

MT ROUSE News & Views



Community Newsletter

Penshurst local Dennis Heslin returns as Mayor of Southern Grampians for 2026

Story page 13



***Who will be Penshurst's next Citizen of the Year?
Nomination forms are at the back of the newsletter.***

This colour front page sponsored by Brian O'Brien. Thank you.

*The Combined Churches
Christmas Carols
will be held on
Sunday 7th December 2025
at 7.30 pm*

Penshurst Memorial Hall



All Welcome

NOTICE OF AGM

Volcano
Discovery Centre

**SATURDAY, NOV 29 - 12 MIDDAY
@ THE VDC IN THE EDUCATION ROOM**

**COME ALONG AND FIND OUT HOW
YOU CAN VOLUNTEER AT THE VDC.**

**MEET NEW PEOPLE.
MAKE NEW FRIENDS. CONTRIBUTE
TO THE PENS Hurst COMMUNITY.**

Emma KEALY MP

NATIONALS MEMBER FOR LOWAN



**"If you have an issue you
need a hand to resolve,
or a great idea on how
we can make our region
a better place to live,
work, study, and do
business, I would love
to hear from you."**



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emma.kealy@parliament.vic.gov.au

Penshurst Pub Shares & Community Support Raffle

The Penshurst Progress Association (PPA) is running a raffle to giveaway two first prizes of a share in the pub at the value of \$5k each and tickets are available now.

Tickets are \$50 each and there will only be 400 sold - so a 1 in 200 chance of winning a share in our fabulous historic bluestone country pub.

Now that we are close and confident that this purchase will take place, we have the opportunity to share in the full community spirit this whole exercise is about and offer two community members the opportunity to be proud co-owners in our community pub. Heaps better odds than buying a lotto ticket and all profits will be distributed across 10 Penshurst branches of our community organisations; including the PPA, Country Women's Association, Country Fire Authority, Lions Club, Seniors Citizens, History Society, Volcanoes Discovery Centre, Pony Club, Friends of Yatmerone and the Memorial Hall.

Tickets will be available at the PPA Sunday Funday & BBQ in the Park on 16 Nov and at the Penshurst Cup on 22 Nov - look for the Penshurst Hotel 1861 signs and stand (and me).

After those dates if you would like a ticket, or two or three or can help in selling them please contact me and I will arrange to get them to you.

Note:

This raffle is in no way an indication that we are struggling to raise funds for the pub purchase (we are definitely not and there are many people waiting to buy in or increase their number of units as soon as contracts are officially signed), but more a PPA drive to give more to our community, including our community clubs and volunteer associations.

It is also to help people who don't have the money to contribute by buying a share, who can for \$50 have the opportunity to win a share and they also assist with donating the profits across our community.

We are that confident of buying the pub and having the funds needed at settlement that we are virtually gifting two shares and proceeds of the profits to the community!

The raffle is being held in compliance with the Victorian Gambling & Casino Control Commission (VGCCC) regulations as the PPA is now registered as a Declared Community & Charitable Organisation (DCCO) No 63651 for the purpose of conducting community beneficial fundraising.

Ray Allan

Penshurst Progress Association Inc

Annual General Meeting

Wednesday 26th November 2025

Penshurst Memorial Hall

21 Martin Street

7.00pm

Business of the meeting:

1 to confirm Minutes of the previous year

2 to receive and consider the Annual Report and Financial Statement of the Association

3 to elect members of the Executive

4 Any other business of which notice has been given.

All members and interested persons are encouraged to attend.



Penshurst PUB RAFFLE

Your chance to win a share of the historic Penshurst Pub!

Win 1 of 2 First Prizes of a Share in the ownership of the Penshurst Pub worth \$5,000 each!

Only 400 Tickets – so a 1 in 200 chance to WIN!

Fundraising proceed will be donated equally to 10 Penshurst Community Groups:
PPA, CWA, CFA, Lions, Seniors Citizens, History Society, VDC, Pony Club, Friends of Yatmerone & Memorial Hall

\$50 a ticket – drawn 9 Feb 26



Raffle run by the Penshurst Progress Association - Declared Community & Charitable Organisation No: 63651

SunDay FunDay & BBQ in the Park

Sunday 16 Nov 2025 - 12 noon to 4pm

in the Botanical Gardens

Everyone Welcome – Please Come Along!

Come along to our fourth Community Connection Event and catch up with old friends, make new friends, listen to some live music, sign some karaoke, have a dance, face painting for the kids (gold coin), have a chat and some fun.

Games for the kids (& adults) – Big Chess, Checkers, Connect 4, Jenga, Tug-O-War, Skittles, Quoits, Corn Hole, Cricket, Soccer and lots more.



BBQ lunch by the Penshurst Lions Club – Gold Coin Donation

BYO a bottle of wine or a beer or two, and chairs.

Please have a Designated Driver – if drinking – NO DRINK DRIVING!



See you there to connect, share and have some fun!

Supported by two Southern Grampians Shire Council Partnership Grants
'Community Connection Events & Kid's Fun Activities'.



