

# MT ROUSE NEWS & VIEWS



20 Foster Street Hamilton 3300  
PO Box 283 Hamilton 3300  
03 5551 8583

PRESS RELEASE  
FOR IMMEDIATE RELEASE (OR SPECIFIED DATE)

## Residents at PDHS set to move into their new home in June





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## Residents at PDHS set to move into their new home in June

Director of Corporate Services, Nicholas Starkie says the residents are excited about the move and will get their first glimpse of the new wing in late May.

“In just a matter of weeks, stage 1 of the project, including the bright, spacious new accommodation wing will be complete.

Staff tell me the residents are very excited and we are organising a tour of the new wing with family members in the next few weeks,” Mr Starkie said.

With only the carpet to be laid and completion of the Reception area and link-way between Kolor Lodge and the Nursing Home, residents are set to transition to the new wing in June.

Mr Starkie says work is continuing on Stage 2 of the project, which is expected to be completed in late August.



Continued page ....

*WDHS - 'creating 'Australia's healthiest rural community'*

WDHS is a leading rural and regional healthcare provider delivering a range of services at Hamilton Base Hospital, Coleraine and District Health Service, Penshurst and District Health Service, Merino Community Health Centre, National Centre for Farmer Health, Frances Hewitt Community Centre, The Birches and The Grange.

### *Media Contact*

Brigid Kelly  
Community Liaison Manager  
03 5551 8583

“Stage 2 includes the completion of new consulting suites, a contemporary café for residents to enjoy with friends and family members and the all-important hairdressing salon to ensure our residents are looking and feeling their best.

The beautiful outlook at the Penshurst facility has always been a huge feature, and landscaping the much loved garden areas will be the final task to be ticked off,” Mr Starkie said.

The Penshurst community should get their thinking caps on

# Residents at PDHS set to move into their new home in June (continued from page 2)

as the facility will be running a survey to name the new accommodation wing in the coming weeks. Stay tuned for more details about how you can get involved.



Caption: Construction of the new accommodation wing at Penshurst Nursing Home is nearing completion

*“Courage is only an accumulation of small steps.”*  
George Konrad

### **Penshurst Memorial Hall**

**Saturday 3rd June**

**9am - 1pm**

**Luklies Property Maintenance is providing coffee, tea, cake and biscuits to raise money to fight cancer.**



**Last Fortnight's Crossword - Across:** 2 nailed, 4 flow, 5 vessel, 6 tinfoil, 9 harbour, 11 charge, 12 metre, 15 craftsman, 17 smile, 18 researcher, 21 different, 23 lend, 24 sketch. **Down:** 1 careful, 3 polite, 7 frankfurter, 8 flawed, 10 recovery, 11 crosswalk, 13 exercises, 14 peel, 16 appear, 19 raise, 19 jealous, 22 temple.

## 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 28th June 2023 7.30pm** Penshurst Memorial Hall

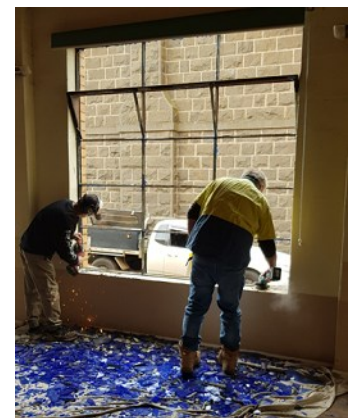
Good morning everyone,

It's actually Sunday night and I've just finished adding the recipe for Cheese Straws and now I think I'm hungry. It's actually too late to start anything like that, and my family would prefer scones, but I don't have a handy tin of lemonade, so they will have to wait until tomorrow.

The photos below tell their own story. If you haven't been in the Hall, the first photo shows the newly installed Supper Room windows, a project the Hall Committee has been working on for the past 4 years - and I've been talking about it for just as long. The second is the mass of sharp blue shards of glass that were created as Chris Cook and his crew removed the old windows from the inside of the building. They actually had to cut the rusted metal frames and remove them in pieces. Well, the windows are in now and so we can move on to other improvements that are needed. Thank you Chris and Vivid Glass in Hamilton. You'll be hearing from us again.



Another surprise was the appearance of the concrete pads in the Green Space for the installation of the new information building and seats for the gardens. To everyone who believed it would never happen, I was close to joining your crowd, and we still have some hoops to jump through with the Council before the gardens actually go in. I'll keep you informed of the process, or you can watch, or help, when we start laying them out.



