

MT ROUSE NEWS & VIEWS



Election Day - Past, present and future.



The weather wasn't great, but the turnout proved that the people of Peshurst and District continue to care about the past, present and future of our region. Gathered here, through the continuing presence of the Peshurst Lions' Club Association, was a group that spanned the ages, from some of our elders to the voters of the future - we all enjoyed a typical Aussie sausage sizzle. Thank you Lions' Club, your support of Peshurst events continues to be appreciated.



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, Sue Jellie & Jeff Jellie

Next Meeting - Wednesday 25th January 2023 7.30pm

Community Meeting to follow - Supper Room, Penshurst Hall

Good afternoon everyone,

Thanks for all the feedback in relation to the Christmas Party. It is generally agreed that the weather might not be the best - although the sun the last couple of days has been good, even during the rain showers - so its with regret that we advise that there will be no Christmas Party this year, but we have plans for a better one for the next.

The AGM went well. We appreciate Sue and Jeff Jellie stepping up onto the Committee of Management. We know how much time and energy they give to the benefit of Penshurst through many different groups and tasks. We look forward to their input into the town projects we are discussing for next year.

It's generally at this time of year that we begin to think about next year's **Citizen of the Year** award at Australia Day. You'll find an entry form attached to this newsletter. Who do you think deserves to be recognised for this year? The red box to drop them in is at the Post Office. Speaking of which, who is this jolly fella (right) dancing up a storm at our friendly LPO. Drop in and say hi. You'll also find the post box for letters to Santa is also there waiting for your heartfelt requests. Thank you Bruce and Jenny. We appreciate your service to our community.

It's time to **renew your membership** to the Mt Rouse & District Historical Society. The history of this district is a reflection of the history of Australia. There are so many characters to learn about and stories to enjoy. I shared a few of them here over the past couple of years, and hope to dig into more in the future. If you have any questions about your local ancestors, whether you live here, or were born here, it's a



good place to have your questions answered. They have been a great help to the Progress Association this year, so thank you to all of them for their patience and hard work.

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

“Live a life full of humility, gratitude, intellectual curiosity, and never stop learning.” GZA

Body Balance on French is operating at two locations:

13 French Street, Penshurst and 36A Thompson Street, Hamilton

Leanne Cottrill (Dip.RM) is the therapist behind the name of Body Balance on French clinic. Leanne offers a variety of modalities inclusive of Remedial Muscle Therapy, Relaxation Massage, Bowen Therapy Technique, Functional Cupping and Lymphatic Health.

Remedial Muscle Therapy: is a treatment offered for specific conditions or problem regions that require attention to the soft tissue, an applied remedy to musculoskeletal ailments to assist in the healing process. Usually, Deep Tissue and medium to firm massage pressure is used to addresses conditions.


Relaxation Massage: is purely that. A quiet, usually silent treatment offering the client a light to medium pressure on full back of body massage inclusive of shoulder and neck massage in a relaxed atmosphere.

Bowen Therapy Technique: The Bowen Technique is a gentle therapy that is applied to areas of the body, using thumbs and fingers in a specific process or order. The move is a rolling-type move of the thumbs and forefingers, and is designed to stimulate nerve pathways which allow a healing process to take place in the nervous systems of the body. Between each set of moves, the therapist leaves the room to allow the healing process to take place. These breaks increase the effectiveness of each subsequent set of moves. The move does not slide or flick over the surface of the skin, it uses the slack in the overlying skin to move over the underlying tissue, so each move covers a small area, defined by how far an individual's skin can move over a targeted area. Bowen is very gentle and suitable for all ages.

www.betterhealth.vic.gov.au/health/conditionsandtreatments/bowen-therapy

Functional Release Cupping: Functional Release Cupping combines contemporary research on fascia, the application of myofascial cupping, functional movement patterns and the anatomy trains concept to make dramatic changes in range of motion, functional capacity, and pain. This dynamic approach to cupping is highly individualised to the patient's own

LEANNE COTTRILL



**Remedial Massage
Therapist**

Remedial Muscle Therapy -
Relaxation Massage - Functional
Cupping - Lymphatic Health -
Bowen Technique


Registered Health provider offering private health rebates

Member of Massage & Myotherapy Australia
Body Balance on French

36A Thompson Street Hamilton & 13 French Street Penshurst
m: 0407 835 479 e: bbonfrench@gmail.com
facebook | instagram | cliniko

