

MT ROUSE NEWS & VIEWS



The View from up here

During the quiet period of the year, deep in winter or just as glimpses of Spring begin to appear on the trees and fields, it's good to stop of review who we have become during the previous years, and like the trees, let go of the old leaves of the 'self', grab the rising sap and reach out to become something new. We do this every year, in small and large ways, and often don't realise it is happening.

We try to have photos from current events in Peshurst on the front page of the newsletter, but when we can't, it's good to touch on snapshots of the past - a past, in this case, that is much the same as this year. Our surrounding landscape after the rain. The Grampians from Mount Rouse.



We thank the Peshurst 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

Here I am sitting, running late on a Tuesday afternoon, I should be printing the newsletter by now - and so far, in the last 15 minutes, I've had two spam phone calls in succession, both seemingly from mobile phones.

There's a lot of people talking rubbish at me, if its not a recorded voice, and I get very tired of receiving them, so generally hang up straight away and hope they put me on their 'don't waste your time' list. I am not listening.

Spring is here. You can tell it from the flowers littering the trees, and the ground around them. You can tell it by the sneezing and runny eyes. You can tell it by your body clock's desire to rise with the sun and the need to acclimatize to warmer weather .. Which makes cold days colder, because my brain thinks 'bright sunshine, warm weather' .. And then you step outside and step back in for another jumper.

As the season wakes up so will the Progress Association. Some of our members have had adventures in warmer climates, but the change of scene will hopefully have defogged their brains and made them ready for another year of up and downs, round and round, and marking place while not stepping on the ants. Another project is spring cleaning, as if we've all been hibernating like grumpy bears ... Ok, I admit to being a bit unbearable, and there is some serious dust inside my head, but next comes the windy weather, which should hopefully blow it all away.

Ok, so I am talking rubbish but its hopefully more entertaining than being told that the 'Visa & Mastercard department has just charged me \$500', but they forgot to mention which bank it was, among other things, like identifying me.

Ok, back to business (when I stop typing all the words backwards).

This Progress Association year we have to review the Community Plan, and plan a Community review .. that will work in with the Council's plan to help Penshurst to prosper. I hope they get around to this, because there are delays on projects such as the Green Space, and, as usual, they are not returning phone calls. It would be lovely to commence planting the garden beds, but we've been asked to hold off until they lay the cement slabs.

Ok, it is time to go and print this newsletter, if I want to have it done before dark. The Hall is freezing, though the office warms up a bit with the heat from the printer. Talking about heating, and cooling, the two together being the most cost effective .. The we have had two quotes, but sitting at the \$26,000 mark .. And this only the main hall. Roll on the DELWP building inspecting, which is due to start this month on all their buildings. Hopefully they will find the funds to upgrade our hall's heating, repair the problems and install the new windows. Yes, they own the building.

Lastly, the Photo Show is on the weekend of the 24th & 25th September. Have you got your entry form in? Both the forms and photos are starting to arrive. See you then.

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

" WAVE GOODBYE TO THE OLD AND
EMBRACE THE NEW WITH HOPE,
DREAMS AND AMBITION "

Unknown

Caramut and District Garden Club



With the warmer and hopefully wet weather of Spring, snails and slugs start moving and eating their way through our precious plants and seedlings. One way of keeping them under control is to broadcast snail bait amongst the plants and in any crevices. I can hear you saying, "but I have a dog and the birds will get the bait as well". Because the bait is broadcast amongst the plants, it falls amongst the leaves and ends up in the plant or hiding under the plant. If a dog or bird is so keen to go searching to find enough bait to kill them, they must be desperate for a feed. I also

broadcast the bait in the vegie garden. If you have a large garden, it is more economical to buy it in large quantities from a farm merchandise business than in the small packets you get from the supermarket or garden nursery. The bait keeps for years so long as it is kept dry. I learnt the trick years ago when we broadcast native seeds for a new plantation. I had to broadcast snail bait a couple of times and was amazed at the dead slugs I saw on the freshly tilled and planted area. The seeds grew very well and it didn't take long before the birds were nesting in the trees. Another way to destroy snails is to collect them for eating. Yes I have tried snails as a delicacy on the menu but not overly impressed. Must be an acquired taste.