The Progress Association finally received the letter from the Council outlining why we could not go ahead with the Bushfire Place of Last Resort, but, as you know, we have other plans in that direction, so it was good to tidy that process away before we commence the next.

The PPA has sent a letter to the Council outlining our frustration with the lack of funding been allocated to Penshurst in the next financial year. Top of the list of projects is our desire to replace the BBQ building in the Gardens with one that includes cover and seating for people using the facilities. This has been a project of the Progress Association since before I first joined in 2013/4. In the meantime, we are also seeking funding for solar sails over the kid's playground, and more tables and benches in the Gardens. We have other things on our to-do list that we will be focusing on this coming year.

If anyone would like to join the email list for the Minutes of our Meetings please email me at [president@penshurstprogress.org.au](mailto:president@penshurstprogress.org.au) and I will add you to our list. Otherwise drop into our meetings. They happen on the 4th Wednesday of each month, not including December or January.

Wishing everyone a great fortnight, Ama Cooke, President, PPA.

**Outing to Penshurst SSG to Wannon & Nigretta Falls**

We started the day driving to Nigretta Falls and there was a trickle of water. The area had been cleaned up and it looked green and lush, the sun was shining so we had morning tea.

We shuttled off to Wannon falls and saw the water cascading down the rocks, visited the Lookout and saw where the Hamilton residents used to swim in the river.

We were getting hungry and Alexandra House didn't



disappoint, We had a great lunch.

After filling ourselves we headed off to the Argyle Op shop. Many a treat in there to see.



**All enquiries and cancellations: Phone 55518381**

**Bookings essential, please phone to discuss and register attendance. Community are all welcome to join the Exercise Group from 10am – 10.45am followed by Morning tea & a chat. Should you wish to stay for lunch following exercises and morning tea, exercises cost is included in the daily fee. Weekly costs vary depending on the monthly program.**

**SOCIAL SUPPORT GROUP PROGRAM –June 2023**  
**(see page 4)**

*Program subject to change at short notice*

SOCIAL SUPPORT GROUP PROGRAM – June 2023

1st June	AM: Exercises at Senior Citizens Making a hat activity Planning for July with Miriam Music with Michael and Carol.	Morning tea	Lunch at Senior Citizens
8th June	AM: Exercises at Senior Citizens Quizzes-Jeopardy Option to join Pen Nursing Home to listen to A musical Band. 1.30-2.30pm Jeopardy Cards, UNO, Trivial pursuit, Pictionary	Morning tea	Lunch at Senior Citizens
15th June	Community Outing Timboon, Lunch at Hotel, Ice cream at Timboon Ice creams Leave 9.00am Toilet stops at Mortlake, Noorat and Timboon		Outing Today
22 June	AM: Exercises at Senior Citizens BBQ - Community invited Tunnel Ball Corner Spry Hooky and Egg Pong	Morning tea	Lunch at Senior Citizens
29th June	Exercises Morning tea Planning for August Outing for lunch Michelle's Last Day.		Outing for Lunch

**We need your help to shape our future.**

**Are you passionate about your local community, keen to share your experiences and help us decide on our priorities for the region?**

Applications for our Regional Advisory Forum are now open.

*learn more*



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**When? June & July 2023**

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## MORNING TEA FORMS PART OF NATIONAL RECONCILIATION WEEK

Southern Grampians Shire Council will host a Reconciliation Week Morning Tea on Thursday 1 June to bring together members of the First Nations community, council leaders and the public to build knowledge, understanding and celebrate reconciliation in the region.

The free event will be held between **11am and 1pm** at the **Hamilton Performing Arts Centre**. Southern Grampians Shire Council Mayor Cr David Robertson encourages residents to come along and reflect upon our national history.

Cr Robertson said: "National Reconciliation Week is a time for all Australians to gain a better understanding about our shared history, achievements, and cultures. Being able to explore this through community conversation with First Nations people gives us all another chance to learn, think and educate each other about the nation's past."

This year's theme, 'Be a Voice for Generations', encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives.

Cr Robertson continued: "The Week provides an important opportunity for us all to hear stories from our First Nation's People and work towards strengthening the reconciliation process and relationships within the Southern Grampians."

