

MT ROUSE NEWS & VIEWS



THE LIONS CLUB &



Geoff Thomas
living the legacy.
Lions Club in
action.

Story page 3

**With thanks to Christopher Cook Constructions for sponsoring
this newsletter's colour front page.**

Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogresss.org.au

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke, Sue Jellie & Jeff Jellie

Next Meeting - Wednesday 27th September 2023 7.30pm Penshurst Memorial Hall

Good afternoon everyone,

Monday - Just when we think Spring is right around the corner, the chubby waves of darkness fill the sky, gradually leeching out the sun, and down the rain comes again, just enough to wet a few things, but never quite enough. I woke up to the lovely sunshine and was caught in the raindrops, as I climbed back into my car after visiting the Green Space with Tom, Don and two members of the SGSC. We talked signs and gardens, and sites for the trellis. OH&S with the big trees, and low signs. And others such as the "No alcohol on the site", and I am asking nicely that the people who had the noisy party there on Saturday night, and left their empty bottle (and a piece of wood?) behind - "Please don't do it again". We would hate to have to put up a big fence across the community's Green Space, and lock the gates each night, just because you want to continue to party after the pub closes. Nor, do I think, you want a visit from the local police, because I have advised the house owners (on either side of the space) to call them out if the noise is far too loud after midnight. And there will be a garbage bin on the site, but if not, there's one just across the street in front of the supermarket. Please respect the site and other visitors and take your rubbish away.

So ... there is movement at the Green Space and the gardens will be outlined soon enough, but in the meantime we can create the information boards that will cover (or half cover) three of the sides. They will have insights into Mervyn Napier Waller, for whom the garden is named .. if you don't know about him, he was born in Penshurst, and created the stained glass windows at the Canberra War Memorial, among many other lovely and poignant works of art, before and after losing his painting arm during the 1st world war.

There will be a street map of Penshurst, and a map that puts us in the centre of the region. There will also be a brief history of the town, and the interesting sites around here to visit. The colours within those signs will be the same as those in the Botanic Gardens. And then we can start talking about plants.

The gentleman from the Council did not come out to discuss the tree planting, and the plan for Mt Rouse. We are hoping to see him next meeting.

Let me flip a hat here - for those who don't understand that comment, I occasionally feel as though I wear too many hats, one each for every group I am active with. Since coming under the thumb of Fibromyalgia, I've had to let go of some of them, but I am keeping those where I feel I can continue to do the most good - so right now I want to talk to you about the Hall.

It's an old hall, with a long history, that is under-utilised and very easy to overlook, but when I think of the events, large and small, that happen within it, I know how much the town would miss it, if it vanished under the weight of neglect. The committee that runs it, works hard to find the funds to make improvements, and there used to be a younger crowd that kept the building looking great, but now, like many other groups here in town, there's a great dearth of volunteers and people willing to be part of a committee of management for something they enjoy, and, perhaps, do not realise how much they would regret if their 'hobby' disappeared. Can you help? It would be great to have more people on the Hall's committee of management. It doesn't take up much time, but can do some real good, if you have a little of that time to spare. Talk to me.

Wishing you a great fortnight, Ama Cooke PPA

**LIONS CLUB OF PENSHURST & DISTRICT**

From the front page ...

Our club is proud to be associated with Hamilton Legacy and for many years now we have sold badges, pens and other items on their behalf.

This year holds special significance as Legacy celebrates their centenary year, marking 100 years of providing essential care and assistance to veterans' families.

Legacy badges are at the heart of the fundraising efforts during Legacy Week. Although they may be small in size, these badges make a tremendous impact on the lives of veterans' families. This year, they proudly continue the tradition of 'Little Badge, Big Impact,' recognising the immense difference even a small contribution can make.

By purchasing a Legacy badge or making a donation, you will have enabled Legacy to continue their mission of honouring the sacrifices made by servicemen and women, ensuring their loved ones are cared for and supported.

We would like to say a big thank you to all who helped and to all who purchased any merchandise. Our Lions club member, Geoff Thomas (front page), was fully committed to spending as much time as he could during Legacy Week to sell as many items of merchandise he could. He did an outstanding job and we congratulate him for his dedication to serving our veterans' families. He is the epitome of the Lions motto "we serve".