Scale on lemon trees can be controlled by white oil, using as directed. Throwing soapy water over the tree is also a very cheap effective way to control the scale. Now is a good time to give your lemon tree a light prune if required and to fertilize it. It is said the urine is a very good fertilizer.



The next meeting of the Garden Club will be at Woolsthorpe on Tuesday 13th Sept at 10 am. After the meeting, we shall be visiting the garden of Helen and Ryan's garden in Woolsthorpe.

The special bloom for the month is a Daffodil

Visitors are always most welcome to attend.

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 (13 September)

Where: Peshurst Store

Time: 11:30am

Looking forward to meeting you.

Jacqui 5576 5102



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

Penshurst Memorial Hall Hire Costs

It's been over four years since the Hall had an increase in Hire charges. Unfortunately, due to current increase in the cost of running the building, plus the need for some serious repairs, the committee has decided that the increase is necessary. Added to this, is the requirement that every event has public liability insurance of some kind, and so the Hall has obtained event insurance that can be paid for with the Hire costs, if your group, business or gathering does not have its own.

The new Hall Hire costs:

Whole Hall \$300 per day (was \$250)

Supper Room \$75.00 per day (was \$50)

Kitchen \$75.00 per day (was \$50)

Main Hall \$200 (was \$150).

Event Insurance depends on the activity. Please discuss it with us when you book your event.

Penshurst Photography Show

24 - 25 September 2022



Penshurst 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.penshurstvictoria.com.au/PCA/Photography%20Competition%20Entry%20Form.pdf>

Entries must be in by 8th September

For more information

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

MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL



1st September 2022

WEEKLY FOGO COLLECTION HERE IN TIME FOR SPRING

Southern Grampians Shire Council Food Organics and Garden Organics (FOGO) kerbside service will move to a weekly collection for residents this Spring. From 5 September 2022, weekly collection will help residents to keep up with the quantity of spring growth and extra grass clippings that the warmer months produce in our gardens.

Southern Grampians Shire Council Mayor Bruach Colliton said the introduction of the FOGO kerbside service continues to divert food and garden waste from landfill. “Council has been committed to finding sustainable solutions to reduce items ending up in landfill which the FOGO kerbside collection service has undoubtedly positively contributed to,” said Cr Colliton. “For the duration of Spring, we are once again offering a weekly kerbside FOGO collection to help locals not only keep up with the extra growth, but also stay on top of gardening habits to keep our region in pristine condition. “We know a lot of our residents show immense pride in their gardens, so offering a weekly service for the spring season will go a long way to support that maintenance.”

Each year in Victoria, households throw out around 250,000 tonnes worth of food which is enough food waste to fill Melbourne’s Eureka Tower with stats revealing that the average Victorian household throws out approximately \$2,000 worth of food each year. “We know the FOGO bins are great for small garden cuttings and grass clippings, but they also provide us with a sustainable opportunity to dispose of those hard to compost food items including bones, eggshells, tea bags and tea leaves, seafood shells, coffee grounds as well as pet fur and pet droppings,” said Cr Colliton. “FOGO waste from Southern Grampians is transported to Camperdown where it is composted and used as a fertiliser and soil improver on farms so is a positive solution to combatting waste in our region,” concluded Cr Colliton.

As well as using the FOGO service, there are a number of ways to reduce food waste from ending up in landfill including the below helpful tips.

- Planning meals, shopping smart, cooking waste-free and storing food correctly to reduce food waste and save money.
- Storing food correctly keeps it fresher for longer. You’ll waste less, save money and help the environment.
- Composting kitchen waste: Composting uses the natural process of decomposition to convert organic waste matter into a nutrient-rich soil you can use in your garden. Reduce landfill, conserve resources and minimise greenhouse gases by composting your kitchen waste.