Open Strictly by appointment only

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



Continued page 4

Body Balance on French (continued)

movement deficits and was developed by ACE's founder Shaun Brewster over the past decade. Functional Release Cupping takes the traditional concept of myofascial cupping and incorporates an evidence-based approach to its application while ensuring the treatment is highly outcome-focused. <https://advancedclinicaled.com/courses/functional-release-cupping-course/>

Lymphatic Health: The lymphatic system measures more than 100,000 km in length and plays a significantly powerful role in how good we feel daily. It is basically a fluid like clag glue that moves through its own series of vessels towards the neck and then the heart, in a one-way action. Waste from cellular metabolism and toxins from the bloodstream are sent into the lymph fluid for removal. This waste includes excess fluid, debris, dead blood cells, pathogens, cancer cells and toxins. A build-up of toxins and metabolic waste can typically occur in a lymphatic system that is overworked and congested. This results in an increased risk of inflammation and reduced immune function. By targeting your lymphatic health, you will be better supporting every system in your body. By looking at the lymphatic system, rather than getting caught up in the individual disease or diagnosed symptom, you can make big changes in your life. Best of all, you can do it yourself at home. All you have do is follow some very simple (and fun) steps with Chelsey Jean Lymphatics products. Leanne is a stockist of these products. The life-changing lymphatic sequence by "Chelsey Jean Lymphatics" is so simple to learn and I will teach you. Your greatest asset is your health. Start to listen to your body. <https://chelseyjean.com.au/lymphatic-system-information/>

Leanne is registered with the Massage and Myotherapy Association, a governing body and has the payment terminal equipment to claim on the spot Health Insurance rebates for eligible Massage clients. She has Working with Children Card, has been Police checked and offers treatments to eligible Home Care Package clients through WDHS.

The Clinic is open strictly by Appointment only. The Treatment room offers separate entrance, waiting area and restroom facility.

Musings from the Shed

What do you call it when a snowman throws a tantrum? A meltdown.

There haven't been any melt-down days at the Shed at present, but we've created this table setting to enjoy catching the rays of the summer when it arrives. It's wonderful what a couple of pallets, screws and nails can create - some useful objects and a sense of achievement. See you at the Shed.

We are open 10am - 4pm
Tuesday & Saturday.
For more information contact



Tom Cooke 0488 557 345.



“The valley of the shadow death”

Not the most cheerful subject to write or read about I’ll admit, but bear with me it does get better.

I came across this phrase the other day and those of you who have been to a funeral recently or read the psalms spasmodically, will know where I saw it.

Usually when we read or say this phrase we think of those whose time on this side of the grave is severely limited.

But when I re read this phrase I realised that it also applies to those who are mourning great Aunt Flo. Surely they also are meandering and tottering through a pretty dark place with low lying cloud and maybe even a bit of fog. My pet theory is that the trek through the valley of the shadow of death takes a minimum of two years. This is because you have to do the birthday’s, anniversary and Christmas’ at least twice, so that you know what works and what doesn’t on these very potent days.

So when do we get to the good bit?

The good bit is how this psalm finishes. It concludes not by denying or shunning or pretending that this gloom is non-existent but gently points out that there is company along the way and the destination will be its own reward for the trudge. Here’s how it ends.

*Even though I walk through the valley of the
shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.*

*You prepare a table before me
in the presence of my enemies;*

*you anoint my head with oil;
my cup overflows.
Surely goodness and mercy[e] shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.*

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

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

Come along to a coffee catch-up.

When: 3rd Wednesday of the month

Where: Penshurst Store & Bakery

NEW Time: 10:30am

Looking forward to meeting you!

Jacqui 5576 5102



Please note NEW DATE AND TIME
to avoid clashing with
other town activities



Barwon South West

Virtual Care

Access to care anywhere



Have you heard about our
**TELEHEALTH
INFORMATION DAY?**

146 COBB STREET PENSHURST

You may be able to attend your medical appointments by video call, rather than travelling long distances.

You can have telehealth appointments from home using your own device, or you can use our Community Telehealth Hub.

