

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

**PENSHURST ADAPTIVE
WASTEWATER SOLUTION
PROJECT**

HAVE YOUR SAY

RESCHEDULED
Wednesday
11 August 2021
3:00pm - 7:00pm
Penshurst Memorial
Hall

Yes it is still on.

Thanks to the Lockdown unlocking, representatives from the Council and Wannon Water will be at the Hall from 3.00pm to 7.00pm to answer all your questions. Come and review their information. See you there.

Another year quietly comes to an end.

Unbelievably this is the last issue of our third year of producing the Newsletter. The Newsletter Crew would like to thank everyone who contributed, in particular Phil Doherty from the Mt Rouse & District Historical Society for the history articles, Brian O'Brien for ideas and articles, and Janet Shalders for our Gardening section, among other items, plus the Bowls Club and Pony Club, who kept us up to date on their adventures. We would also like to thank our advertisers and the Southern Grampians Shire Council for their contributions to the cost of producing the newsletter each fortnight. As we venture into the new Newsletter year, we hope to continue to share your stories, events and activities, and invite everyone to contribute to the Newsletter in the coming year.



SOCIAL SUPPORT GROUP

Every Thursday except 3rd Thursday of each month in SHEPPARD CENTRE
**BONES BETTER BEST CLASS 10am – 11am followed by morning tea and
 SOCIAL GATHERING, a variety of activities & lunch – all welcome**

- *Monthly program available at Sheppard Centre*

MONTHLY OUTING - 26TH AUGUST 2021 to

Coleraine: Lunch at Catching Pen and visit Arboretum

Meet at PDHS Carpark: Leaving: 9.15am Arrive home: approx 3.00pm

Bookings essential, by Monday of each week

Phone Social Support Group 55518381 / 0417017728

Rental Required

Looking for a rental for an elderly lady. Must have an accessible free standing shower due to disabilities, and would prefer a split system due to medical conditions.

House can be anywhere in the Shire of Southern Grampians, also considering Casterton, Merino, Branxholme and anywhere in between. We are searching everywhere.

Will consider farm cottages or farm houses. Minimum 2 bedrooms due to medical equipment.

Must allow pets.

Please contact 0478228778.



Penshurst Community Resilience Survey Results

Part 1- Connection

The purpose of this survey was to collectively build a better understanding of the Penshurst Community - what is valued, what are our strengths, what do we want to protect and the potential risks to this place we call home.

Thank you to the 33 households that provided their input and although this is a small sample of the Penshurst community the results are worthy of consideration and provides a 'mirror' for continued conversations on where to focus our efforts for building resilience within our community.

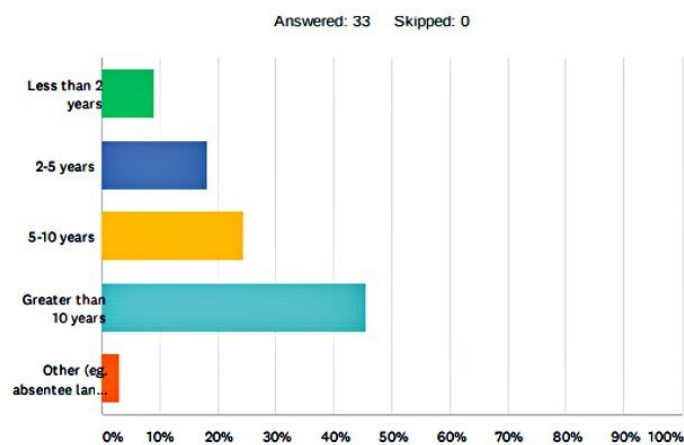
As you read the data I invite you to consider where you sit in relation to what has been gathered.

Who responded to the Survey?

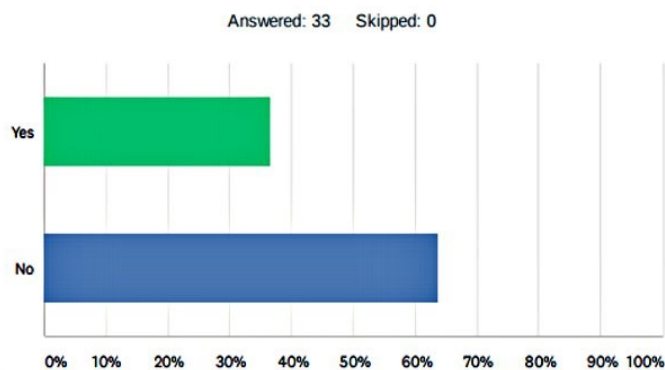
As the following graphs show, there was a good cross-section of respondents in the areas of:

- * Time lived in the community,
- * Mix of both 'townies' and those that reside out of town, and
- * Age bracket with years spanning 25-75+. (We will look to engage the school aged over time.)
- * Involvement in local community organisations. 23 different community organisations were identified with 18 respondents belonging to at least two different organisations.