Council kicked off Reconciliation Week early on Monday 23 May with a performance of 'Common Dissonance' by the First Nations-led contemporary Na Djinang Circus. This event held at the Hamilton Performing Arts Centre offered tickets subsidised by Council to make the event more accessible to the community.

No bookings are required for the Morning Tea. For more information about National Reconciliation Week visit <https://nrw.reconciliation.org.au/>.



**BODY BALANCE**  
on French

# Clinic hours

**Penshurst**

Tue 9:30 - 12:00  
Thur 2:00 - 5:00

**Hamilton**

Mon 9:30 - 5:00  
Tue 1:00 - 5:00  
Wed 9:30 - 5:00

Leanne Cottrill (Dip.RM)  
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Open Strictly by appointment only

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





# Art Outside the Walls

ART IN NEW SPACES  
WHILST HAMILTON  
GALLERY UNDERGOES  
CLIMATE CONTROL &  
LIGHTING UPGRADES

ADULTS

KIDS

1-26 MAY  
10:30AM-2:30PM  
**POP-UP  
EXHIBITION:  
A TOUCH OF  
RUBY**  
The Hub,  
Hamilton

WED 7 JUNE  
4-5PM  
**HG PLAY:  
PUBLIC ART**  
Ages 5-11  
Sterling Place  
Community Centre  
Dunkeld

WED 17 MAY  
4-5PM  
**HG PLAY: CLAY  
PLAY TOBY JUGS**  
Ages 5-11  
Byaduk Hall

WED 14 JUNE  
4-5PM  
**HG PLAY: PRINT  
MAKING**  
Ages 5-11  
Balmoral Hall

SAT 20 MAY  
2-4PM  
**LIFE DRAWING**  
Ages 18+  
Arrandoovong  
Homestead,  
Branxholme

SAT 17 JUNE  
2-4PM  
**LIFE DRAWING**  
Ages 18+  
Chateau Kolor,  
Penshurst

WED 24 MAY  
4-5PM  
**HG PLAY: BIRD  
COLLAGE**  
Ages 5-11  
Penshurst  
Memorial Hall

WED 21 JUNE  
4-5PM  
**HG PLAY: FELT  
FOOD**  
Ages 5-11  
Cavendish Soldiers  
Memorial Hall

WED 31 MAY  
4-5PM  
**HG PLAY: TULLY  
MAGNETS**  
Ages 5-11  
Coleraine  
Mechanics Hall

SAT 24 JUNE  
2-4PM  
**LIFE DRAWING**  
Ages 18+  
Mount Sturgeon  
Homestead,  
Dunkeld

Full details and to book:  
[www.hamiltongallery.org](http://www.hamiltongallery.org)



Jokes to lift  
dampened moods

1. Why shouldn't you fight with a rain cloud?  
It'll storm out on you.
2. Why didn't the light rain hit the target?  
It just mists.
3. What do you call a pile of coins in the rain?  
Climate change
4. What do you call a bear in the rain?  
A drizzly bear

5. Why is Britain the wettest country?  
Because royalty has reigned there for centuries.
6. What does a raincloud wear under his raincoat?  
Thunder wear.
7. Why does a momma kangaroo hate the rain?  
Because on those days the kids have to play  
inside.



## MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



May 26, 2023

**COLERAINE LOCAL SWORN IN AS NEW COUNCILLOR**

Coleraine local, Fran Malone was sworn into her position as new Councillor at Southern Grampians Shire Council on Wednesday (May 23).

Cr Malone was elected via a vote countback undertaken by the Victorian Electoral Commission following the departure of former Councillor Greg McAdam, who resigned from his position due to ill health.

Cr Malone is an active member of the Coleraine District Development Association and other community organisations. She was the instigator of the 'Go Figure' Art installation project in the main streets of Coleraine. In her past professional role, Cr Malone facilitated discussions between small communities and large mining companies, so she has a good understanding of the needs and values of smaller communities.

"My work and life experiences have instilled in me a sense of fairness, empathy and approachability," said Cr Malone.

"I am strong and passionate about making sure small communities are heard. I'm very excited about joining Southern Grampians Shire Council to support the representation of these small towns.

"It's an honour to be elected as a Councillor and I can't wait to meet the people of our Shire to find out more about the issues that matter to them."

Mayor Cr David Robertson said Cr Malone would be a welcome addition to Council.