Life hack

Is back health a personal choice?

Popular opinion suggests that 'Doing your back' or 'slipping a disk' is a problem bringing discomfort, days or weeks away from everyday activities and perhaps regular visits to a physiotherapist.

While this can be true, there is another Way.

When we were just an embryo and developing a head and tail, this was all brain tissue. We have 3 brains in our body, one in the solar plexus, one in our heart and the one between our ears. All work together and a flexible spine enables a flexible Mind. A flexible spine and a flexible Mind equals greater brain function and increased wellbeing. All for the one low cost of three minutes a day plus awareness plus a small dose of Will Power.

After watching my father suffer with a 'bad back', at 23, on a cold wet afternoon, I lifted, twisted then bent under load and Pop, I was in pain and less than able. Years later, I found a simple way to bypass the problem.

By taking 3 minutes a day (or a week) from the time lost, the above can be alleviated or avoided all together.

When a cat arises and before it walks away, it stretchers its spine. Every time!

The spine wants to be strong and flexible and we can help it by stretching it in every direction every day and maintaining movement between the vertebrae.

I begin by lengthening the spine, raising my arms and stretching up onto tip toe feeling the vertebrae lift up and separate. I twist to my limit between the hips and shoulders, left and right and feel the vertebrae open up. With my legs apart I bend from side to side and feel the vertebrae expand and compress. I lie on my back, with knees bent, feet by my buttocks and lift the spine up slowly, beginning by twisting the girdle and feeling each vertebrae rise in turn. Lowering in reverse. With my hands and knees on the floor, I gently arch my back slowly like a cat, up and down, beginning with the girdle and ending with the chin, listening for the popping sounds of nitrogen releasing.

All performed slowly with awareness and in rhythm with the breath. Awareness, meaning watch and feel the body, be gentle when needed and strong when able. Rhythm with the breath means breath in when you stretch up and breath out when you relax, breath in when the movement expands the lungs and breath out when the movement constricts the lungs. There are differing ways to do each stretch and each individual is encouraged to find their own preference. Pain should not be experienced but discomfort can be a part of the process.

Alternately, I lie on my back and with my hands behind the knees supporting the legs, rock back and forth massaging the spine along the floor. This by comparison is a vigorous movement and not to be done when in pain. But if feeling ok, it is a strong cheat for the above in quick time and I can feel the vertebrae cracking and popping and opening up movement as I rock.

The above can be done carefully by the injured to aid recovery although more than three minutes per day will be required for a return to optimal health.

Alternately; go back to the first paragraph.

Vanaprastha P. ©



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Penshurst's News Agency



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Sunday - CLOSED

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Today's story begins at the Queen Vic market in Melbourne. It has a large veranda and sometimes they feed those who sleep rough there with a bottle of water and a BBQ.

Jeanine and I have stayed at an inexpensive but comfortable hotel just around the corner from all this so we know the area well and we know who and what to expect. It's not ritzy, it's not sexy and glamorous and pretty much every time I have to check myself, remind myself, that I have no idea what has led these people to their destitution and I have no idea where and who they will be in 6 months time and what they will look like.

A mental illness, a case of abuse, the invisible scourge of PTSD.

The trouble is that every time I consciously or subconsciously dismiss one of these little ones, I not only do a disservice to them, but, just as appallingly, I discredit and diminish my own self and therefore all my brothers and sisters. Everybody loses.

In his book 'The promise' Arnold Dix captures this eloquently and succinctly in his own encounter.

"I once gave money to a beggar on the street in Melbourne. The person I was with scoffed, telling me I had probably just been scammed. That immediate dismissal of a perfect stranger doesn't sit well with me. Even considering that possibility gets in the way of the intention of my act to show someone a little kindness and some mercy.

Who cares if they spend that money on alcohol? Who cares if they don't need it as much as they have implied?

When we do not take each other at face value, when we discard people because they do not act or look like we think they should, we do a disservice to each other as human beings."

Treasure the invisible.

Some time ago we had a working bee here at Christchurch Hamilton. The day was overcast and coolish but rugged up and looking like a bit of dag, I cheerfully joined in.

The aim was to smarten up the grounds, get rid of excess vegetation and show to the community that we take our care of the environment seriously, as well as offering a manicured 'welcome mat'. There were heady discussions around the logistics of what needed to be done, the right equipment and who would/could/should apply for these much sought after positions.

The skip filled easily and quickly. In fact there is probably another skip waiting in the next door departure lounge ready to go. The distraught and hapless flag pole was moved out of harms way and plotting began for a slightly different version. It now looks very hospitable and you're always welcome to see what we accomplished.

It was leading into the footy finals so there was a bit of chatter about who might win and who might lose. Who had despaired of their team and whose heart had gone into arrhythmia with hope and excitement.

But there was something else that happened and while it was invisible, I sensed it most keenly when we all stopped for a well earned cuppa and delectable home made scone.

The sense of camaraderie and team work, co-operation and conviviality was almost palpable.