**LIONS EYE HEALTH PROGRAM
CHILDREN'S VISION SCREENING PROGRAM**

In this issue of the newsletter we would like to make readers aware of the Lions Health Program which has a Children's Vision Screening Program that is available for schools and community groups to have children screened for any problems relating to their sight.

1 in 5 children have an undetected vision problem. Lions Vision Screening teams are operational in every Australian State and Territory.

Vision disorders can have a profound effect on a child's growth and development as up to 80% of a child's learning happens through their eyes. Most children accept vision problems and adapt. They rarely complain as they believe everyone sees the world just like they do. Once detected, most eye conditions in children can be easily corrected.

Along with allergies and asthma, eye disorders are the most common health conditions suffered by children.

All children should have a full eye examination before starting school and regularly as they progress through their education.



Dancing

at the Penshurst Hall

Last Sunday of each month at 3pm.

*People of all ages and skill levels
are welcome.*

*We kindly request a gold coin donation to
help cover the cost of hall rental.*

*If you have any favourite songs or special
requests, please text them ahead of time to
Ali at 0429 952 458.*

See you there!!



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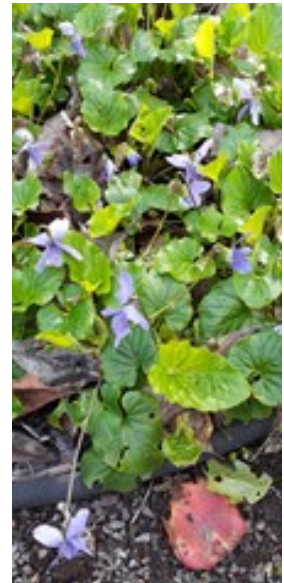
Contact Garry, Caramut
Mobile: 0490 856 461

Caramut and District Garden Club

Violets and Pansies belong to the Viola family. Violets are enjoyed for the sweet perfume of their flowers. It takes ages to pick a small bunch as the stems are so fine.

There are pink and white violets as well as an Australian native violet, mostly white with a lilac blotch in the throat. This one doesn't have a perfume. I have seen it growing amongst the fallen leaves near shrubby plants in the bush. Much to my surprise, one grew under a weeping wattle on the farm where the extended garden had been fenced off from a paddock where sheep had grazed for nearly a hundred years. When the wattle died, so did the violet.

Violets will grow in dense shade but need plenty of light to flower well. The plants will survive over summer with little or no water but don't look very good. In my garden, violets have become a nuisance in some areas growing from seed or by spreading. It is easy to pull these unwanted shoots from the parent plant if reaching out where not wanted. For me, a great plant as little attention is needed and will keep the weeds under control.



The meeting on Tuesday September 12th at 10 am will be held in the home of Gill Hiscock, 191 King St Hamilton.

On Tuesday 12th September, the Garden Club is to have a bus trip to Camperdown and Warrion Cottage Nursery with lunch to follow at the Hampton Hotel.

Visitors are always most welcome.

To own a bit of ground, to scratch it with a hoe, to plant seeds, and watch the renewal of life – this is the commonest delight of the race, the most satisfactory thing a person can do. Charles Warner

Continued from page 3

LIONS EYE HEALTH PROGRAM



SCREENING for Children

Vision screening is not a new initiative. It has been around in various forms for many years. Currently, some health and government organisations provide vision screenings, however, they can often be limited in relation to the age of children eligible and the type of screenings performed.

LEHP's Children's Vision Screening Program is the most comprehensive program currently available in Australia.

Many Lions Clubs have a team of trained screeners who could visit your school or community group to carry out vision screening. Contact us to discuss possible screening session options.

penshurst.vic@lions.org.au



Dan Tehan MP
Member for Wannon

House of Representatives - Parliament of Australia

2nd August 2023

Dear Community Member

2023-24 VOLUNTEER GRANTS NOW OPEN

I am writing to invite you to apply for funding under the 2023-24 Volunteer Grants round.

Groups such as yours contribute so much to our local community and make Wannon a great place to live, work and raise a family.

These grants can be used to buy small volunteer equipment or reimburse volunteer fuel, transport, or training costs. Community groups can apply for between \$1,000 and \$5,000.