Residents can find helpful tips on how to save money, time and the planet by making the most of left-overs by visiting,

www.sustainability.vic.gov.au

FOGO IN THE KNOW



(Continued page 11)

MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL

**WEEKLY FOGO COLLECTION HERE**

(continued)

For a full list of FOGO friendly items and for property kerbside collection dates, visit www.sthgrampians.vic.gov.au/FOGO.

Collection services for general waste and recycling will remain as per their usual collection cycle and will not be impacted by the extra FOGO collection.

COMMUNITY SUPPORT JOBS GROW IN SOUTHERN GRAMPIANS

Southern Grampians Shire Council continues to work with Western District Health Service (WDHS) towards the smooth transition of Aged Care services, with a range of job opportunities now on offer for qualified staff. Community Support Worker positions are currently being advertised on the WDHS website, to deliver high-quality aged care services to vulnerable residents across the region. Southern Grampians Shire Council Mayor, Cr Bruach Colliton said while Council's focus throughout the transition has been on the well-being of clients and supporting staff, it has also worked closely with WDHS to ensure continuity of service, and is supporting the hospital in its recruitment of skilled aged care workers. "From the very beginning, Council has been committed to finding the best possible solution for the ongoing delivery of aged care services for our community," said Cr Colliton. "The Commonwealth Government appointed WDHS to take over the service and as a local provider, we know they are well placed to understand and fulfil the needs of our community. "As a part of the process to transition the service from Council to WDHS, Council has supported its impacted staff with several information sessions. During these discussions, staff have identified their desire to either retire, seek other opportunities in Council, or apply for new employment in the aged care service at WDHS. "WDHS are now recruiting skilled Community Support Workers, so I encourage anyone who has ever considered a career in aged care to contact WDHS for more information on how you can join the team," concluded Cr Colliton. Western District Health Service Chief Executive Rohan Fitzgerald said the Health Service is doing it's very best to recruit to these important frontline roles. "Although this is in one of the tightest labour markets in the last 50 years, we have made considerable progress with our recruitment campaign," Mr Fitzgerald said. "As one of the largest employers and providers of aged care services in the region, WDHS is well placed to deliver these programs. We have a strong track record of supporting our community, and this program fits well with our strategic vision of 'creating Australia's healthiest rural community'.

To learn more, or to apply for one of the positions on offer, candidates can visit wdhs.net Mr Fitzgerald said he recently had the pleasure of meeting with Southern Grampians Shire staff interested in transitioning across to WDHS. "I was impressed by their commitment and dedication to their customers and openness to working through the change process. There is always uncertainty with change, and we understand some customers might be a little anxious about the future. Even though there are some challenges, I am sure we will overcome these, as we have done in the past. "We are looking forward to this new chapter and supporting over 30 new team members and 370 customers to transition to WDHS. This is not a small undertaking and has required the skill of a dedicated team working behind the scenes at WDHS and Council. Thank you to those who are supporting the transition process. The planning and structures that have been put in place give me great confidence that the program will be a success," Mr Fitzgerald said.

Council confirmed the in-principle decision at the March 2022 Council Meeting to transition from delivering community support services after Federal Government changes would impact Council's ability to continue to deliver high-level care without passing on costs to clients.

(continued page 12)


MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL

**COMMUNITY SUPPORT
JOBS GROW**
(continued)

The Commonwealth Home Support Programme (CHSP), which funds home support and community-based services for clients over 65 years, will transition to WDHS by 1 October 2022. The Home and Community Care Program for Younger People (HACC PYP), which supports those under 65 years, transitioned on 30 June 2022.