Together we had achieved much and the sense of pride blended with mirth and jocularly was just as enjoyable as looking over the well cared for and much loved grounds.

These invisible threads of companionship, encouragement and community are the deepest and sweetest treasures for me as a parish priest. They are not quantifiable, touchable or seeable, but it is these invisible things that I treasure most.



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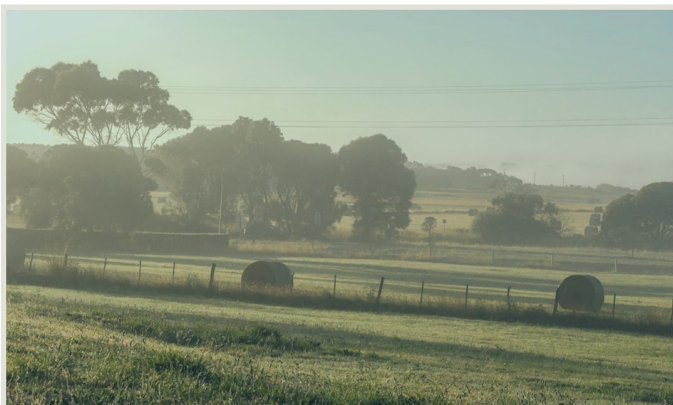


YEAR OF THE BIG SUN - 1914/1915

Reprinted with permission of Phil Doherty & Mt Rouse Historical Society - continued from last newsletter

- * Grand fall of rain 46 points * Steady rain at North Gums 27 points, Dolly died in the creek.
- * Saw an eye doctor in Melbourne about my eye, scratched by a possum (younger days)
- * The grass is looking well now but needs rain. * May 13-18 Cold wet and windy
- * 20 Still picking up spuds from the Purdeet Station (spuds came from Haberfield Bros, Koroit)
- * Australian losses at the Dardanelles in today's paper were 36 dead and 200 wounded. Amongst the latter was Penshurst lad Private W J Lewis.
- * 24 Picked up 6 tons of mangolds (swedes) @ 24 pounds. Skinning lots of (dead) cattle.
- * June 26 Very blowy but fine, shaved the whiskers then cycled to Penshurst for football match Penshurst V North Hamilton. Penshurst beat North Hamilton by 3 goals 8 behinds.
- * 29 Death of Mr Fairlie and F J Olle Gallipoli, both school teachers.
- * July 6 Penshurst Station busy place, 6 trucks of imported Lucerne hay.
- * 8 Recruitment night at Penshurst. Des Kelly, Alf Downes and Phelps volunteered."

What Keith's diary shows is that even as the drought broke early in April 1915, there was not enough feed for the cattle and horses going into a cold wet winter. Keith spent a lot of time



skinning the cattle and horses that had either starved to death or drowned in the muddy, boggy Muston's creek. Keith Cameron volunteered for the fist AIF but was later invalided home because of his eye. Des Kelly was killed in action.

Nowadays we have the ability to bring in fodder and truck out stock. The farmers in the 1914/15 drought had very limited options – they were also coping with the start of the Great War which eventually enlisted over 140 young men from district families.

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Annual General Meeting

Mt Rouse Community Newsletter Inc

Penshurst Men's Shed 103 Cobb

7.30pm Monday 1st December

Everyone welcome

For more information contact
the Editor 0402 870 738

DAN TEHAN

FEDERAL MEMBER FOR WANNON



My office can assist you with information about Federal Government services including:

- ✓ Centrelink
- ✓ National Disability Insurance Scheme (NDIS)
- ✓ Pensions and My Aged Care
- ✓ Medicare
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- ✓ Veterans' Affairs
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- ✓ Australia Post
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Dan Listens, Dan Cares, Dan Delivers!

Hamilton: 190 Gray Street, Hamilton VIC 3300

Warrnambool: 158 Koroit Street, Warrnambool VIC 3280

☎ 1300 131 692 ✉ dan.tehan.mp@aph.gov.au

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Authorised by Dan Tehan MP, Liberal, 190 Gray St, Hamilton VIC 3300.

Please fill out my 30 second survey

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*Creative*In Our Yard

I remember when I was a kid and my friends and I used to play
out in our yard,
Using our imagination to fill the day with fun wasn't ever hard,
There was a treehouse that me and Dad built from wood left lying
around,
With an old ladder nailed up the front to get up and down from
the ground.



It was a fort, a castle, a spacecraft, a guard tower, and a pirate galley,
It looked out across the grass, the shed, halfway down the alley,
We painted it all different colours, Mum decorated it inside,
It was a great place from imaginary dragons we could hide.

Dad put batteries in an old yellow Dolphin torch,
Mum gave us some old cushions from the lounge on the porch,
We made a radio from two fruit tins and a long piece of twine,
We pretended we could hear each other but really couldn't and that was fine.

We played cowboys and Indians with bows and arrows made from sticks and string,
The guns were wooden or cardboard whatever my friends did bring,
We were cops, robbers, pirate captains, astronauts, and knights,
We picked our teams, and we then prepared for our play fights.