"Cr Malone will bring an important perspective to Council, having lived and worked in Coleraine for many years, as well as in bigger towns and cities," said Cr Robertson.

"I congratulate Cr Malone on this achievement, and I look forward to working closely with her to achieve great outcomes for our community."

**FREE PRE & POSTNATAL WORKSHOP TO SHOWCASE LOCAL SERVICES**

Southern Grampians Shire Council will host a free pre and postnatal workshop aimed to highlight the range of local services available to the community through pregnancy and beyond.

The workshop will be held on **Tuesday 30 May at 6pm** at **The Speckled Frog** in Hamilton, and will feature demonstrations, presentations, and a Q&A session as well as a light supper.

Southern Grampians Shire Council encourages all those who would benefit from this workshop to sign up and attend.

The following local professionals will be in attendance to share their knowledge:

- Mel Lanyon, Pre and postnatal Specialist Trainer - HILAC
- GenHealth - Women's Health Physio
- Krystal Roads - Holistic Counselling
- Hayley Dawson - The Rural Naturopath
- Maternal and Child Health Services - Southern Grampians Shire Council
- Midwifery - Western District Health Services
- Dietetics - Western District Health Services
- Women's Health - Western District Health Services
- Australian Breastfeeding Association
- Kirsty Crimmins - calmbirth educator

**Although this is a free event, bookings are essential via Eventbrite.**

5576 5270

Friendly faces and helpful staff ...

**Penshurst Liquor & Grocery Store**

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**Opening Hours:**

**Monday - Friday**

7am - 7pm

**Saturday**

8am - 6pm

**Sunday**

8am - 5pm

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

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**Beer - Wine - Spirits**

**Penshurst's News Agency**

Anonymous

If you notice this notice you will notice this notice is not worth noticing.



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**31 Martin Street**



# Celebrate Youth!

## Recognise a young person!

**Do you know a young person (aged 12-25yrs) who has made a special contribution to life in your local community?**

**They may have shown leadership, shared and developed their passion or shown kindness and compassion for others?**

Please put their name forward to be invited to a special youth celebration event in July designed to recognise and celebrate their value and contribution.

Young people enrich our communities in so many ways and deserve to be recognised and celebrated for their ideas, energy, diverse talents and the often quieter or hidden services to others.

Simply email Chloe on [chloe.wilson@wdhs.net](mailto:chloe.wilson@wdhs.net) with the following information:

- Your name and email address.
- The young person's name and contact details (providing permission has been granted by their parent for their nomination).
- A paragraph describing their special contribution and why you have nominated them.



**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*

*Open to everyone - Saturday  
 Contact*

Tom Cooke 0488 557 345

For more information

**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 June 16

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 of our community newsletter? \$22 per issue.

All profits earned by advertising in the newsletter help the Progress Association support community projects.

For more information contact  
 Ama 0402 878 738



**Pregnancy scanning**

Nathan Rentsch • Penshurst

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## Caramut and District Garden Club

Autumn and we think of the lovely autumn coloured leaves on many deciduous trees. Unfortunately, the best coloured trees are found in the cooler areas of the state although there are a few around here. My knowledge is very poor in this area, so the information I have found in books.

A few popular plants for autumn colours are:

*Virburnum opulus*, an attractive shrub, also lovely during spring with its 'snow-ball' blooms.

*Acers*: Most of the Maples provide good autumn foliage varying from a gold through to deep red. Their soft-green foliage during spring and summer also great in the garden.

The *Liquidambar* grows to be a big tree which provides shade during summer and beautiful tones during autumn.

*Betula alba*: Silver Birch turns gold during autumn. During winter, while bare, the attractive trunk and dry catkins give it a lot of character.



*Ginkgo biloba* turns to a lovely gold. It is slow growing but will develop to a large tree. Called the 'maiden-hair', it has very attractive green foliage during spring and summer.

There was one growing in our garden when we bought the place. A Chinese friend said it is considered 'special' in China.

*Pistacia chinensis* can turn a lovely red during autumn. It varies in growth from 5-10 metres.

There are many more lovely autumn coloured trees, but I have written of only a few. If you wish to plant a lovely autumn coloured tree, have a drive around to see what you like or visit a nursery.

"Garden" – One of a vast number of free outdoor restaurants operated by charity-minded amateurs in an effort to provide healthful, balanced meals for insects, birds, and animals (including possums!)