FINALISTS REVEALED FOR 2022 BUSINESS AWARDS

Finalists have been revealed for the upcoming Southern Grampians Shire Council 2022 Business Awards in time for the highly anticipated presentation evening scheduled for Friday 9 September 2022. Businesses from the tourism, retail, trades, agriculture, professional service, and other sectors are among those named as finalists, with Southern Grampians Shire Council Mayor Cr Bruach Colliton impressed with the quality of applications submitted. “Firstly, a huge congratulations to all our businesses who took the time this year to self-nominate and apply for a business award,” said Cr Colliton. “We are honoured to have such a diverse group of entrants this year who exemplify the unique local business community we have here in the Southern Grampians Shire. “The commitment our region’s businesses have to providing quality services and products to our community and contributing to our local economy is something they should be really proud of and importantly should be celebrated.”

The 2022 Business Awards finalists include:

Petschel House	Precision Waterjet	Services Ltd
Clarrie the Cobbler	Tarrington Wellbeing Centre	Mulleraterong Centre Inc
Shattered Phone and PC Repairs	Cutting Edge Mower & Moto	Hamilton District Skills Centre
Grange Garlic	Hamilton Medical Group	<u>Employee of the Year</u>
LJ's Pizza & Takeaway Foods	The Hamilton Hamper	ANZ Hamilton – Emily O'Brien
Cemac Enterprises	The Hive Drive Thru	Mulleraterong Centre Inc –
Brown Street Dental	Tahlia's Beautyworx	Anthony Ung
Penshurst Store	Nigretta of Hamilton	Cox Street Vets – Clare McKay
Wicked Wildlife	Coleraine & District Financial	

“If you haven’t already booked your ticket, go online or contact the Hamilton PAC box office to purchase for what will surely be a fun-filled and enjoyable evening,” concluded Cr Colliton. Judging of applications was undertaken by independent judge Kevin Bennett from KB solutions in August.

Council welcome and acknowledge sponsors Hamilton Spectator, Australian Bluegum Plantations, WDEA Works, South West TAFE, Iluka, Bendigo Bank, Hamilton Regional Business Association, Sinclair Wilson, Ace Radio and Glenelg Hopkins CMA.

The night will be hosted by Kristen Diprose, former ABC journalist and presenter with live music by local performers – the Bar Trio. Tickets for the gala dinner are now on sale and can be purchased from the Hamilton Performing Arts Centre box office for \$65 per person.

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



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.



Some of you will be familiar with C.S. Lewis' lamplights. How in the land of Narnia, where all is frigid and freezing, these lamps point the way to the next exciting adventure.

The curious thing about them is that they don't actually say anything out loud or move about. They just simply stand there, give off a lot of light and point the way forward.

I am thrilled to be able to say that I know some people like that. They come in a variety of ages with a vast array of ideas, feelings and backgrounds. But the one thing they all have in common is that they are a light for me and frequently point the way in what often seems to be an unfriendly and frosty world.

If I have regrets it is that I don't tell them often enough how valuable they are in my own little adventures and how I would be so very lost and 'cold' without them. I also wouldn't be making the same progress that I am today.

The Master once said. "I am the light of the world" and here we are all these years later. He still is. A bright light, sometimes a bit hidden, but warming and alluring on a planet that does not seem to have learnt that coolness of heart just makes everyone chilly and freezes other people out.

The good news is that we can claim His phrase for ourselves. What would happen dear reader, if you looked in the mirror, paused, breathed, and said with all sincerity of heart. "I am the light of the world?" That would have to change your day, your friends, your community. Mmmm, "I am the light of the world". Now to believe it... now to live it.

Fr. David's will return from Long Service Leave on Wednesday 14th September.

p. 0435 867 040 droulton72@gmail.com

The Light of the World

I see your world in light that shines behind me,
Lit by a sun whose rays I cannot see,
The smallest gleam of light still seems to find me
Or find the child who's hiding deep inside me.
I see your light reflected in the water,
Or kindled suddenly in someone's eyes,
It shimmers through the living leaves of summer,
Or spills from silver veins in leaden skies,

It gathers in the candles at our vespers
It concentrates in tiny drops of dew
At times it sings for joy, at times it whispers,
But all the time it calls me back to you.
I follow you upstream through this dark night
My saviour, source, and spring, my life and light.