We dressed up in old clothes from a dirty sack in the shed,
And laid on the grass with our eyes closed when dead,
Then came back to life when we got new life force,
And the good guys always beat the bad guys of course.

When we weren't in the cubby, we played other games like tag or catch,
Kicked a can out in the street and pretended it was an Olympic soccer match,
Raced our billy carts down the hill until we crashed and had to fix them again,
They were made with old pram wheels with a plastic chair; life was simple then.

We got in trouble when Mum caught us on the old Hills hoist spinning around,
Dad was doing another pass with the Victa and told us to pick everything up off the ground,
Cottee's cordial, vegemite sangas and an iced VoVo as a treat if we were good,
On hot days a frozen Sunnyboy to cool us down, I would go back to those days if I could.

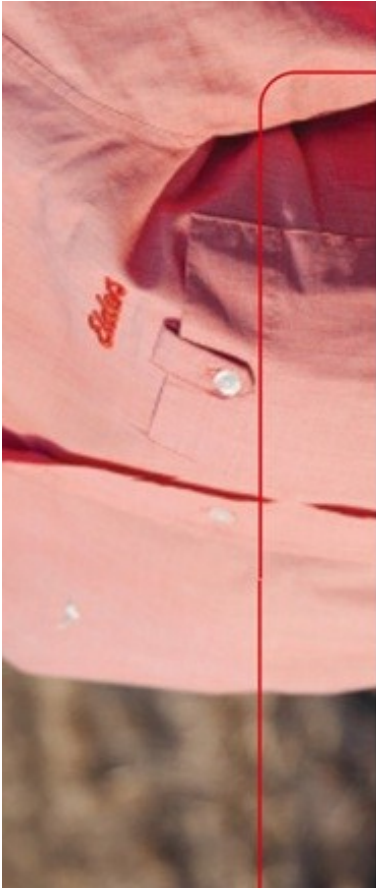
Now the tree house has solar lights, an intercom to the kitchen and electricity,
And the grandkids just sit in there for hours on their devices which is crazy to me,
No running around the backyard with a tea towel as a cape on their back,
No hopping across the lawn with our feet in an old tata sack.

Times have changed, the fun I had as a kid has been replaced with life online,
Kids don't seem as active as they used to be, but at least they're outside in the tree house which
is fine.

Robert Allan - 2022

Nine Important Facts

- Number 9 - Death is the number 1 killer in the world.
 - Number 8 - Life is sexually transmitted.
 - Number 7 - Good health is merely the slowest possible rate at which one can die.
 - Number 6 - Men have two emotions: hungry and horny, and they can't tell them apart. If you a gleam in his eyes, make him a sandwich.
 - Number 5 - Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for weeks, months, maybe years.
 - Number 4 - Health nuts are going to feel stupid someday, lying in the hospital, dying is nothing.
 - Number 3 - All of use could take a lesson from the weather. It pays no attention to criticism.
 - Number 2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
 - Number 1 - Life is like a jar of jalapeno peppers. What you do today might burn your ass tomorrow.
- And as someone said recently:
- Don't worry about old age; it doesn't last that long.



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MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL

**YOUR COUNCIL,
YOUR COMMUNITY****SOUTHERN GRAMPIANS SHIRE COUNCIL MAYOR
ELECTED FOR 2025/26**

Southern Grampians Shire Council elected Cr Dennis Heslin unopposed as Mayor for 2025/26 at the 5 November Statutory Meeting.

Cr Heslin said it was an honour to once again represent the Southern Grampians community.

“To be elected the first time was an extraordinary honour; to be re-elected by my fellow Councillors is a real vote of confidence in the direction we’re heading,” Mayor Heslin said.

“The past year has been both a challenge and a privilege. With experience now on my side and a strong team around me, I’m confident we can make this an incredibly productive and rewarding year for our community.”

“We have another big year ahead with a focus on our three major projects, aimed at improving the liveability of the region and strengthening its future for generations to come.

Council was pleased to elect Councillor Helen Henry to the position of Deputy Mayor.

“Cr Henry and I are committed to working collaboratively and supporting each other throughout our 12-month term.

“As a Council, we’ve grown together in experience and capability, and I’m extremely grateful for the opportunity to continue leading such a dedicated team.” said Cr Heslin.

Councillors were appointed as representatives of Council for the following committees:

Audit & Risk Committee: Cr Henry, Cr Barber

Planning Committee: Cr Manning, Cr Heslin

CEO Employment & Remuneration Committee: Cr Heslin, Cr Barber, Cr Henry

Hamilton CBVD Revitalisation Advisory Group: Cr Barber

MAV: Cr Campbell, Cr Heslin (Proxy)

Southwest Victoria Alliance: Cr Heslin

Rural Councils Victoria: Cr Manning, Cr Henry (Proxy)

Green Triangle Action Group: Cr Rainsford

Rail Freight Alliance: Cr Rainsford

Ansett Museum Board: Cr Barber, Cr Campbell (Proxy)

Reconciliation Action Plan Working Group: Cr Manning, Cr Henry

**Volunteer
Opportunities**

The Southern Grampians L2P Program is currently seeking mentors to provide opportunities for young people to practise driving and work towards gaining their probationary license.