Q1 How long have you lived in the Penshurst Community?



Q2 Do you live outside the town boundary?



Congratulations to Liz Kelly who won the \$50 voucher from Penshurst Grocery for filling out the survey!

Continued page 4

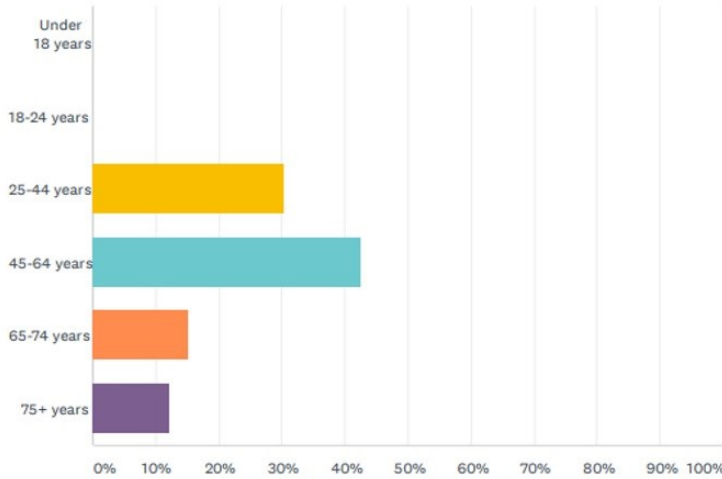


Penshurst Community Resilience Survey Results

Part 1- Connection (continued)

Q3 How old are you?

Answered: 33 Skipped: 0



The community organisations with the highest number of memberships from respondents:

CFA- Penshurst and Gazette	6
Penshurst Progress Association	5
Elderly Citizens Club	4
Church	4
Football Netball Club	4
Ambulance Vic	3
Mens Shed	3
Historical Society	3

Why is being connected important?

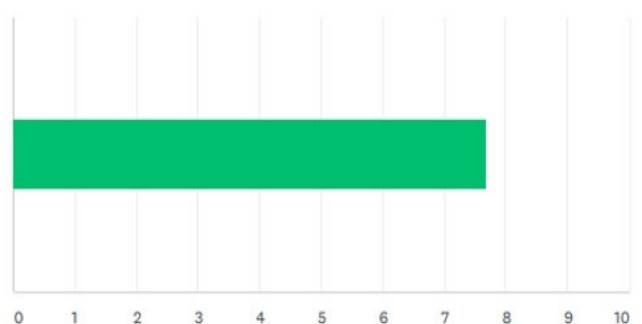
Q6 Do you feel part of the community in which you live?

Answered: 33 Skipped: 0



Q7 How important is it to feel a part of the Penshurst community?

Answered: 32 Skipped: 1



These questions provide an indication of the degree to which respondents feel part of the community whereby 0 = not at all and 10 = absolutely and very important respectively.

The level of interconnectedness between members of a community is a key component and indicator of the level of community resilience. (Emergency Volunteering 2012)

How well neighbours are connected to each other directly impacts how well a community can plan, respond and recover from disasters.



Penshurst Community Resilience Survey Results

Part 1- Connection (continued)

Knowing your neighbours matters...as does how involved individuals are to community groups.

The recent Beyond Bushfires: Community, Resilience and Recovery Study examined the impact of the 2009 Victorian fires on the mental health and wellbeing of community members and found **“Being involved in one or two community groups or organisations was associated with more positive outcomes in terms of mental health and wellbeing three to five years after the fires”**. The research validates that being involved in community groups can be good for your own health when it comes to disaster recovery in addition to the contribution it makes to your community.

What do Residents enjoy about living in or nearby Penshurst?

The top answers relate to the quiet nature of town and its people.