The Grant Opportunity Guidelines for the 2023-24 Volunteer Grants opportunity have now been published on the GrantConnect website. [Click here for guidelines.](#)

If you are interested in applying, please submit the Wannon 2023-24 Expression of Interest Form and return it by 5:00 pm, Friday 15 September 2023, to 190 Gray Street, Hamilton VIC 3300 or by email.

After the close of Expression of Interest, all applications will be considered by a Local Community Consultative Committee, which recommends nominations to the Department. The Department is then responsible for assessing the recommendations of the Local Community Consultative Committee.

Successful applicants are expected to be announced in April 2024.

If you have any further questions or queries, please do not hesitate to contact my office on **1300 131 692.**

Yours sincerely

Hon Dan Tehan MP
Member for Wannon

73 Kepler Street, Warrnambool VIC 3280

Telephone 03 5561 6405

Email: dan.tehan.mp@aph.gov.au

Parliament House, Canberra ACT 2600

Telephone 02 62777111

Website www.dantehan.com.au

Authorised by:

Dan Tehan MP | Liberal Party of Australia |
190 Gray Street, Hamilton VIC 3300

Penshurst Bowls Club

The Bowlers "If"

"If you can build a head, when lead or second are playing wide, or narrow, or too short, and third, upon whose skill you always reckoned is doing anything but what he ought.

If you can win, and not be too uplifted, or lose, and not be downcast by defeat, remembering that the lucky of the gifted, can, on their off days both be badly beat.

If you can smile, and not give way to cursing, or blame the green, or deem your luck too hard when the position you've been grimly nursing is shattered by a drive you could not guard.

If you can draw the shot right on the kitty when half a dozen woods are in your way. If you can grin and hum a cheerful ditty when ends are burnt and jack is out of play.

If you can give your third the hand you favour and see him take the other and go wide, and then go down, and try and draw a saver with the kitty guarded well on every side.

If you can drive, and miss, and not be worried by your opponent's shout of "still we lie", and draw again with heart and brain unflurried, and tap the winning wood and make it fly.

If you can draw the shot in the last minute when yells are called and something must be done, yours is the game and you deserve to win it, and what is more, you'll be a skip, my son."

Author unknown

(Based on a poem by Rudyard Kipling "If")



Penshurst Bowls Club are back practicing in preparation for October start of Pennant.

We have 4 teams entered, 3 for Saturday Pennant and one for mid-week ...

A message to anyone out there who would like to have a game or learn the game, you're most welcome to come and try.

Practice will be at 10am Thursday mornings ... weather permitting ..

All you need are flat sole shoes, bowls are available at the Club.

Feel free to contact

Ann 0422 012 234

Brenda 0487 327 959

Jenni 0409 962 969



Last Fortnight's Crossword - Across: 2 means, 4 outer, 7 blister, 10 disorder, 12 south, 13 ideology, 14 sleepy, 16 democratic, 18 drawers, 20 mildew, 23 reality, 24 gear, 25 cherry.
Down: 1 café, 3 assets, 5 embbox, 6 restoration, 8 forecast, 9 mister, 11 rehearsal, 15 leaflet, 17 compete, 19 sultana, 21 loaded, 22 stream.



**SOCIAL SUPPORT
GROUP PROGRAM
Sept 2023**



DATE	PROGRAM	LOCATION
Sept 7 th	AM: Exercises at Senior Citizens & Morning tea PM: Canaster, 500, UNO, Pictionary	Lunch at Senior Citizens
Sept 14 th	AM: Exercises at Senior Citizens & Morning tea PM: Small Local trip to Bunnings & Permewan's	Lunch at Senior Citizens
Sept 21 st	Community Outing to Sarah Hine's Miniature Donkeys & Morning tea. Lunch at Koroit bakery, Tower Hill visit.	Outing today
Sept 28 th	AM: Exercises at Senior Citizens & Morning tea PM: Life Stories project Guest Speaker (TBC)	Lunch at Senior Citizens

Enquiries & cancellations

Phone : **55518381**

~ Community are 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 & morning tea, exercises cost is included in the daily fee.

~ Weekly costs vary depending on the monthly program

~ Bookings essential
~ Please phone to discuss and register attendance

Program subject to change at short notice

7 of the worst Jokes

1. What do you call a bear with no teeth?

A gummy bear.