1-2 hours a fortnight can help make a difference.

Express your interest by calling **5573 0444** | **0427 915 424** or emailing l2p@sthgrampians.vic.gov.au.



MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL

**YOUR COUNCIL,
YOUR COMMUNITY**

Wednesday of the month to the second Tuesday of the month. This change will come into effect from the first meeting of 2026 which will take place on Tuesday 10 February 2026.

Council determined the upcoming schedule of meetings for 2026 which will be made available shortly via the Council website.

COUNCIL SEEKS FEEDBACK ON NEW PLAQUES AND MEMORIALS POLICY

The Southern Grampians is a Shire rich in heritage and defined by industry- leading agricultural practices, a deft entrepreneurial spirit and a strong legacy of military service. As a result, there are many plaques and memorials dotted across the breadth of the Shire.

Council has drafted a clear framework for how plaques and memorials can be considered, approved and installed on Council-owned land or buildings, and are inviting the community to have their say on the new policy.

The draft *Plaques and Memorials policy* seeks to ensure that these commemorations reflect people or events of *outstanding significance* to the Southern Grampians Shire and its history.

These new guidelines will also make certain that installations are appropriate to their surroundings, are low-maintenance, and are designed to avoid environmental or safety impacts.

Mayor Councillor Dennis Heslin has welcomed the draft policy, saying:

"Now that we have a clear policy to point to, we can ensure that all applicants are on an even playing field.

"All new proposals can now be carefully assessed against the policy to make sure that plaques and memorials serve the heritage of our community."

The cost and installation of any new plaque or memorial will be borne by the applicant, while Council oversees installation and compliance.

To view the draft policy and provide your feedback, head to our website. To make sure you never miss a story, consider signing up to our monthly newsletter.

SHARE YOUR IDEAS FOR THE 2026/27 COUNCIL BUDGET

Residents are invited to share ideas and complete submissions for the 2026/27 Southern Grampians Shire Council Budget, with responses welcome between Friday 7 November 2025 and Friday 9 January 2026.

Residents are encouraged to get involved early to help Council understand the services that are valued most within our community. Locals can participate in the engagement process by filling out an online submission form, by completing the survey online or using the paper-based option available at the Brown Street Customer Service Centre.

Southern Grampians Shire Council Mayor Dennis Heslin said this is a great opportunity for residents of all ages to get involved in contributing to the Council budgetary process.

"Council recognises the importance of services in supporting the everyday lives of our residents right across the Southern Grampians," said Cr Heslin.

"You might be a swimmer in one of our pools, an avid reader borrowing from the library, a new parent being supported by our maternal child health nurses, someone who spends a lot of time in the car on our roads, or you may volunteer with a sporting club using a recreation facility, we want to hear which services you use."

"The Budget is developed by these community ideas and feedback, submissions from community groups and individuals, as well as Council staff.

Continued page 15

MEDIA RELEASE
SOUTHERN GRAMPPIANS SHIRE COUNCIL**YOUR COUNCIL,
YOUR COMMUNITY**

"All submissions will be considered and assessed in line with our Council Plan 2025-29, with a draft Budget to be released for community exhibition in May 2026.

"Together, let's build a budget that reflects the values and priorities of our Southern Grampians community," concluded Cr Heslin.

As Council continues to work through the financial year, there are a number of projects supported by the 2025/26 Budget still to be delivered, including some which came from community submissions. These projects will continue to be completed across the remainder of the financial year.

The Lake Hamilton Solar Lighting Project, Nigretta Stairs and Pedrina Park Cricket Nets were all priorities submitted through community engagement for last year's budget, now contributing to the overall enjoyment and liveability of the region.

The online submission form can be accessed on Council's website.

Submissions close Friday 9 January 2026. Hard copy forms can be obtained from Council's Customer Service Centre at 111 Brown Street, Hamilton.

FRESH NEW LOOK FOR DUNKELD AND PENS HurST TOILETS

Southern Grampians Shire Council is giving two important community facilities a refresh, with upgrade works now underway at the Dunkeld Visitor Information Centre Public Toilets and Penshurst Caravan Park Toilets/Showers.

These upgrades will address deterioration, enhance functionality and improve overall appearance and standard.

The Dunkeld Visitor Information Centre Public Toilets work will refresh internal finishes through the removal of existing linings, installation of vinyl sheeting to floors and walls, a full internal repaint, as well as updated dispensers and signage. The facility will be closed from Monday 27 October to Thursday 18 December 2025.

Recognising the importance of local events scheduled for this time, the Dunkeld Visitor Information Centre Public Toilets will be reopened by the contractor from 7 to 9 November, closing again from 10 November to accommodate the GPT100 Miler. The bathrooms will briefly reopen again on 15 November for the Dunkeld Cup, closing again from 16 November.

