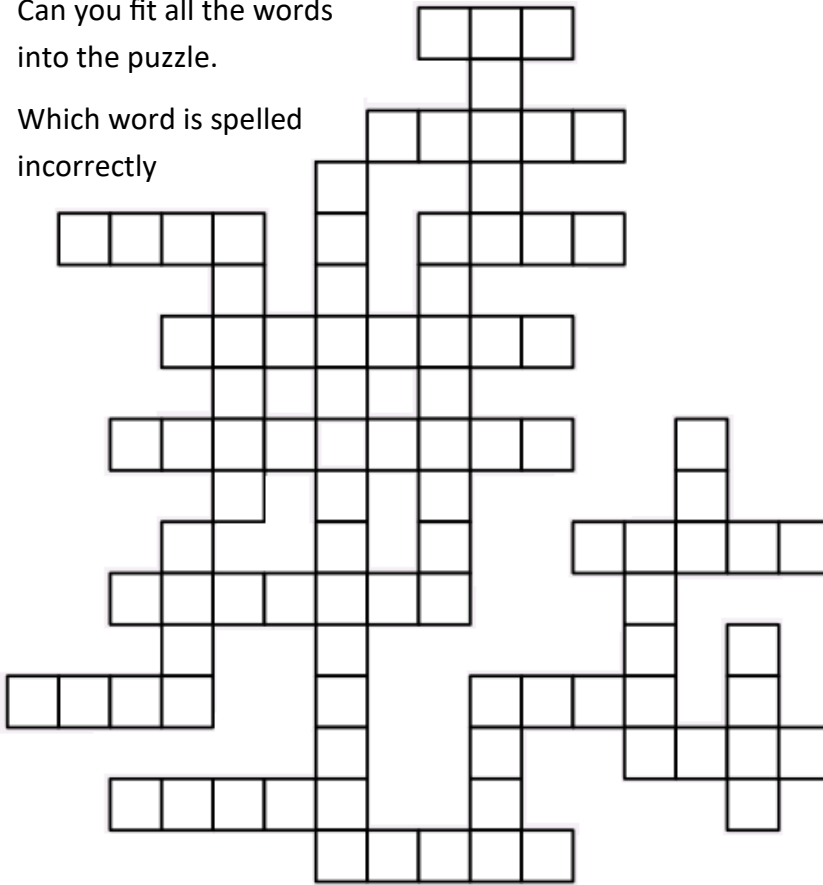
Enter your art in our Exhibition or just enjoy the beauty

Fun for the kids

Word Fit

Can you fit all the words into the puzzle.

Which word is spelled incorrectly



3 Letters

hot
ice

rain

snow
warm

4 Letters

cold
hail
lake
logs
mist
pond
pool

5 Letters

creek
field
grass
ocean
plain
river
trees

6 Letters

meadow

7 Letters

forrest

8 Letters

freezing
saplings
sunlight



Sentence Bricks

The first verse of a children's poem by James McDonald is written on the wall. But the wall has been built in the wrong order.

Your job is to put the bricks in the right order and read the sentence.

Can you match the answers to the jokes?

- 1. What do you call a boomerang that won't come back?
- 2. What does a cloud wear under his raincoat?
- 3. Two pickles fell out of a jar onto the floor. What did one say to the other?
- 4. What time is it when the clock strikes 13?
- 5. How does a cucumber become a pickle?
- 6. What do you think of that new diner on the moon?
- 7. Why did the dinosaur cross the road?
- 8. Why can't Elsa from Frozen have a balloon?
- 9. What musical instrument is found in the bathroom?