Next meeting is to be at the Woolsthorpe Hall on Tuesday 13<sup>th</sup> June at 10am.

Pheobe Clements is our guest speaker speaking about indoor plants; the care of them, appropriate ones for pets, and products to use. She will also bring plants and products to purchase or view. The special Competition next month is foliage.

*Visitors are very welcome to attend.*



## 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](mailto: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](mailto: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 0475685946 & Fr. David Oulton 0435867040

### 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



### Of Two Masterchefs

And so they came to our place. Two Masterchefs who unobtrusively simply worked gently together in our kitchen to prepare a different sort of meal for us.

The plotting of this meal had begun long before with the purchase of exotic ingredients. Then there was much chopping and dicing and preparation. The aromas seduced our senses and all of sudden we were hungry and very ready.

The meal of course was sensational. Every meal you don't have to prepare for yourself has an extra 'zing' in and of itself, but this one was fantastic. We even tried relentlessly with our chopsticks with varying degrees of success. (That's me putting it politely and being generous about our ability.)

But the real delight was not just in the eating. The thing that I want to rave about is how well these Master chefs complemented each other during the preparation and cooking process. There was a gentle ebb and flow of question and answer. A delightful burble of complementary conversation. No-one was boss and no-one was the underdog. Both used their knowledge and expertise to enhance each other, the process and ultimately the food which was relished and enjoyed.

So here's the thing... How good would it be if this spirit of cooperation and teamwork were to spread into the workplace, into our community, our nation and the world. Where everyone's gifts were appreciated and enjoyed. Our planet might become a place where all are honoured and everyone's gifts are used to enhance everyone else. A place where our food was plentiful and no one went hungry for praise and enhancement by the other. In short ...Why aren't we doing this?

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



**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.

**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.

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

### CHRISTOPHER COOK CONSTRUCTIONS

**Ph: 0417 100 243**

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## A PAGE TO SHARE RECIPES

## Egg Muffins

Prep Time 10 mins    Cooking Time 30 - 35 mins    Serves 12

## INGREDIENTS

Cooking spray  
 3 slices bacon  
 1 small yellow onion, chopped  
 1 red capsicum, chopped  
 2 cups chopped baby spinach  
 6 large eggs

3 tbsp milk  
 1/4 tsp paprika  
 1/2 tsp garlic powder  
 Kosher salt  
 Freshly ground black pepper  
 1/2 cup shredded mozzarella

## METHOD

· Step 1 Preheat oven to 350° and grease a 12-cup muffin tin with avocado or coconut oil cooking spray or coconut oil. In a large non-stick pan over medium heat, cook bacon until crispy, 6 to 8 minutes. Drain on a paper towel-lined plate, then crumble.

· Step 2 Add onion and bell pepper to skillet and cook until soft, 5 minutes. Add spinach and cook until wilted, 2 minutes more.

· Step 3 In a small bowl, whisk eggs, milk, paprika, and garlic powder and season with salt and pepper. Fold in cooked vegetable mixture, bacon, and mozzarella. Pour mixture into prepared muffin tin.

· Step 4 Bake until cooked through and golden, 30 to 35 minutes.

· Step 5 Let cool, then store in the fridge in an airtight container until ready to eat.



- 1 sheet of puff pastry
- 1/3 cup cheddar cheese, shredded
- 1/4 cup parmesan, shaved
- 2 tsp garlic, crushed
- 1 tsp oregano
- 1 large egg, beaten
- 1/2 tsp salt

## Cheese Straws

Prep Time 10 mins  
Cooking Time 15mins

Makes 12



- Preheat an oven to 220°C (430°F)
- In a bowl, mix the shredded cheese, grated parmesan, garlic, salt, and oregano.
- Using a pastry brush, brush the beaten egg across the puff pastry.
- Place the cheese mix over half of the puff pastry sheet.
- Fold the pastry in half and brush with some beaten egg.
- Place the rest of the cheese mix over the half.
- Cut the pastry into 1 cm (1/2 inch) wide strips.
- Twist the strips slightly and place onto an oven tray lined with baking paper.
- Repeat until you have done all the strips.
- Using a pastry brush, lightly brush the twists with the egg.
- Place into the preheated oven and cook for about 15 minutes or until golden brown.
- Once golden browned, remove and allow to cool. Serve & Enjoy.