Drop in to our

Telehealth Information Day**10.00am****Tuesday 6 December 2022**

- Live telehealth demonstration
- One on one assistance available
- BYO device and we can set it up
- Refreshments provided

Enquiries: (03) 5552 3000

MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



22 NOVEMBER 2022

PREPARATION FOR 2022/23 FIRE SEASON BEGINS

The time to prepare for the upcoming fire season is here with Council's Municipal Fire Prevention Officers set to commence property inspections across the Southern Grampians over the coming weeks. Fire Prevention Notices will be issued to properties identified as needing immediate works to improve safety. Notices issued outline required actions needed to ensure properties reach an appropriate standard under the Country Fire Authority Act 1958 for the ensuing Fire Danger Period. Council's Fire Prevention Officer Jason Barker said it's important that while the season has been off to a wet start, that residents begin preparing their properties. "It seems a bit contradictory to start talking about the fire season when we have been witnessing the wet weather and flooding across the State," said Mr Barker. "But we know once the warmer weather hits, the abundance of grasses we will have as a result of that rainfall will ultimately dry out and make huge amounts of fuel for the summer season. "It's important that residents are able to get on top of their properties now to minimise those grasses and reduce fine fuels like sticks, barks and leaves found around your home. "We will be starting property inspections and issuing fire prevention notices over the coming weeks to those who are identified as needing to reduce fire hazards. The required works must be completed by the allocated date featured on the Notice or risk being issued an infringement notice. "Reducing excess fuels can go a long way in minimising the intensity and spread of a potential fire on your property. But remember to be effective, this maintenance work must be continued throughout the entire Fire Danger Period and not carried out just as a once off. "The 2021/22 season saw Council issue 224 Fire Prevention Notices across the region so we are hoping to see a reduction in that number this year and encourage our community to start preparing now," concluded Mr Barker.

Residents who find themselves struggling to complete works as requested by the Notice deadline including access, physical limitations or other compounding factors, are encouraged to contact Council to discuss their options. Property owners face a potential fine of more than \$1,800 if works identified within the issued Fire Prevention Notice are not completed by the identified date.

Resources to help prepare properties for the upcoming Fire Danger Period can be found on the Country Fire Authority website, www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property. For more information on Fire Prevention Notices, visit sthgrampians.vic.gov.au.

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MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



17th November 2022

NEW HAMILTON GALLERY AND CBD REJUVENATION PLANS MOVE FORWARD

Southern Grampians Shire Council endorsed plans to move forward with a new Hamilton Gallery, confirming intentions to build on its current site and progress a CBD rejuvenation with it at last week's Council meeting. Setting in motion the long-awaited aspiration for an improved Gallery to house the Shire's significant collection, Council will now move forward to detailed designs. Designs will include a new Gallery on its current site, the development of a civic precinct on Council land to the rear of Council's Brown Street buildings, with streets such as Gray, Brown, Lonsdale and Thompson to be revamped. Council's purchase of 90 Lonsdale Street in 2021 will play a significant role with the facility to house a new Digital Hub, Library, Cinema, and office spaces which will also serve as a government hub in Hamilton. The CBD location will support the broader Council vision for the activation with the development of a vibrant and connected civic precinct the community can be proud of. The CBD will become a community hub with easy walking and cycling, highlighted with a civic square, public art, signage and greenspaces. Southern Grampians Shire Council Mayor Cr David Robertson said Council believe progressing a new build on the existing site is a positive step forward. "Having explored multiple options for this project, we believe this plan is the right outcome and will support the growth and development of our community for generations to come," said Cr Robertson. "Not only is the new Gallery on this site feasible and more cost effective than other investigated site options, the location will support the broader Council vision for the activation and renewal of our CBD. Our integrated intentions for a renewed CBD and new Gallery at the current site interlocks the Gallery into the everyday life of Hamilton. "Council has explored the Lake and alternative CBD locations as possible sites, however these options were determined to be unsuitable. We resolved last year to undertake the necessary feasibility and engineering analysis for a build on the current site, and this has ultimately allowed us to produce the best possible solution for our community. "The possibilities for the New Gallery development in this location is really promising. We know galleries attract tourists, and thus we'll see a positive economic flow in jobs and opportunities for business from tourists visiting the region, while making arts and cultural spaces accessible for everyone which will be hugely beneficial. "The current building is no longer fit for purpose to display and store such valuable works with issues including lack of display space for larger exhibitions, storage limitations, climate control issues and limited space for community engagement. "The proposed location with a footprint of approximately 5,800m2 will not only meet these needs, but will also provide spaces for artists in residence which is an exciting concept for the future of arts and culture in the region," said Cr Robertson. Opened in 1961, Hamilton Gallery recently celebrated its 60 th anniversary. This new build is the first significant infrastructure investment since 1978. Cr Robertson stated, "The cost of the new Gallery won't be known until detailed designs are completed, but we do know from the feasibility work undertaken that it can be built at this location for substantially less than the previous location options investigated by Council. Irrespective of the cost, Council will be heavily reliant on funding from the State and Federal Governments as well as philanthropic funding to deliver a new Gallery. (continued page 10)