2. What kind of dinosaur has the biggest vocabulary?

The thesaurus!

3. What did the grape do when it got stomped on?

It let out a little wine.

4. Why couldn't the pirate sit down?
His booty got stolen!

5. Why was the broom late for a meeting?
It overswept.

6. What did the buffalo say when his son left?

Bison!

7. What do you call a fake noodle?

An impasta!

**Proudly
supporting
21 projects
this year**

**\$44,000
awarded
across our
community**

Our *Ripple Effect* Grants support projects that make a significant and positive change in our region.



Find out this year's successful projects at engage.wannonwater.com.au/grants

Have an idea for next year? Follow our grants page for the next round application dates.





A double shot of holy water

It was a giggly conversation. 'Oh Father ... It's been a stinker of a day. I think I better have a double shot of Holy water'

I think I replied with 'Great! Will there be chips with that?'

But for all the frivolity it did get me thinking. What would a double shot of holy water look like?

What would it taste like and how would it affect you?

Here then is my speculation.

A double shot of holy water would look alluring. It would be something that would be gentle on the eye, and unusual in colour. It's not something you tend to see a lot of but it would sit comfortably with all those expensive looking bottles of various hues on the very top shelf of a chic wine bar.

Your eye would easily pass over it as just another expensive beverage that would make your credit card squeal in fear.

Holiness presents itself in the everyday, the innocuous and the easily missed. And yes there is a cost to holiness. Quite a considerable one actually.

What would it taste like? I imagine that there would be a little sweetness to begin with. The flavour of 'mango' on the palate and then something richer and more fulsome as you began to get the full measure of what you were now assimilating into yourself.

Then a fiery burning trail all the way down that would change your countenance and heat your toes. Steam might even come out of your ears. It would not just be a taste sensation ... it would be more like an 'experience'.

Those of us who regularly imbibe know both the pain and the pleasure and it leaves us saying just one thing. 'Another double shot of Holy water... and yes... there will be chips with that.'

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

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 September 15

Time: 6:30pm

Where: Penshurst Hotel Bistro

Buy your own food and drinks at the venue

*** **Bookings are essential** ***



Please RSVP to Jacqui 5576 5102

The table is a meeting place, a gathering ground, the source of sustenance and nourishment, festivity, safety, and satisfaction. A person cooking is a person giving:

Even the simplest food is a gift. Laurie Colwin

5576 5270

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MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL

**August 28, 2023****ROAD SAFETY AUDIT GIVES CLEAR DIRECTION TO COUNCIL**

Southern Grampians Shire Council has started planning additional road safety treatments on some sections of community connector roads across the shire, as well as roads across the shire that connect major transport routes.

In May this year, Council engaged independent road safety auditor HDS Australia Pty Ltd to review 250kms of roads across the shire including Nareen, Cavendish-Coleraine, Mill, Mount Napier, Hamilton-Chatsworth, Carramut-Glen Thompson, Blackwood-Dunkeld, Woolsthorpe and South Boundary roads – as well as Petschels Lane.

HDS also audited sections of road that connect major transport routes, such as Mount Napier, North Boundary, Mount Baimbridge, Hensley Park and Bree roads - and King, Tyers, Shakespeare, Cox, Victoria, Lonsdale, Foster, Fenton, French, Kennedy, Thompson and Brown streets.

Acting CEO Darren Barber said HDS inspected the roads during the day and night, in both dry and wet weather and reviewed crash statistics on the roads between 2014 and 2019 to underpin their findings.

"The report provided some expert, practical solutions to help guide Council in our road maintenance program," said Mr Barber. "It offers the latest advice for the placement of traffic signage, as well as suggestions such as additional line marking at roadside barriers, to discourage vehicles overtaking."

Mr Barber said the report highlighted areas of roadside vegetation in Hamilton that could be cut back further to improve the line of sight for pedestrians, wheelchair and mobility scooter users and motorists.

"It also flagged possible locations for zebra crossings to improve road safety in Hamilton's more built-up areas that have high pedestrian activity."

Mr Barber said the report identified roundabouts where visibility could be improved by lighting, as well as areas where city speed limits could be lowered from 60km/ph to 50km/ph.

"Council is pleased to have a set of valuable recommendations that can improve road safety treatments and we plan to start with the higher risk locations and move down the list of priorities as funding becomes available," Mr Barber concluded.