Response Theme	How Often Mentioned
Peaceful	13
Honest Friendly People	7
Good friends/Family/Community support	5
Landscape	5
Botanic Gardens	4
The Mount	3
Country Lifestyle	3
Location	3
Small town	3

“Just the quiet nature of the town”
“Friendship and everyone knowing everyone”
“Country living, fresh air”
“The Mount, the people, the country”

What do residents see as the best parts & strengths of the Penshurst township and community?

So many! The positive characteristics of the people top the list, followed by the botanic gardens and convenience of shops and services in town.

“Friendly people where mainly people get into it & do their bit for the town even if only in a small way”

“The locals are the best and super friendly”

“Beautiful Botanical Gardens ... Andrew and his offsider keep it immaculate ..”

“In my view the town’s assets are the botanical gardens, post office, pub, wine bar, Penshurst store and some of the historical buildings. All the other businesses/services available help it liveable. Its strength is in its location and from my limited experience the friendliness of the people”



Penshurst Community Resilience Survey Results

Part 1- Connection (continued)

What do residents see as the best parts & strengths of the Penshurst township and community? (continued)

Response Theme	How often mentioned	Response Theme	How often mentioned
Easy going friendly people	14	The wetland	2
How people are willing to help each other out/Supportive	10	The pub	1
Botanical Gardens	9	New residents to invigorate	1
Shopping centre/post office/bakery	7	All local committees to benefit the community	1
Small town	4	Safety – Police Station & Fire Brigade	1
Location	4	Pool	1
Volcanoes Discovery Centre	4	Community Hall	1
Caravan Park	3	Beauty Services	1
Knowing so many people	2	Stability	1
Tradition and Heritage	2	Opportunities to be involved in town activities	1
Mt Rouse	2	X2 Schools plus ++Kindergarten	1
Nursing home/hospital	2	Fuel Store	1
Wine bar	2	Kelly's Hardware	1
Historically significant buildings	2		

As we emerge from COVID restrictions has there been a shift in how residents would like to interact with our community? If so in what way?

(Unfortunately, we find ourselves back in lockdown at the time of writing!)

Response Theme	How often mentioned
No	9
To support more local businesses	3
Would like to become more involved	2
Would like others to become more involved	2
Not going to large events	1
More interaction joining the old advance Penshurst	1
More internet interaction & online forums	1
Town having more events	1

“Still the same- good to be able to visit the hospital without the enforced restrictions”

“Just continue to serve and protect my community”

“It would be good to get to know some of the newcomers”

“I haven’t been overly involved in the community prior to COVID but open to becoming more involved in the future if it suits my life and family”

“I would like the community to interact more, they need to come out of their homes and get involved in events and groups”

“I would like to become more involved with community matters & get to know the people around me. Hopefully find some like-minded people and develop friendly relationships around the town. This would help me feel like I was part of the town’s community”

Stay tuned for **Survey Results Part 2**

- Perception of Risk.

To chat about the Safer Together Project please contact Jo on 0408544670

joanne.vigliaturo@cfa.vic.gov.au

Penshurst Progress Association



ABN 35 622 662 815

COVID rules apply

Committee of Management:

Ama Cooke – Chairperson
Mark Dalla Costa – Secretary
Tom Cooke - Vice President
Josh Hewitt - Treasurer
Don Adamson

Next Meeting: 25th August 2021 7.30pm in the Supper Room, Penshurst Hall.

Good evening everyone,

Tonight is the first night of the new lockdown. Oh, it started last night, but it really didn't sink in until my husband did the grocery shopping because I spent the last six days walking around Penshurst delivering the Census forms, and today I could hardly move, or stay awake. I like the process of online shopping, knowing that anything I forget to order I will remember when Tom and I go into Hamilton to collect it. When only one of us can go, the other has to be told what has been forgotten, which didn't happen this time around, so there will be another trip tomorrow to fill in the gaps.

Our shopping trips are a lesson in co-operation. Tom has his section of the supermarkets, and I have mine. Thankfully Tom has a better memory than I do, so often reminds me of things I should have got but didn't, but when I'm not there, the results can sometimes vary.

Co-operation is vitally important to help the town and country we love right now. The Census is a perfect example. While some of the questions might seem inane or intrusive, in the end the information is used by so many people and businesses around Australia, to benefit people and places we love, that I feel this fifth yearly event should be recognised as important, and not resented, ignored or refused. I want to thank every person that I met, new and known, for the smiles, chats, comments and compliments during my walk. Apart from 3 dogs, a pair of whom actually tried to noisily round me up, I had a wonderful journey right across Penshurst from every corner of the compass. We are so lucky to have such a beautiful, if damp, town .. And the

weather was particularly fun, four seasons every five minutes one day. I bless Tom for the raincoat he provided before I started.