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Caramut and District Garden Club

Rhododendrons

With all the rain, my rhododendron is covered with mauve flowers. Colours can range from soft pastel shades through to very vibrant or deep colours. There are over a 1000 different species ranging in size from dwarf to very tall shrubs up to 10 metres. A few of the tropical species grow as epiphytes high in trees like orchids. The majority of species are found at altitudes of about 1000 metres. They are native to the Himalayas where China, India, Tibet and Burma meet. There are also species from Japan, Korea, North America, parts of Europe, Malaysia, Indonesia, Papua New Guinea, Borneo, Taiwan but only one from Australia.



For best results, rhododendrons like a well-drained porous soil containing plenty of rotted leaf litter. Plant where they will have protection from afternoon sun and strong winds. Too much shade will make plants leggy cutting down the quantity and quality of flowers. If pruned lightly each year when flowering is finished, they should maintain a good shape and develop new growth.

Being shallow rooted, they will need to be kept moist. I'm afraid mine don't get much extra water over summer.



Rhododendrons can be propagated from tip cuttings taken during late summer or autumn. Low-growing limbs can be pegged down during autumn or spring. These layers can take a year or two to develop enough roots to be cut from the parent plant.

The Christmas gathering of the Garden Club will be held at the Woolsthorpe Hotel on Tuesday 13th December. Members exchange a home grown plant, so don't forget to bring along your plant and raffle tickets for a hamper donated by Mary Underwood's daughter. There will still be time to buy a ticket on the day.

One of the most delightful things about a garden is the anticipation it provides. W.E. Johns.

Happy Anticipation

Very silly Jokes

1. I was walking down the street today, to see an old man on his way, when we passed, he took out his hat and drew his cane. If you listen to my riddle, you will realize I said his name, as clear as a whistle. What is the old man's name?
2. Before Mount Everest was discovered, what was the highest mountain on Earth?
3. How do you spell candy in 2 letters?
4. What did the janitor say when he jumped out of the closet?
5. Why do seagulls fly over the ocean?
6. Where do you learn to make a banana split?
7. Why can't a nose be 12 inches long?
8. How do you make 7 even?

Answers page 13

MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL

Continued from
page 8

“These projects will transform Hamilton, developing a vibrant, active and engaging CBD for residents and tourists,” concluded Cr Robertson.

Hamilton Gallery Trustee Dr Sue Robertson said the Trust are very pleased Council have decided to build a new Gallery. “We have an amazing collection that requires a great facility so community and visitors have the opportunity to immerse themselves in the collection, while experiencing programs that educate, challenge, illuminate and represent our unique culture within Southern Grampians,” said Dr Robertson. Friends of the Hamilton Gallery President, Jacqui de Kievit said they were proud of the Hamilton Gallery and collection. “This is an incredibly exciting announcement from Council. We are so proud of our gallery and the quality of its collection and look to the future with confidence knowing that a new build will safeguard our heritage and bring Hamilton prosperity and good fortune,” said Mrs de Kievit. “The Friends membership has supported the new gallery proposal for the past 10 years and this is a very important moment for us all. Next year will be the 50th Anniversary of the Friends and we will celebrate with renewed vigour. “The Friends of Hamilton Gallery will strongly support Council through the design process and advocacy to raise the necessary funding,” concluded Mrs de Kievit.

25 NOVEMBER 2022

CONSERVATION AND NATURAL ASSET MANAGEMENT FOCUS FOR COUNCIL

Southern Grampians Shire Council are developing a plan to support our incredible local natural environment and want to know your favourite nature spots in the shire, to guide the strategy development and inform future asset management planning. The Southern Grampians Plan for Nature will focus on roadside conservation, public reserve management, planning scheme and existing regulatory protections, policy and strategy alignment. It will examine the various natural locations within the shire to develop a shared vision between Council and key stakeholders including Traditional Owners, and set strategies and actions to protect, and importantly enhance, biodiversity values. Southern Grampians Shire Council Mayor Cr David Robertson acknowledges the privilege that comes with living in a region so diverse and environmentally rich. “We really are spoilt here in the Southern Grampians to have such beautiful natural landscapes,” said Cr Robertson. “The stunning waterfalls at Wannan and Nigretta, the majestic Grampians National Park, the Byaduk Caves and Mount Rouse are among the many wonders at our doorstep. “In order to support these unique locations, we are developing a Plan for Nature which will help to identify and highlight these locations and prioritise focus for future Council investment in the protection of these natural assets. “The Plan will also look at the greatest threats to these areas including habitat loss, pest animals and climate change impacts, and the opportunities that are important to residents in their connection and engagement with these sites. “We are encouraging residents to get involved and have a bit of fun while telling us what natural elements of the (continued page 14)