Malcolm Guite



*Some journeys take
us far from home*

*Some adventures lead
us to our destiny*

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: 2 repack, 4 meaning, 7 fantasy, 8 sit, 10 demonstrate, 12 creep, 13 crossword, 14 reach, 16 appendix, 18 miss, 20 absent, 23 read, 24 section, 25 exotic. Down: 1 metal, 3 ambulance, 5 despise, 6 motivation, 9 confrontation 11 access, 15 housing, 17 pottery, 19 spill, 21 manner, 24 trivial.

A PAGE TO SHARE RECIPES

SMOKED SALMON & POTATO GRATIN

Prep Time 30 mins Cooking Time 2 hour Serves 6

INGREDIENTS

80g unsalted butter, plus extra to brush	1 bunch chives, finely chopped, plus extra, chopped to serve
2 garlic cloves, crushed	1 tbs finely chopped tarragon
1 brown onion, finely chopped	1kg small Desiree potatoes, peeled
1/4 tsp ground nutmeg	200g sliced smoked salmon, torn
1 cup (250ml) pure (thin) cream	100g coarsely grated Gruyere
250g sour cream	

METHOD

1. Preheat oven to 200°C.

2. Heat butter in a medium saucepan over medium heat. Add garlic, onion and nutmeg. Cook, stirring, for 4-5 minutes until onion has softened. Add pure cream and sour cream, and stir to combine. Bring to a simmer and stir in herbs. Season to taste and set aside.

3. Brush a 25cm 1.5L (6-cup) round baking dish with butter. Using a mandolin, thinly slice potatoes, keeping the slices grouped together. Arrange potatoes snugly in prepared dish, and wedge smoked salmon between potato slices. Pour over cream mixture and season.

4. Place gratin on a baking tray and cover with baking paper then foil. Bake for 1 hour 25 minutes or until potatoes are tender. Remove foil and baking paper, and scatter with cheese. Bake for a further 25-30 minutes until golden and bubbling. Set aside to rest for 10 minutes before serving.



"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."

Guy Fieri

Penshurst Men's Shed



Got any questions about the Shed?

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

Membership is \$25 + insurance \$30. Next three members get free insurance.

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

Men's Shed Week



4th - 10th September

Shed around Australia provide a safe and friendly environment to have a chat, be creative and learn and share something about yourself. That's definitely worth celebrating.

Where will you be this Saturday?

Sign up for e-billing and

win!

Getting your bills emailed makes your life easier, plus you have the chance to win one of five \$100 credits on your next bill.

All existing e-billing customers are included in the initial prize round.

Call 1300 926 666 or visit wannonwater.com.au/ebilling






APPLY NOW!



Merchandise support

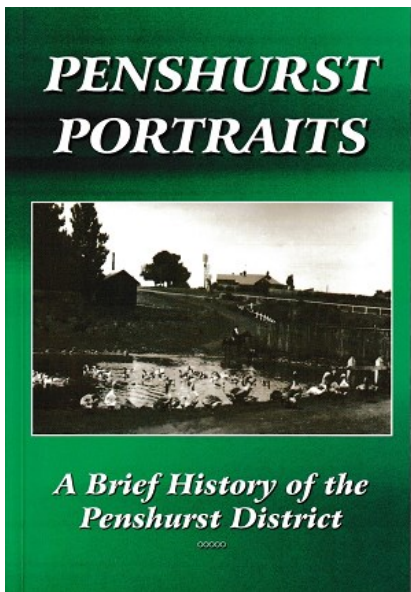
Community groups can apply for drink bottles, sports packs and trigger nozzles.