As I wrote last fortnight, during the winter there is not a lot going on with the Progress Association. The committee have been discussing not having meetings in June and July, unless there's something important to discuss. The monthly meeting we did have was brief last month, was rather empty, and apart from my strange experience of the supper room door slowly opening by itself, nothing was achieved. The meeting we hope to have this month will have much more on the Agenda as the year comes back to life again with Spring being just around the corner.

Thankfully the current lockdown came to an end yesterday, so the Council meeting about the Wastewater plan is proceeding tonight. We also have other plans being developed for changes around the town. You'll have to come to the August meeting to hear about them .. Could be fun, certainly restful.

Wishing everyone a wonderful and safe fortnight,
Ama Cooke Chairperson

p.s. if you don't have a Census form yet, ring me. I have plenty. You can still fill it in or do it online.

Did you know that this newsletter goes online every fortnight and that it and all the back issues are available at

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

5576 5270

Friendly faces and helpful staff ...

**Penshurst Liquor &
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Saturday

9am - 7pm

Sunday

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CONSTRUCTIONS**

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214

DB-U 5109

**112 Bell Street
Penshurst Vic 3289**

Riddles

1. What three letters turn a boy into a man?
2. My rings are not of gold, but I get more as I get old. What am I?
3. Tear one off and scratch its head. What was red is black instead. What am I?
4. What type of room has no walls?
5. You can see me in water, but I never get wet. What am I?
6. I do not have eyes but I cry. What am I?
7. What sort of ring is square?

A PAGE TO SHARE RECIPES

Black forest self-saucing pudding

Prep Time 15 mins - Cooking Time 60 mins

INGREDIENTS - 6 servings

415g can stoneless black cherries, drained,	200g dark chocolate, chopped
halved 2 cups self-raising flour	Whipped cream, to serve
1/4 cup cocoa powder, sifted	Sauce
1/2 cup brown sugar	1/2 cup brown sugar
1 cup milk	2 tbsp cocoa powder, sifted
125g butter, melted	2 cups boiling water

METHOD

Step 1 Preheat oven to 180C/160C fan-forced. Drain cherries on paper towel. Pat dry. Combine flour, cocoa and sugar in a bowl. Make a well. Add milk and butter. Stir until just combined. Add chocolate and cherries. Mix well. Spoon batter into a 10 cup-capacity ovenproof dish, spreading to level.

Step 2 Make Sauce: Place sugar and cocoa in a heatproof jug. Gradually stir in boiling water until well combined.

Step 3 Place dish on an oven tray. Carefully pour sauce, over the back of a large spoon, over batter in dish. Bake for 55 minutes to 1 hour or until pudding is firm to touch and sauce is bubbling around the edges. Serve with cream.



“If you do your fair day's work, you are certain to get your fair day's wage - in praise or pudding, whichever happens to suit your taste. “

Alexander Smith





Mobile Library
Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm
Outside the Hall in Martin St
Dates for August are:
5th & 19th

Phone: 5573 0470
www.sthgrampians.vic.gov.au/library

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Penshurst Hair Design



Opening Days
Tuesday,
Thursday
Friday &
every second
Saturday
10am - 2pm
By Appointment

For appointments please ring

Mobile: 0417 511 177



Penshurst
Remedial Myofascial Clinic

Senior Therapist Eleanor Sheldon offers a clean nurturing environment to support your physical well-being needs. She identifies injuries and impingements that could be blocking and creating an 'out of balance' feeling within your body and works with you for the best outcome. The service includes counselling on lifestyle, gut well-being and assisted guidance for your natural good health and self promoted health plans.

They are also a registered NDIS provider.

91b Bell Street
 Penshurst Victoria 3289
 M : 0400819408



"The youth have been great volunteers.
Plus, they work for donuts!"

Around the Churches

Pray in all circumstances

I am ponderously reading a biography of Gandhi. It's a comprehensive document with lashings of background and context. It transpires that Gandhi was in and out of prison on a regular basis. He made friends with those who kept locked him up and it didn't seem to bother him. Why?

There is a telling little line where Gandhi says that the prison could be his temple. His point was basically this. That an encounter, a conversation with God, can happen anywhere if you work hard enough at fostering that ethereal relationship. It can even happen in a prison cell. Fortunately God is not confined to any particular place and so the possibility of finding him in the most meagre and grungy of circumstances is never hopeless.