Fun for the kids

Colour me beautiful - fierce and firey, or blue like water, hidden in a forest or deep in the earth.

What colour is your dragon?



Last  
fortnight's  
crossword  
answers  
page 6

11: To use legal  
or official  
power to take  
something.

13: The act  
of  
separating  
people or  
things or  
the state of  
being  
separated.

17: An act of showing some  
quality or trait.

19: To change the rank or position of someone to a higher or  
more important one.

20: What you get when people are helping you to  
revise your work.

22: To break apart or into pieces especially along  
a straight line.

23: A sign, shape, or object that is used to  
represent something else.

Down:

2: An area of land that rises very high above the  
land.

3: To damage something so badly that it is no  
longer useful, valuable, enjoyable, etc.

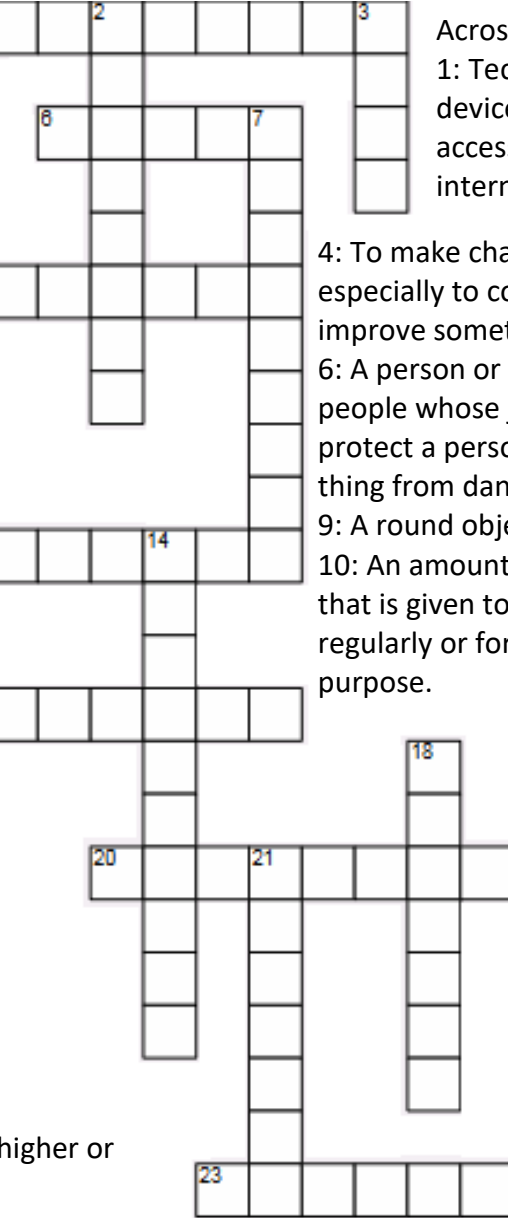
5: A natural flow of water that is smaller than a  
river.

7: The course or path on which something is  
moving or pointing.

Across:  
1: Technological  
device used to  
access the  
internet.

4: To make changes  
especially to correct or  
improve something.  
6: A person or group of  
people whose job is to  
protect a person, place, or  
thing from danger.

9: A round object.  
10: An amount of money  
that is given to someone  
regularly or for a specific  
purpose.



8: Occupying the number two position.

9: A situation in which soldiers or police officers  
surround a city, building, etc., in order to try to  
take control of it.

12: To suggest an idea or theory.

14: The act of demanding something or saying  
something in a way that does not allow disagree-  
ment.

15: Located on or toward the outside of some-  
thing.

16: The film industry.

17: A very large grey animal that has a flexible  
nose.

18: An occasion when you win a game, competi-  
tion, election, war, etc.

21: The degree of compactness of a substance.



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

**Outside the Hall in Martin St**

**Dates for**  
**June 8th & 22nd**

**Phone: 5573 0470**

**[www.sthgrampians.vic.gov.au/library](http://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](mailto:president@penshurstprogress.org.au)

Visit our site

**[www.penshurstvictoria.com.au](http://www.penshurstvictoria.com.au)**  
**and let us know if you have any**  
**comments.**

**Editor**

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### **DEADLINE FOR SUBMISSIONS — Saturday 10th June 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](mailto: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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