Apply by 30 September at wannonwater.com.au/merch

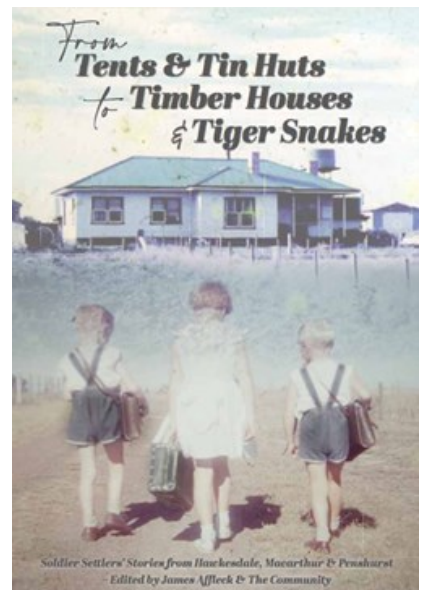


Catching up on our History

The newsletter and our readers have benefited from the stories shared by Phil Doherty, Ruth Pihl and other authors through the Mt Rouse & District Historical Society. The Spectator has recently run a series of stories from the book, "Penshurst Portraits: A brief History of the Penshurst District". Those stories are a microcosm of the foundations of our country, and allow us to imagine ourselves within their scenes, knowing that our ancestors lived the joys and challenges, whether we were born in Penshurst and the district or in another of Australia's many country towns. There are a small number of books produced by, and available through, the Society. If you are interested in the history of our region, grab one before they disappear.



Left:
Penshurst Portraits \$25



Right:

From Tents & Tin Huts \$30

For more information or to purchase a copy contact
Ama 0402 870 738

Riddles

1. What is so unbelievably fragile that just by speaking it's name will break it?
2. A prisoner is forced to go into one of three rooms, but he can choose which room. The first room is ablaze with fire. The second one is rigged with explosives that will go off as soon as he enters. The third contains a pair of lions who haven't eaten in years. Which room should he choose to survive?
3. Which month has 28 days?
4. What kind of cheese is made backwards?
5. If a red-house is made of red bricks, has a red wooden door, and a red roof, and a yellow-house is made of yellow bricks, has a yellow wooden door, and a yellow roof, then what is a green-house made of?
6. With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?
7. If life gets tough, what do you have that you can always count on?

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DB-U 5109

**112 Bell Street
Penshurst Vic 3289**

Riddles answers: 1. Silence, 2 The third room - any lions who hadn't eaten in years would be dead!, 3 All of them. 4 Edam, 5 Glass, 6 A stapler, 7 Your fingers.



**COMMUNITY SUPPORT
AND HOME ASSISTANCE**
ABN: 48629251937

You're not alone, we are here to help you.
We have Support Workers to help you with:

- Personal Care & Assistance in the home
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**LISA
GRAHAM**

☎ 0426 127 221
✉ lmkbrg@gmail.com

We support the
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**Community
Support &
Home Assistance**

Our Services

- | | |
|-----------------|------------------|
| Lawn Mowing | Hedging |
| Edging | Pruning |
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| Gutter Cleaning | ABN and insured |

0426 127 221

Penshurst Hair Design



Opening Days

**Tuesday,
Thursday
Friday &
every second
Saturday
10am - 2pm**

By Appointment

For appointments please ring

Mobile: 0417 511 177



westernAG

The Best in Agronomic Advice

**KNOWLEDGE
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RELIABILITY
COMMITMENT**

- Agronomy Services
- Farm Production & Planning Management
- Seed & Fertiliser Supply
- Crop & Pasture Protection Products
- Animal Health & Nutrition
- General Merchandise
- On Farm Deliveries

Western AG's core objective is to provide high quality production advice and to supply competitively priced inputs to assist clients to grow the business profitably.

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



CONTINENCE SERVICE COMMENCING IN PENSURST
FOURTH THURSDAY MONTH

FROM THURSDAY SEPTEMBER 22, 9AM to 3 PM
WDHS PENSURST CAMPUS, 146 COBB ST
CALL (03) 5552 3001 TO MAKE AN APPOINTMENT
NO REFERRAL NECESSARY

IF YOU ANSWER YES TO ANY OF THE FOLLOWING, YOU MAY HAVE A CONTINENCE (BOWEL OR BLADDER) PROBLEM

DO YOU:

- Go to the toilet more than six times during the day, or more than once at night?
- Find you cannot postpone the urge to pass urine?
- Leak urine at any time?
- Pass only small amounts of urine frequently?
- Have trouble starting your urine stream?
- Have pain when passing urine?
- Do you or your child wet the bed?
- Have a bowel motion less than three times per week?
- Strain to pass a bowel motion
- Have ongoing loose bowel motions
- Do you leak faeces from your bowel

Many Australians of all ages (male and female) experience bladder and bowel problems. However, these can be improved, cured, or made more manageable. Bowel and bladder problems are not part of 'normal aging'.