Media inquiries: Beth Gibson, 0460 321 634, bgibson@sthgrampians.vic.gov.au



What Are The Benefits Of Remedial Massage?

Here a just a few -

- Encourages blood flow
- Increases the range of joint motion
- Releases tight and overworked muscles
- Treats a wide range of health disorders
- Helps manage overall pain and injuries
- Relieves tight muscles
- Reduces stress
- Relieves muscle tension, particularly in the neck and shoulder region

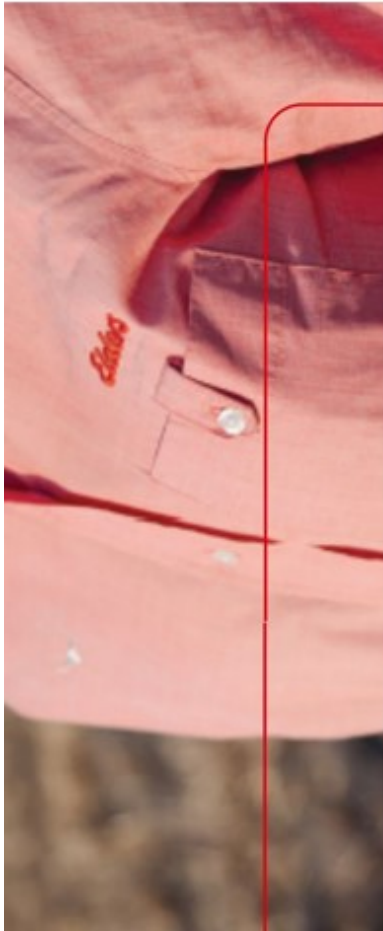
Remedial massage is a hands on therapy which aims to treat muscles that are damaged, shortened, tense or immobile. This treatment is used to identify and repair damaged areas of the body, whilst aiding the body's own healing process. Depending on the injury or desired outcome, the pressure can be of deep intensity, or it can be more soft and shallow. Remedial massage is different to other forms of gentle relaxation massage. A remedial massage therapist undergoes extensive training to gain advanced knowledge of anatomy and physiology. It is used for the prevention and management of injuries, particularly soft tissue injuries.

Book Now



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A PAGE TO SHARE RECIPES

Curried Sausages Tray Bake

Prep Time 15 mins Cooking Time 45 mins Serves 4

INGREDIENTS

1 tbsp cornflour	4 eschalots, cut into quarters (see notes)
1 1/2 cups Chicken Stock	1/2 cup frozen peas
1 tbsp curry powder	
2 garlic cloves, crushed	Chopped fresh flat-leaf parsley leaves, to serve
1kg thick lamb sausages (see notes)	
2 carrots, halved lengthways, thinly sliced diagonally	Crusty bread, to serve

METHOD

Step 1

Preheat oven to 200C/180C fan-forced.

Step 2

Place cornflour in a jug. Gradually add first 1/4 cup of stock, stirring until smooth. Add curry powder, garlic and remaining stock. Stir until combined.

Step 3

Arrange sausages, carrot and eschalot, in a single layer, on a large baking tray with sides. Pour over stock mixture. Turn sausages to coat.

Step 4

Bake for 35 minutes or until sausages are golden. Sprinkle with peas. Bake for a further 10 minutes or until sausages are cooked. Sprinkle with parsley. Serve with bread.

Notes: You could use beef, pork or chicken sausages instead of lamb sausages. You could use 1 small brown onion, cut into thin wedges, instead of eschalots.

**Best Ever Garlic Bread**

- 1 Italian loaf or French loaf
- 1/2 cup softened unsalted butter
- 4 cloves garlic, finely minced
- 1 tablespoon finely chopped fresh parsley
- 1/8 teaspoon sea salt

Optional: 1/4 cup freshly grated parmesan cheese OR 1/2 cup shredded mozzarella cheese

For garnishing: Extra parsley and chives

Preheat oven to 425 degrees F and line a large baking sheet with parchment paper or foil.

Slice bread in half lengthwise and place on a large baking sheet, cut sides up.

In a medium bowl, mix butter, garlic, parsley and salt together until well combined. Spread evenly over bread.