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MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL



23 NOVEMBER 2022

SPREADING FESTIVE CHEER THIS CHRISTMAS

Southern Grampians Shire Council and the Hamilton Regional Business Association are proud to launch 'Ignite the Spirit of Christmas' to celebrate the festive season and encourage shopping local this Christmas. This year, Southern Grampians residents who shop locally at participating businesses across the shire can enter via the QR code for a chance to win one of four \$1,000 vouchers to be spent locally. Southern Grampians Shire Council Mayor Cr David Robertson said the campaign heralds the start of what promises to be a busy festive period for our retail sector. "The 'Ignite the Spirit of Christmas' promotion is aimed at strengthening Greater Hamilton as a premier shopping destination, increasing the retail spend in the region and continuing to build a Christmas tradition of Hamilton as a festive retail centre," Cr Robertson said. "We will be announcing a winner each week in the lead up to Christmas, with four \$1,000 vouchers to help make someone's festive season a little easier. "Entries open today, Wednesday 23 November with the first winner being drawn on Friday 2 December. That night will kick off the festive season in Hamilton as we light the magnificent Christmas tree outside the Library, following the St Mary's Christmas parade," said Cr Robertson.

"Santa and his sleigh will be back this year in the Hamilton Performing Arts Centre forecourt where residents young and old will have the opportunity to visit and take a photo. "Council will also make CBD parking free for the month of December to encourage more people to shop in town. "Our Christmas decorations are being installed across the Shire over the next week and we are looking forward to sharing the Christmas spirit with our residents and visitors," concluded Cr Robertson.

Santa will be available for photos at the following dates/times:

- Friday 2 December 2022 (after the St Mary's Parade)
- Saturday 3 December 2022, 10:00am – 1:00pm
- Friday 9 December 2022, 4:00pm – 6:00pm
- Saturday 10 December 2022, 10:00am – 1:00pm
- Friday 16 December 2022, 4:00pm – 6:00pm
- Saturday 17 December 2022, 10:00am – 1:00pm

Residents and visitors can go into the draw to win the vouchers by purchasing from any local business within the Southern Grampians Shire and enter via scanning a QR code in store or providing receipts at a collection box at the Brown Street Customer Service Centre. For details about the 'Ignite the Spirit of Christmas' campaign, contact dshaw@sthgrampians.vic.gov.au or head to www.businessgreaterhamilton.com.au/buy-local-campaign-page/



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Did you know that putting the wrong things down your sink can cause expensive blockages to your home's plumbing, damage sewerage pipes, and harm the environment?



You should never tip grease or cooking oil down your sink. It builds up over time and creates disgusting deposits in the pipes known as "fatbergs".

Before washing pots, pans, and dishes, wipe them with dry paper towels and throw in the bin. Recycle used cooking oil, or pour it into a sealable container then in the bin.



Connect with us for the latest updates



Keep up to date on the latest news, interruptions, advice and information.

Search for Wannon Water on Twitter, Instagram, Facebook and LinkedIn.



"Did you ever stop to think, and forget to start again?" — Winnie the Pooh



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A PAGE TO SHARE RECIPES

Chicken Quesadillas

Prep Time 10 mins Cooking Time 1 hour Serves 4

INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1 large onion (200g), finely chopped
- 8 garlic cloves, finely chopped
- 2 tablespoons chopped chipotle chillies in adobo (smoked, pickled jalapenos in sauce)
- 400g can chopped tomatoes
- 1/4 cup (70g) tomato paste
- 1 cup (250ml) malt vinegar
- 120g caster sugar
- 2 mangoes, flesh cut into 2cm cubes
- 1 avocado, flesh cut into 2cm cubes
- 1 long red chilli, seeds removed, finely chopped
- Juice of 1/2 lime, plus extra lime wedges to serve
- 1 cup finely chopped coriander, plus extra leaves, to serve
- 8 flour tortillas
- 1 small barbecued chicken, meat shredded, skin and bones discarded
- 2 1/2 cups (250g) grated mozzarella