TO FIND OUT MORE, PLEASE CALL FOR AN APPOINTMENT TO SEE THE CONTINENCE NURSE IN PENSURST



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31 Martin Street

5576 5270

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Open 7 days

Opening Hours:

Monday - Friday

7am - 7pm

Saturday

8am - 6pm

Sunday

8am - 5pm

80 Bell Street, Penshurst



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

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. penshurst.vic@lions.org.au



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

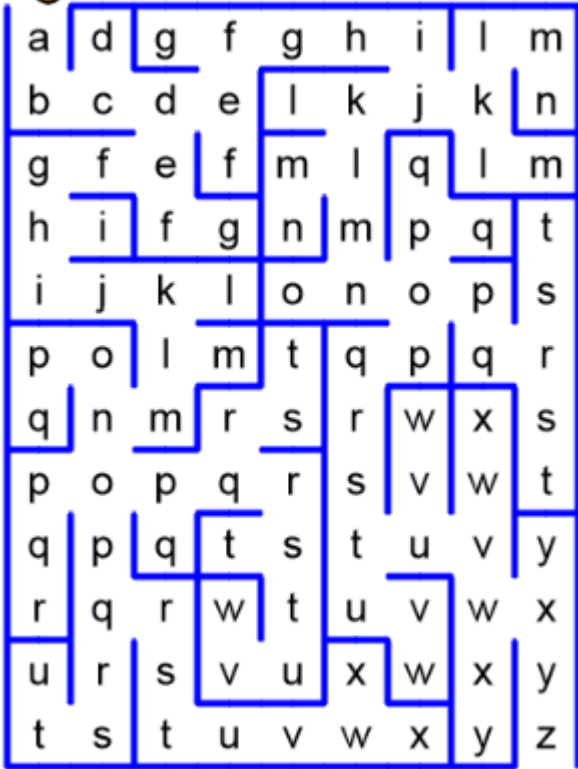
1st Sunday No Service

2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

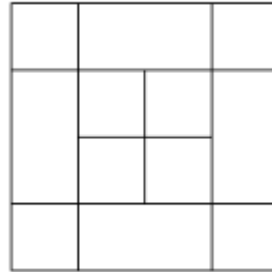
5th Sunday Mass 8.30am



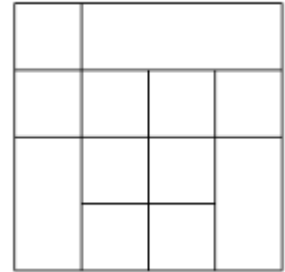
Activities for the young and young at heart

Left: Can you get from a to z?