Bake for 10-15 minutes or until slightly golden brown on the edges. If you want to add cheese, add it the last 2 minutes of baking. If you like a crispier garlic bread, bake for 3-5 minutes more, watching carefully until it is as golden as you like.



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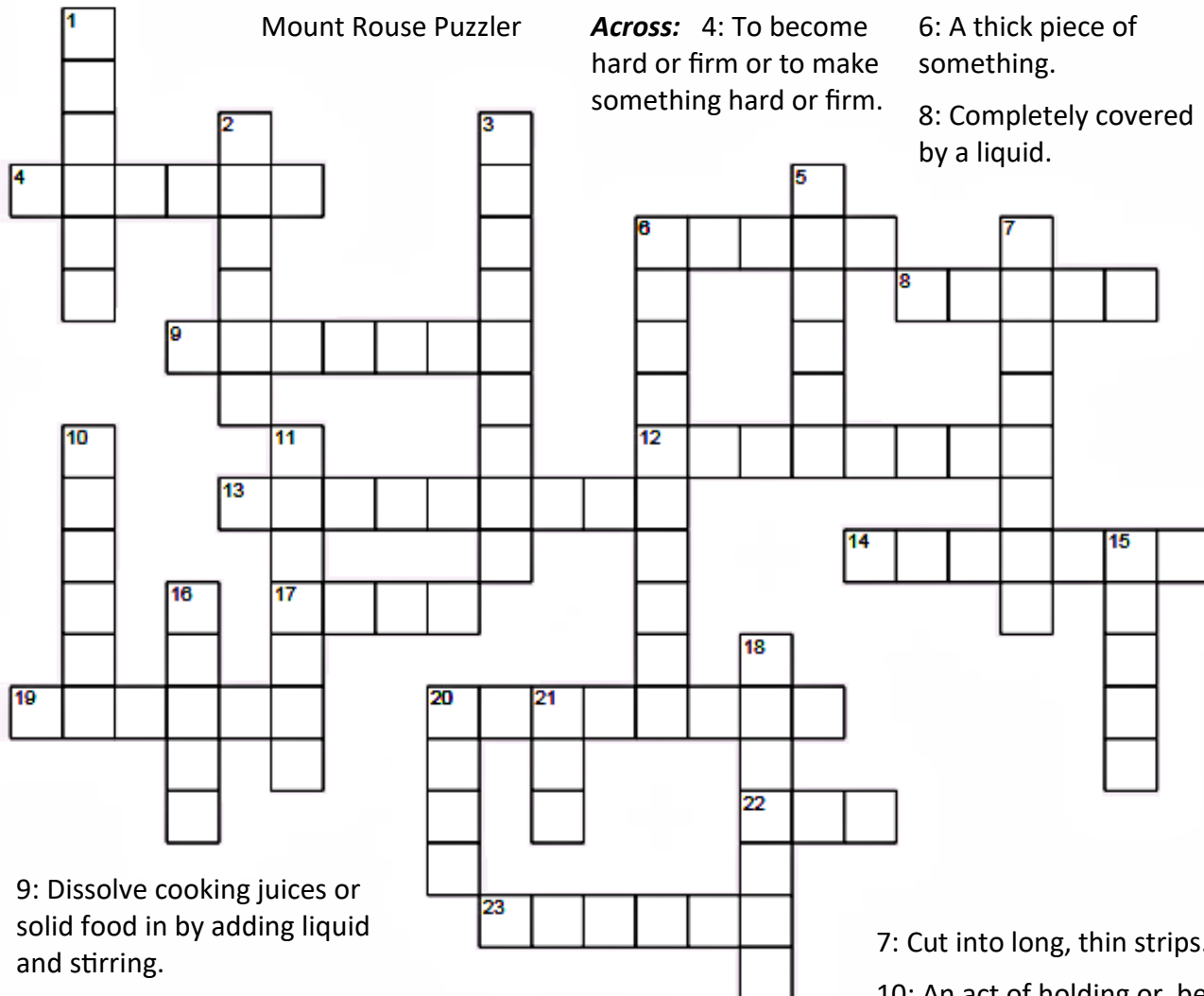
Glen Gray - 0439 541 036

Mount Rouse Puzzler

Across: 4: To become hard or firm or to make something hard or firm.

6: A thick piece of something.