METHOD

1. Heat oil in a pan over medium heat. Add onion and garlic, and cook, stirring, for 5 minutes or until softened. Add chipotle, tomato, paste, vinegar, sugar, 1 cup (250ml) water and 2 teaspoons salt. Bring to a simmer, reduce heat to low and cook, stirring occasionally, for 45 minutes or until reduced and thickened. Cool. If not using immediately, transfer to a sterilised jar, seal and store in the fridge for up to 2 weeks.

2. Combine mango, avocado, chilli, lime juice and coriander in a bowl. Set aside.



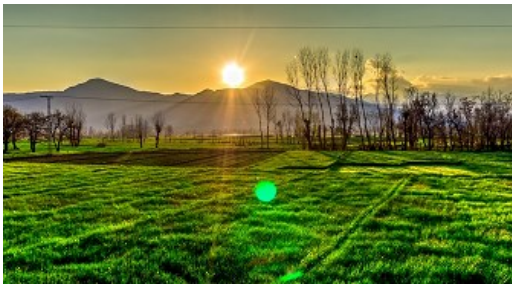
3. Preheat an oiled barbecue or large frypan to high. Spread half the tortillas with chipotle relish and top with chicken and mozzarella. Sandwich with remaining tortillas, then cook, weighted with a heavy pan or pressing down with a spatula, in batches if necessary, for 2 minutes each side. Cut quesadillas into quarters and serve with mango salsa, extra coriander leaves and lime wedges.

Answers to jokes: 1. Andrew=and+drew, 2. Mount Everest, 3. c and y (and)y, 4. Supplies! 5. Because if they flew over the bay, we'd call them bagels. 6. Sundaes school. 7. Because then it would be a foot. 8. Take away the s.



Continued from page 10

Shire you value most. We've developed an interactive online map where you can drop your comments and tell us what is important to you, or you can also get involved by completing an online survey. "For those with a keen eye for photography, take a photo of your favourite location and share it to our Facebook page or send to Council via email at council@sthgrampians.vic.gov.au and you might see your image in the developed strategy," said Cr Robertson. This work forms part of the second phase of engagement with the first stage already completed which involved targeting invested stakeholder groups. Consultation with Traditional Owners will be undertaken concurrently with community feedback, with the aim to present a draft plan to the community in the first half of 2023. "Residents without online access can also pick up a hardcopy from Customer Service at Brown Street or head to the Greater Hamilton Library for assistance," concluded Cr Robertson. To have your say, visit www.sthgrampians.vic.gov.au/haveyoursay or check out our Facebook page at www.facebook.com/southerngrampiansshirecouncil/. Feedback closes 5:00pm Friday 23 December 2022.



Dawn Buster Silent Walks

DEPARTING @6:30 am
from outside the hall in Martin St

No pets
Humans only

Dates for December
14th & 21st

Phone: 0422 998 946
Shelley Koroneos

Penshurst Hair Design



Opening Days

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

By Appointment

For appointments please ring

Mobile: 0417 511 177



Last Fortnight's Crossword - Across: 6 sweep, 7 tactic, 8 telescope, 9 teary, 13 teenager, 14 task, 16 sustain, 18 circumference, 20 tension, 23 grassland, 24 target, 25 spectacles, 27 sneeze, 28 rumba. Down: 1 symptom, 2 switch, 3 white, 4 take, 5 garbage, 7 temperature, 10 what, 11 technical, 12 psychological, 15 swoon, 17 temporary, 19 community, 21 talent, 22 teaspoon, 26 swear.

5576 5270

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

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
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Beer - Wine - Spirits

Penshurst's News Agency

**CHRISTOPHER COOK
CONSTRUCTIONS**

Ph: 0417 100 243

Fax: 5576 5267



**HIA Reg CB-U 6214
DB-U 5109**

**112 Bell Street
Penshurst Vic 3289**



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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

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



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

8	9			1				
		4	2	8		5	1	
	5	1	9					6
			5					7
6	4		1	7	3		8	2
3					9			
9					7	1	3	
	8	7		9	1	6		
				6			9	8