The toilets in the Dunkeld Memorial Park across Parker Street will remain open during this period.

The same surface refresh will be delivered at Penshurst, complemented by replacement of the toilets in both male and female amenities, a new urinal in the male amenities, as well as refurbishment of floors and fixings. The facility will be closed from Monday 3 November to Thursday 18 December 2025. Alternative public toilets can be found at the Penshurst Botanic Gardens adjacent to the swimming pool. Further information will be provided on access to showers for Penshurst Caravan Park visitors.

Southern Grampians Shire Council Mayor Dennis Heslin said the upgrades were part of Council's ongoing renewal and investment in community infrastructure.

"These improvements will bring a noticeable lift in quality and presentation," Cr Heslin said. "By addressing wear and tear and enhancing the usability of our public amenities, we're making sure they meet the expectations of both our community and the many visitors who come to enjoy our region."

Council appreciates the community's patience during these works and looks forward to reopening both facilities in time for the busy summer season.

Penshurst Shed



Open Saturday & Tuesday
10am - 4pm

Talk to the crew for more information
about the Shed and its activities.

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Western AG's core objective is to provide high quality
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Matt Barber (Senior Agronomist) 0488 298 170

Megan Clothier (Animal Health) 0498 226 730

Ben Gay (Merchandise & Logistics) 03 5579 5900

Glenn Grey (Willaura) 0439 541 036

ADDRESS—236 COLERAINE ROAD HAMILTON

Answers from last fortnight:

Across: 2 basin, 7 effect, 8 realism, 12 pledge,
14 adoption, 15 tabletop, 19 situation,
21 obstacle, 23 trait, 24 mine, 25 lodge.
Down: 1 win, 3 spoil, 4 occupy, 5 guide,
9 society, 10 reaction, 11 manufacture,
13 blackmail, 16 poem, 17 forestry, 18 snatch,
20 walk, 22 common.

A PAGE TO SHARE RECIPES

Super Easy Banana Pudding

Prep Time 10 mins Cook 40 mins Serves 4

INGREDIENTS

www.taste.com.au

700ml chilled milk	1 tsp vanilla essence
100g pkt Cottee's Instant Pudding Vanilla Flavoured Dessert Mix	200g Marie biscuits
600ml thickened cream	3 large bananas, peeled, thinly sliced
125ml (1/2 cup) sweetened condensed milk	1 large banana, peeled, thinly sliced, extra

Step 1

Place milk in a large bowl and sprinkle over vanilla pudding mix. Use electric beaters to beat for 2 minutes or until well combined and thickened. Set aside.

Step 2

Place cream, condensed milk and vanilla in a large bowl. Use clean electric beaters to beat for 3-4 minutes or until stiff peaks form.

Step 3

Use your hands to coarsely crush 2 Marie biscuits. Set aside.

Step 4

Arrange one-third of the biscuits in the base of a 2L (8 cup), 6cm-deep, 20cm x 30cm baking dish. Top with one-third of the sliced banana. Top with 1 cup of pudding mixture and spread evenly to cover. Top with 1 cup of the cream mixture and spread evenly to cover. Repeat with the remaining biscuits, [banana, pudding mixture and cream mixture to create 2 more layers. Place in the fridge for at least 4 hours, to allow the biscuits to soften.

Just before serving, decorate the pudding with extra banana and sprinkle with the reserved crushed biscuits. Serve.

Editor's tip - you can add well-drained pineapple with the banana layer, or dark chocolate chips to make it even richer.



"Cooking requires confident guesswork and improvisation—experimentation and substitution, dealing with failure and uncertainty in a creative way."

— Paul Theroux

"The only real stumbling block is fear of failure. In cooking, you've got to have a what-the-hell attitude."

— Julia Child

Community Calendar & Contacts

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 or contact Marita 0439 669 839

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- 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, Sheppard Centre, - Penshurst Hospital. Please contact the Social Support Group Coordinator on 5551 8381 Or @ WDHS on 55518683

Mount Rouse & District Historical Society

- Meetings - 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. New members are most welcome. Contact the Secretary 0418 141 301. The Court House open for Visitors 1st Saturday each month 9.30 am to 12.30 pm.

Friends Yatmerone Reserve

- 7.30 pm Community Room behind the Volcano Discovery Centre 11 March, 13 May, 8 July, 9 Sept, 11 Nov and 9 Dec. New members welcome.

Lions Club of Penshurst & District

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm.
Venue TBA penshurst.vic@lions.org.au

Penshurst Progress Association (PPA)

- See back page



AmbulanceVictoria

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

Ambulance Victoria is looking for people to join the Penshurst team. If you are interested in becoming an ACO or would like further information, please follow the link below.