8: Completely covered by a liquid.



9: Dissolve cooking juices or solid food in by adding liquid and stirring.

12: To soften by soaking.

13: To pass slowly through something that has many small holes in it.

14: To put something on food as a decoration.

17: A container that is used to give its shape to something that is poured or pressed into it.

19: A substance that makes dough rise and become light before it is baked.

20: A flat metal frame that is used to cook food over hot coals or an open fire.

22: To move something back

and forth along the surface of something while pressing.

23: To treat (someone) with too much care or kindness.

Down:

1: To put air into.

2: To cause someone or something to be in a specified condition.

3: A type of insect with large, often brightly coloured wings.

5: To permeate with something.

6: To cook something, such as a fruit or vegetable slowly until it becomes brown and sweet.

7: Cut into long, thin strips.

10: An act of holding or being held at a fixed level or in a fixed state.

11: To go through a chemical change that results in the production of alcohol.

15: To remove the outer covering of a nut or a plant.

16: Combine a food with various hot or spicy seasonings such as red pepper, mustard, or Tabasco sauce.

18: One of four equal parts of something.

20: To give off heat, light, and gases.

21: Not cooked.

Penshurst Hair Design



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Friday &
every second
Saturday
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Penshurst Shed



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Saturday &
Tuesday 10am - 4pm

Open to everyone - Saturday
Contact

Tom Cooke 0488 557 345

For more information



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.

Community Meetings

Boram Boram Cemetery Trust

- Contact Jeff Jellie 0407 781 407 or Sue 0418 141 301

Caramut & District Garden Club

- 2nd Tuesday monthly at 10 am. See Garden Notes for venue.

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room 1.30 pm.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm.

Penshurst Social Support Group

- WDHS meets every Thursday; for Exercise, Activities, Outings and General chit chat. Join us for lots of fun & laughter at Senior Citizens Centre, French Street - **COVID Permitting**. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mt Rouse & District Historical Society

- Courthouse open 1st Saturday each month 9.30 am to 12.30 pm.
- Meeting 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. Phone Phil 0458 766 250.

Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February at Volcanoes Discovery Centre 7.30 pm. New members welcome.

Lions Club of Penshurst & District

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

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



AmbulanceVictoria

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

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

Penshurst Bowls Club

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

Penshurst Pony Club Rally

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

Penshurst Senior Citizens

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

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

5pm Mass 4th Sunday each month

For further details contact Janet Kelly on 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



SPORT AWARDS

The Sport Awards recognise and showcase outstanding sporting performances, achievements and contributions by community members.

Nominators for the Sports Awards are invited to nominate an individual or team in the following categories:

- Primary School - Individual or Team Achievement
- Secondary School - Individual or Team Achievement
- Open - Individual or Team Achievement
- Member of Parliament

VOLUNTEER AWARDS

The Volunteer Awards recognise and celebrate individual and group volunteers who have made outstanding contributions and who go above and beyond for their local communities.

Volunteers in Wannon are the fabric of our communities, who often take valuable time out of their day to contribute to community organisations, whether participating in events, committee meetings, or fundraising, said Mr Tehan.

I am encouraging the community to nominate volunteers who make exceptional contributions to our community.

Nominators for the Volunteer Awards are invited to nominate an individual or group in the following categories:

- Youth Volunteer
- Emergency Management (not paid personnel)
- Group
- Inspiring Individual
- Member of Parliament Award

Nominations close on Friday, 22 September 2023.