Fun for the kids

Easy Sudoku Puzzle

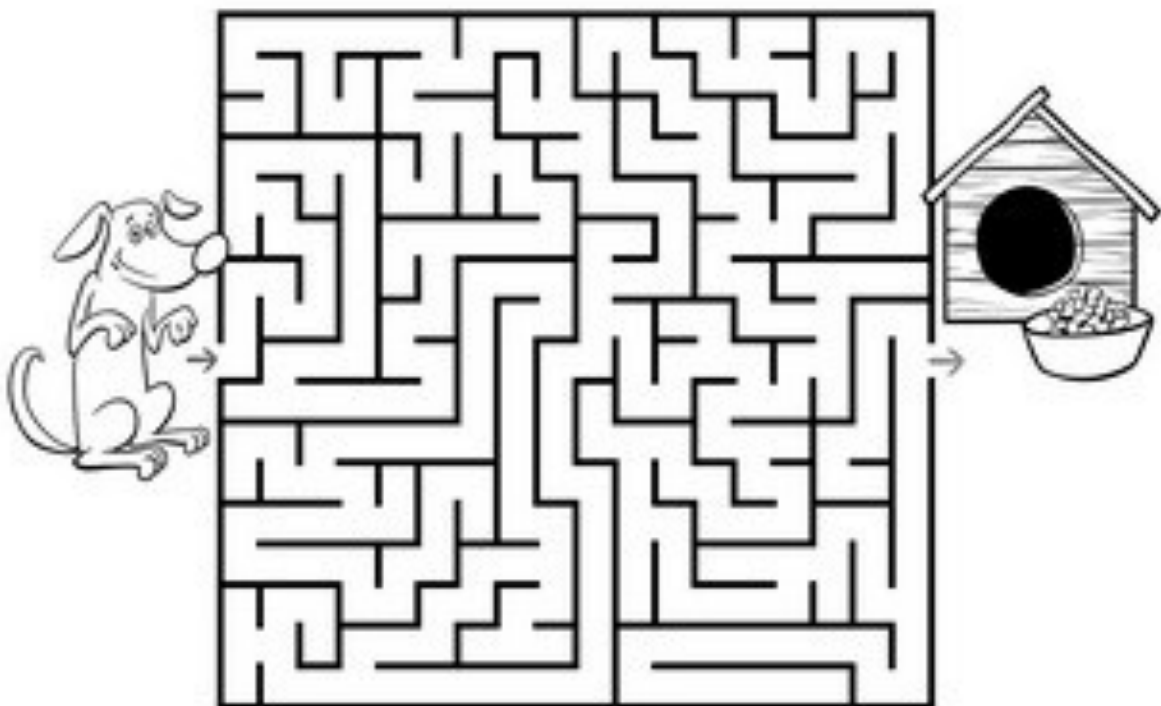
Fill in the numbers from 1 to 9 in each square.

There can only be one of each number in each line, horizontally or vertically.



How does a scientist freshen her breath?

With experi-mints.



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 Volcanoes Discovery Centre 7.30 pm. New members welcome.

Lions Club of Penshurst & District

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm at Penshurst Memorial Hall, 21 Martin Street. penshurst.vic@lions.org.au