<https://www.ambulance.vic.gov.au/careers/become-a-first-responder/>

If you would like to chat to a local ACO, please email penshurst.teamleader@ambulance.vic.gov.au

Penshurst Senior Citizens

- See back page

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

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.
Contact Jenni 0409 962 969

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
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 5pm

3rd Sunday Lay Service 8.30am

4th Sunday Mass 5pm

5th Sunday No Service

For the young and young at heart

Koalas - 11 Fascinating Facts

1. **They have their own holiday** - Observed every year on May 3rd, Wild Koala Day was established by concerned koala conservationists across Australia to celebrate the species and protect their habitats. Anyone is welcome to celebrate, and is encouraged to pin a gum leaf to their shirt, change their profile photo to a koala, and share a koala photo on social media, tagged #wildkoaladay.
2. **Koalas Have Fingerprints** - In fact, they're the only animals other than primates that have them - and just like us, each one is an individual. Scientists have hypothesized that they evolved fingerprints to help them navigate tree branches, while also harvesting the leaves that make up their diet (a specific age of eucalyptus).
3. **Koalas Don't Have To Drink (Much) Water** - Their name comes from the Dharug Aboriginal word and means "no drink." And in fact, Koalas don't need to drink very much water because most of their hydration needs are satisfied by their dietary staple, eucalyptus leaves. They can and do drink from creeks and water holes if necessary, but if you see a koala drinking, it's probably in distress.
4. **Koalas Smell Like Eucalyptus** - While mature males tend to have a stronger, muskier odour, females and juvenile males give off a slight eucalyptus smell - which doubles as a natural insect repellent! The person that coined "you are what you eat" must have been thinking of Koalas!
5. **Koalas Are Picky Eaters** - Although there are over 700 species of eucalyptus trees, koalas tend to only eat from 50. In fact, individual koalas usually have 1-3 specific eucalyptus species that they will seek out, reserving others for the occasional snack or resting spot. And even then, they will climb to the very top of the tallest trees to get the best leaves, which contain more liquid and nutrients.
6. **Koalas Have To Eat A LOT** - Their main source of food, eucalyptus, is toxic, fibrous, and not very nutritious. And while they have an unusually long caecum to help them digest and break down fibre, they're only able to absorb about 25% of what they consume - which is why they have to eat so much. In fact, an adult Koala eats up to 1 kilogram of leaves every day! Think about how you feel after eating a heavy meal, and you'll understand why they sleep 18-20 hours a day!
7. **Koalas Have Some Extra Padding** - As you might imagine, spending all that time in trees would make for a pretty sore tush. Fortunately, they have strong cartilage at the end of their curved spine, which allows them to live comfortably in their arboreal homes.
8. **Koalas Are Loners** - As solitary creatures, koalas stick to their home ranges and generally respect each other's boundaries. Dominant males are highly territorial, and will defend their range against other males. Typically, several females live within the range of a single male.
9. **Joeys Are Born Prematurely** - As marsupials, baby koalas (joeys) are born very premature and continue to develop in their mother's pouch. These deaf, blind, and furless babies rely on their well-developed senses of smell and touch, and an inborn sense of direction to feel their way to safety. They spend about 6 months in the pouch, and then another 6 months or so riding on her abdomen or back - and they stay with their mothers until another joey is born, typically 1-3 years.
10. **Koalas Have Strong, Well-Developed Paws To Climb Trees And Grip Their Food** - Each front paw has 5 digits, two of which are opposed (similar to our thumbs) and able to move separately from the others. On their hind paws, the 2nd and 3rd digits are fused together for grooming.
11. **Koalas Are Totally Unique** - A common misconception is that they're bears, but that's actually not true: their closest relative is the wombat - many, many times removed. As the only living members of their family, phascolarctidae, they're unlike anything else on planet earth today.



Across:

Mount Rouse Puzzler

1: Living, not dead.

4: Used to make a request more polite.

8: Something that is won in a contest or given as an award.

10: Published or broadcast advertisements.

12: The condition of having or owning something.

14: A person who argues for or supports a cause or policy.

16: To hit someone or something with the front or back of your open hand.

17: The things that can be seen behind the main things or people in a picture.

18: A person who is captured by someone who demands that certain things be done before the captured person is freed.

20: To say words in order to express your thoughts, feelings, opinions, etc., to someone.

21: A long, hollow tube for carrying water, steam, gas, etc.

Down:

2: To give attention to someone or something in order to hear him, her, or it.

3: To become unable to breathe usually because something gets stuck in your throat or because the air is not good for breathing.

4: The speed at which someone or something moves.

5: A feeling of shame or awkwardness.

6: The period during which a king or queen rules.

7: To make the loud sound of a wild animal (such as a lion).

9: Area of natural land which is not used by people.