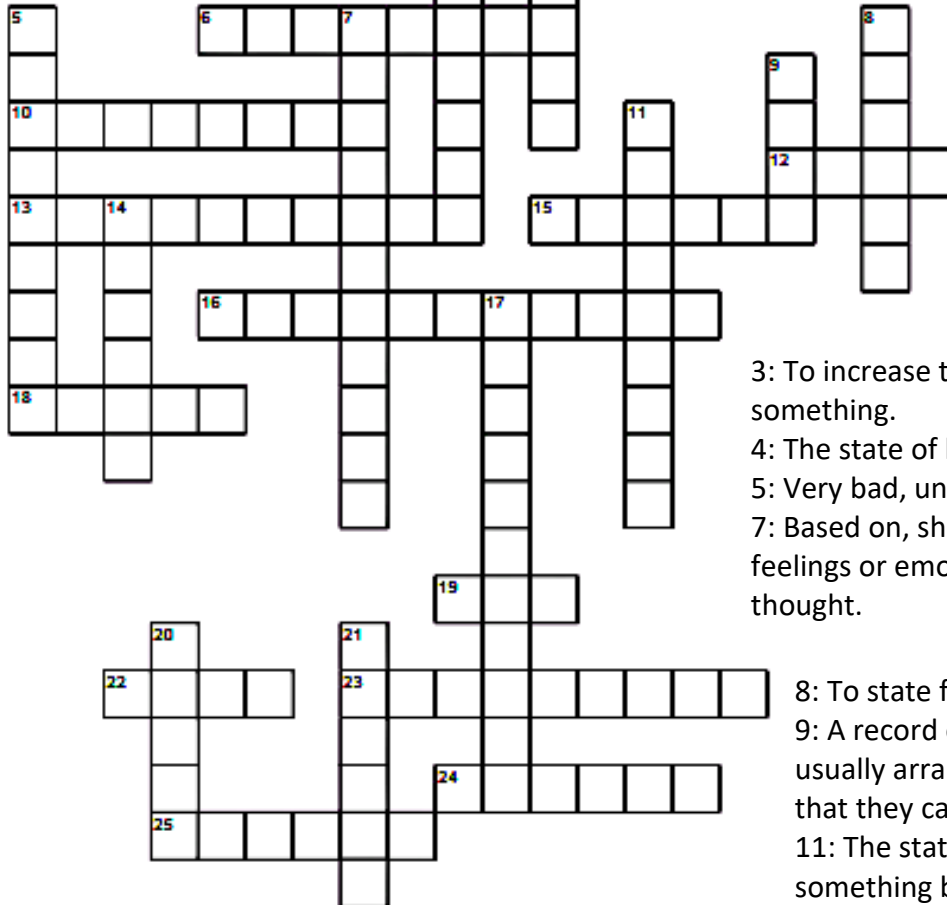
A stick. Because she will "let it go, let it go". It goes through a jarring experience. A tuba toothpaste. Thunderwear. Because the chicken wasn't born yet. Dill with it. Time to get a new clock. Food was good, but there really wasn't much atmosphere.

Mt Rouse Puzzler

Across:

2: A person who gives money and support to an artist, organization, etc.

6: To secretly plan with someone to do something that is harmful or illegal.



18: Extract from ore using heat.
 19: A container that is made of a hard material such as wood, metal, or cardboard and that usually has four straight sides.
 22: Effort made to do something correctly, safely, or without causing damage.

23: Very confident and daring.
 24: Careless.
 25: Stay on in a place longer than is usual.

Down:

1: To work.

3: To increase the size or amount of something.
 4: The state of being real or complete.
 5: Very bad, unpleasant, offensive.
 7: Based on, showing, or resulting from feelings or emotions rather than reason or thought.

8: To state formally.
 9: A record of short pieces of information usually arranged one below the other so that they can be read easily or counted.
 11: The state of being somewhat like something but not truly or fully the same thing.
 14: A hard silver-white metal.
 17: To work with another person or group in order to achieve or do something.
 20: A bread roll shaped like a ring.
 21: A very poor person who has no money to pay for food, clothing, etc.

10: To prevent a person or animal from doing something.

12: To cause to turn around and around, especially fast.

13: A belief.

15: Try to stir up public opinion.

16: Not capable of being changed.

“The nice thing about doing a crossword puzzle is, you know there is a solution.”

— Stephen Sondheim

Last Fortnight's Crossword - Across: 4 abundance, 7 reiterate, 8 envisage, 11 mislay, 13 annihilate, 14 enchant, 16 scrutinise, 19 amend, 22 lengthen, 23 belated, 24 labyrinth, 25 defer. Down: 1 compile, 2 proximity, 3 discrete, 5 accentuate, 6 acquiesce, 9 benediction, 10 align, 12 bingo, 15 ancient, 17 conspiracy, 18 intrigue, 20 liberate, 21 bestow.



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

Outside the Hall in Martin St

Date for March
2nd, 16th & 30th

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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DEADLINE FOR SUBMISSIONS – Saturday 4th March 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.

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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<http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html>

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