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



AmbulanceVictoria

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

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

Penshurst Bowls Club

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

Penshurst Pony Club Rally

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

Penshurst Senior Citizens

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

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

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

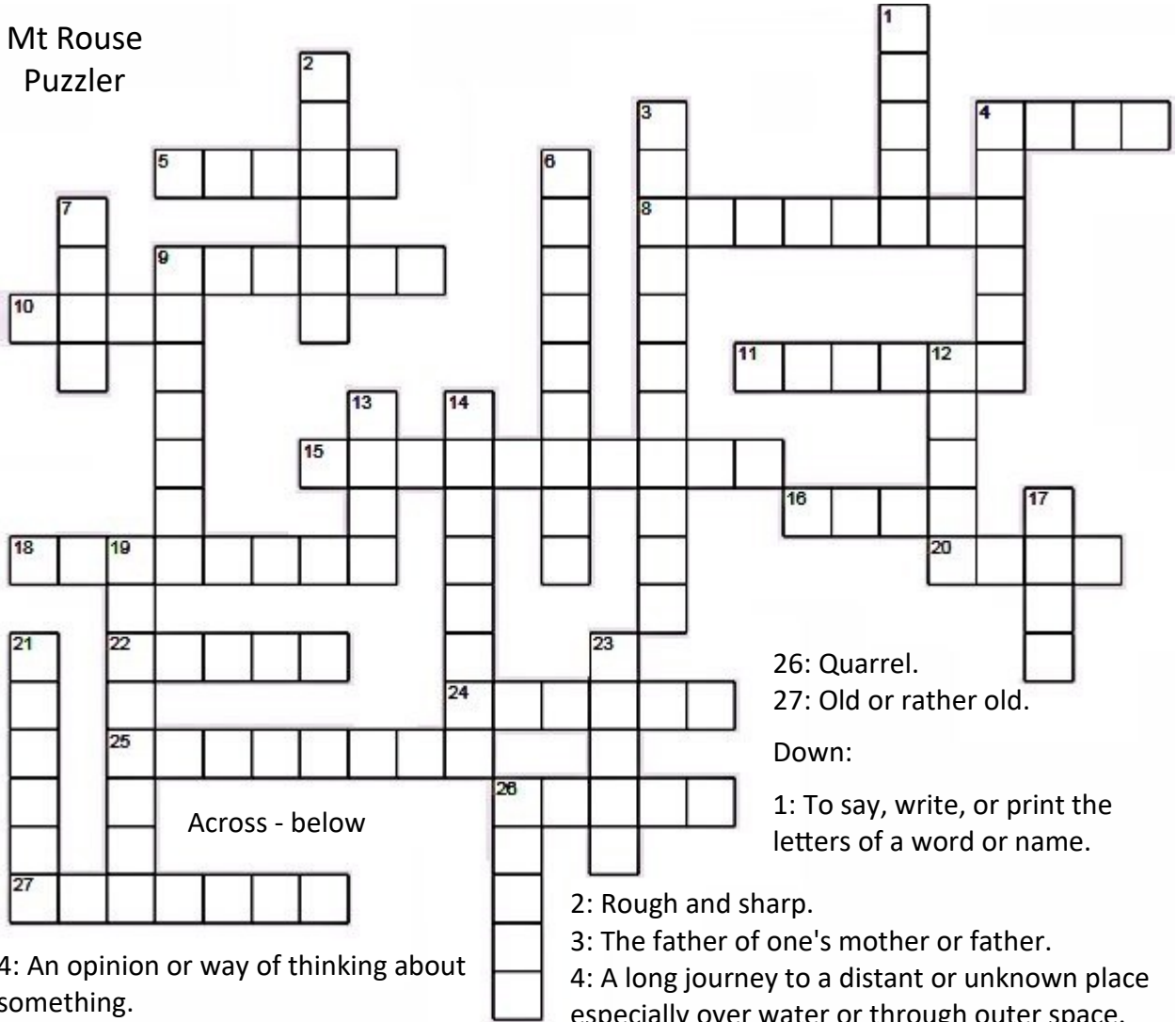
2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

5th Sunday Mass 8.30am

Mt Rouse
Puzzler



Across - below

- 4: An opinion or way of thinking about something.
- 5: The period during which a king or queen rules.
- 8: Existing in fact.
- 9: To utter a sharp, shrill cry.
- 10: To grab or hold something tightly.
- 11: Money that is earned from doing work or received from investments.
- 15: Very modern.
- 16: To wind something into circles.
- 18: To free someone or something from being controlled by another person, group, etc.
- 20: A period of twelve months.
- 22: To make something, such as a sculpture or design by cutting off pieces of the material it is made of.
- 24: A large area of land that is controlled by its own government.
- 25: A hole or passage made in earth or space.

- 26: Quarrel.
 - 27: Old or rather old.
- Down:
- 1: To say, write, or print the letters of a word or name.
 - 2: Rough and sharp.
 - 3: The father of one's mother or father.
 - 4: A long journey to a distant or unknown place especially over water or through outer space.
 - 6: To be next to or joined with something.
 - 7: A piece of land used for growing crops or raising animals.
 - 9: A thin rod or stick with pointed ends that is used in making yarn.
 - 12: To an extreme or excessive degree.
 - 13: Not having or showing concern or respect for the rights and feelings of other people.
 - 14: A relief from the rain.
 - 17: To open your mouth wide while taking in breath usually because you are tired or bored.
 - 19: Toward the back.
 - 21: Resolve or reach an agreement about an argument or problem.
 - 23: A game in which players match numbered squares on a card with numbers that are called out until someone wins.
 - 26: The difference between the direction of two lines or surfaces that come together.



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

Outside the Hall in Martin St

Date
December 8th

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 10th December 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

Also available in colour online at

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

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