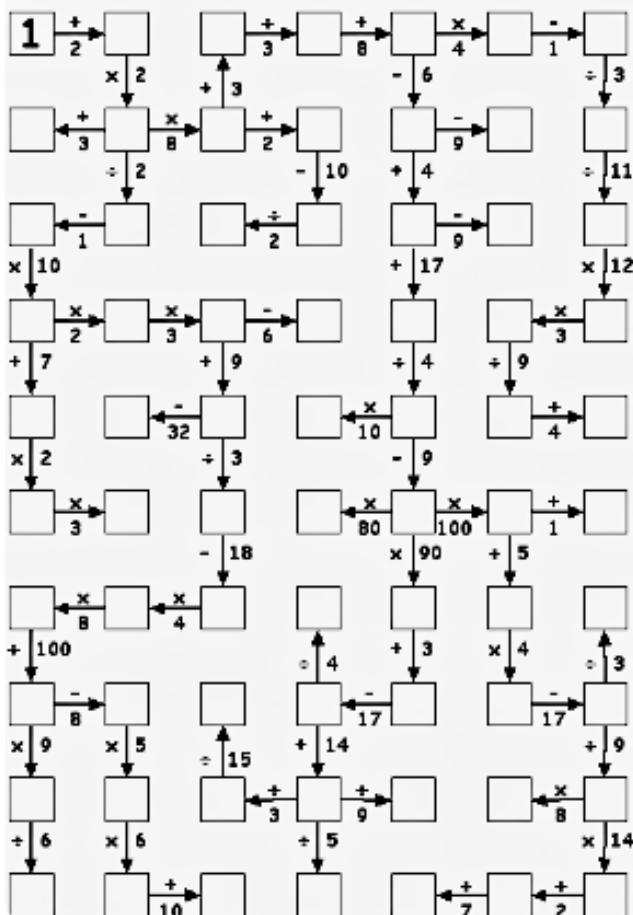
NOMINATION FORMS:

[2023 Sport Award Nomination Form](https://dantehan.com.au/wp-content/uploads/2023/08/2023-Sport-Award-Nomination-Form.pdf) <https://dantehan.com.au/wp-content/uploads/2023/08/2023-Sport-Award-Nomination-Form.pdf>

[2023 Volunteer Award Nomination Form](https://dantehan.com.au/wp-content/uploads/2023/08/2023-Volunteer-Award-Nomination-Form.pdf) <https://dantehan.com.au/wp-content/uploads/2023/08/2023-Volunteer-Award-Nomination-Form.pdf>

FURTHER INFORMATION: Contact the office on 1300 131 692 or email: dan.tehan.mp@aph.gov.au

Fun for the kids



In Children

AND A WOMAN WHO HELD A BABE AGAINST HER BOSOM SAID,
SPEAK TO US OF CHILDREN.

AND HE SAID:

YOUR CHILDREN ARE NOT YOUR CHILDREN.
THEY ARE THE SONS AND DAUGHTERS OF
LIFE'S LONGING FOR ITSELF.

THEY COME THROUGH YOU BUT NOT FROM YOU,
AND THOUGH THEY ARE WITH YOU YET THEY BELONG NOT TO YOU.

YOU MAY GIVE THEM YOUR LOVE BUT NOT YOUR THOUGHTS,
FOR THEY HAVE THEIR OWN THOUGHTS.

YOU MAY HOUSE THEIR BODIES BUT NOT THEIR SOULS,
FOR THEIR SOULS DWELL IN THE HOUSE OF TOMORROW,
WHICH YOU CANNOT VISIT, NOT EVEN IN YOUR DREAMS.

YOU MAY STRIVE TO BE LIKE THEM,
BUT SEEK NOT TO MAKE THEM LIKE YOU.
FOR LIFE GOES NOT BACKWARD NOR TARRIES WITH YESTERDAY.
YOU ARE THE BOWS FROM WHICH YOUR CHILDREN
AS LIVING ARROWS ARE SENT FORTH.

THE ARCHER SEES THE MARK UPON THE PATH OF THE INFINITE,
AND HE BENDS YOU WITH HIS MIGHT THAT
HIS ARROWS MAY GO SWIFT AND FAR.

LET YOUR BENDING IN THE ARCHER'S HAND BE FOR GLADNESS;
FOR EVEN AS HE LOVES THE ARROW THAT FLIES,
SO HE LOVES ALSO THE BOW THAT IS STABLE.

KAHLIL GIBRAN



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

Outside the Hall in Martin St

Dates for September
14th & 28th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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GREATER HAMILTON LIBRARY

Mt Rouse News & Views
Community Newsletter



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For more information
 contact Ama 0402 878 738

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DEADLINE FOR SUBMISSIONS — Saturday 16th September 2023

The newsletter will be published on Wednesday fortnightly and we would appreciate
 submissions at the earliest possible time within the fortnight but no later than the
 Saturday immediately prior to the Wednesday of publishing.

Editor : Ama Cooke

All correspondence to: mtrousenewsletter@gmail.com

F R E E N E W S L E T T E R F O R T N I G H T

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

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