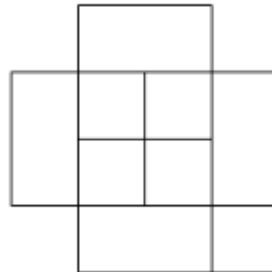
puzzle nr. 1



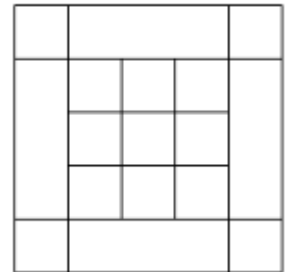
puzzle nr. 2



puzzle nr. 3



puzzle nr. 4

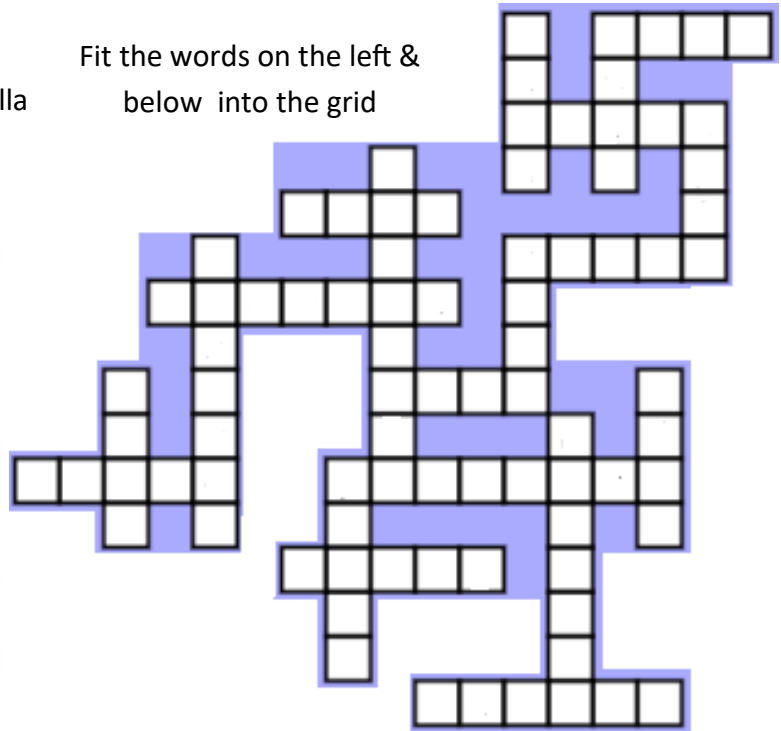


How many squares are in each of these boxes?

Fill it in

- | | | |
|-------|---------|----------|
| rock | spin | rain |
| robin | bottle | umbrella |
| white | paper | link |
| ball | flowers | book |

Fit the words on the left & below into the grid



- | | | |
|----------|---------|---------|
| post | spell | edge |
| camp | sleeves | biscuit |
| painting | shoes | |

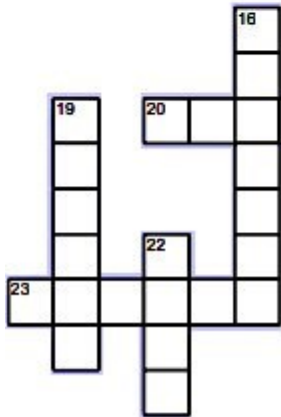
Mt Rouse Puzzler

Across: 3: Cutlery used for serving and eating food.

4: Different from what is usual, normal, or expected.

9: A person who is the leader of the government of a state, province, etc.

11: Long and not wide.



Across:

12: The hot, glowing gas that can be seen when a fire is burning.

13: Sounding somewhat rough.

17: Very old.

20: To think of or create in your mind.

21: Tending too often to tell people what to do.

23: To damage the surface of something or hurt a part of your body by rubbing something rough or sharp against it.

25: To make something loose.

Down: 1: Of or like the country.

2: The main or central part of a city or town.

5: Unpleasant and difficult to accept or experience.

6: To make a loud sound.

7: Having many clouds in the sky.

8: Father of your father or mother.

10: Able to return to an original shape or size after being stretched, squeezed, etc.

14: Positive and cheerful.

15: Happening in a way that is not planned or intended.

16: To produce small flashes of light.

18: Having or showing no ability to think, feel, or respond.

19: Hostile or aggressive.

22: A usually long, narrow passage inside a building with doors that lead to rooms on the sides.

24: To put your arms around someone especially as a way of showing love or friendship.

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

Stephen Sondheim

People who work crossword puzzles know that if they stop making progress, they should put the puzzle down for a while.

Marilyn vos Savant



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

Outside the Hall in Martin St

Dates for September:
15th & 29th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

LIKE US ON FACEBOOK
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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DEADLINE FOR SUBMISSIONS — Saturday 17th 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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<http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html>

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