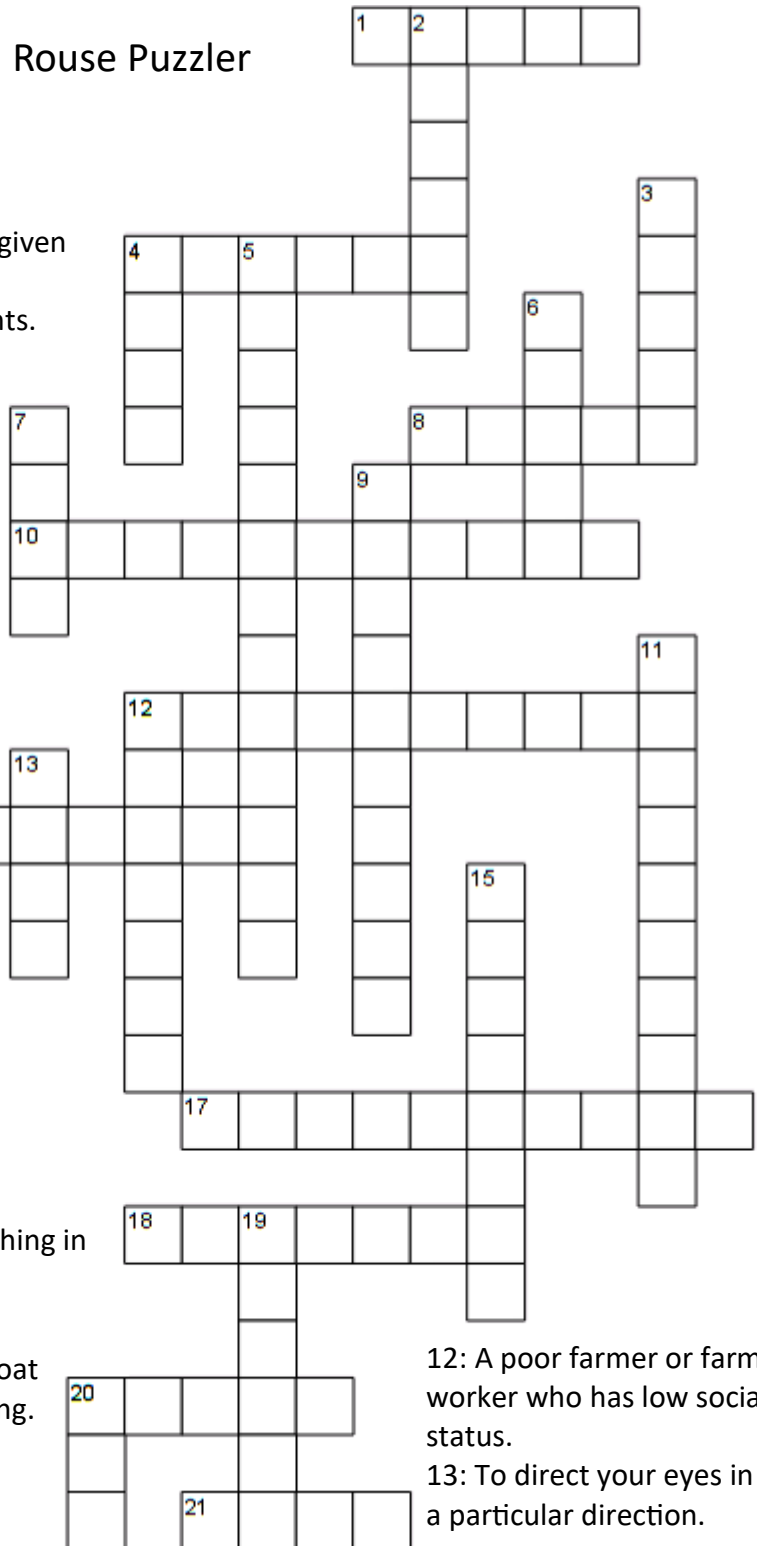
11: The act of using money to earn more money.

14: A device that makes a loud sound as a warning or signal.

15: Not likely to be seen or noticed by many people.

19: A journey to see or hunt animals especially in Africa.

20: To use your voice to express something with words.



**Mt Rouse News & Views
Community Newsletter**

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Submissions: 46 Watton Street.

**DEADLINE FOR CURRENT SUBMISSIONS -
Saturday 22nd November 2025**

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

Also available in colour online at
[www.penshurstvictoria.com.au/
Penshurst%20Newsletter.html](http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html)

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1/4 page \$7.50

Business Card \$5

Our newsletter is free due to the continuing support of our advertisers. Thank you.

Community Calendar Dates

- **PPA**
4th Wednesday of every second month at 7pm (Jul, Sep, Nov, Jan, Mar, May) – community meeting at the Memorial Hall
Committee meetings – as required
- **CWA**
4th Tuesday of each month at Senior Citizen's Club – 7pm in Jun, Jul & Aug – 7.00pm other months – not Dec pm
At Senior Citizen's Club



Mobile Library

Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm

Outside the Hall in Martin St

20th November
4th & 19th December

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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Penshurst Citizen of the Year 2025

An important part of our Australia Day celebration is the recognition of our

Penshurst Citizen of the Year

Who do you consider deserves to be recognised for their hard work and dedication to the town and its residents?

Fill in this nomination form and drop it to the Penshurst Post Office or in the letterbox at the Memorial Hall, 21 Martin Street by the 9 January 2026.

Name of Nominee:

Reason for Nomination:

.....
.....
.....

Your name:

Contact details:

(All information is kept strictly confidential)