It's splendid for us. We have sacred spaces that have been prayed in, loved and where the community comes together. It's easy with the stained glass windows, candles and icons to catapult us into 'that' dimension. We ought to make the most of these privileges and opportunities. Gandhi was not exactly a Sunday by Sunday Anglican, but his point is still valid. God has taken the initiative and it is now up to us to encounter Him, find Him and most of all enjoy Him. To develop and enhance this relationship no matter where we find ourselves. It's not always easy and it would have been an extraneous exercise in a prison cell in India. It is however, always achievable. It is something precious, to be sought and chased after all our lives.

Conversely we can find ourselves in a 'prison cell'. A fraught marriage, the toxic workplace, in fact anywhere or any situation where we can't see a way out or beyond ourselves. For a gold star you might ponder your 'temple' and / or your 'prison cell'.

Fr. David Oulton - droulton72@gmail.com

**We welcome articles for inclusion here from any of the churches that
service the Peshurst region**

Opening Hours:

Monday to Friday 7.30am - 3.00pm

Saturday 8.00am - 2.00pm

Sunday Closed



Amanda & Cam Wilson

0439 941 942



Penshurst Store

Pop into the store and try some of our delicious pies, pasties, and sausages rolls. Freshly baked bread, cakes and slices.

Treat yourself to a ROX coffee or Hot Chocolate and browse our everchanging giftware and local produce.

Phone orders and payments most welcome.

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

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Answers to Riddles: 1. COwboy, 2. a tree, 3. a match, 4. mushroom, 5. a reflection, 6. a cloud, 7. boxing.



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Unique Australian Animals - the Wombat

Common Wombats grow up to 40 kgs in weight and can reach about 115 cm head to tail. Males tend to be slightly larger and heavier than females. The Common Wombat has a large nose which is shiny black, much like that of a dog. The ears are relatively small, triangular, and slightly rounded. Their thick paws are designed for digging burrows. They also have a pouch which faces backwards to protect their young from flying dirt whilst the mother is digging the burrow. The rump is protected by thickened skin that acts as a defensive shield if the wombat is chased down its burrow by a predator. The Common Wombat's fur is coarse, thick and bristle-like with little or no underfur. Their fur colour varies from sandy to brown or black, to grey. The Southern and Northern Hairy-nosed Wombats have longer, pointed, almost naked ears, a longer square cut muzzle and fine white hairs over their nose. They also have a short tail, a little longer than that of the Common Wombat. Wombats dig extensive burrow systems with their rodent-like front teeth and powerful claws. Although mainly crepuscular (active at twilight) and nocturnal, wombats may also venture out to feed on cool or overcast days. They are not commonly seen, but leave ample evidence of their passage, treating fences as minor inconveniences to be gone through or under, like fences. Wombats usually coming out at night to graze when the temperature is lower. However, in cold periods they may be seen out during the day either grazing or basking in the sun. Wombats often sleep with their four feet sticking up in the air!



Wombats are more closely related to Koalas than any other living marsupial. Early settlers often called the Common Wombat a Badger because of its burrowing behaviour.

A wombat's diet can consist of coarse native grasses, sedges, rushes, succulent plant roots and tubers, and pasture grasses.

When food is plentiful the Common Wombat will breed throughout the year. Gestation lasts for one month, after which a jelly-bean sized joey is born which attaches to a teat in its mother's pouch. The joey will leave the pouch at 10 months but will stay with the mother for another 8 to 10 months. From the time the juvenile leaves the pouch it begins to supplement its mother's milk with increasing amounts of plant material. Between 12-15 months of age it stops suckling altogether. Common Wombats reach breeding maturity at two years and can live for 15 years in the wild or up to 20 years in captivity.

A Page for the
Children to enjoy

Community Meetings

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.

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 557 12145.

Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February 2021 at Volcano Centre 7.30 pm. New members welcome.

Lions Club of Penshurst & District

- 1st & 3rd Tuesday each month at 8 pm at RSL Hall, Ritchie Street.
penshurstlions@gmail.com

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.



Ambulance Victoria

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

- Novelty Bingo, last Tuesday of month Feb - Nov at 2.15 pm.
- Cards & social afternoon, 2nd Wednesday monthly at 2pm
- Book Club, 2nd Tuesday each month at Senior Citizen club rooms. 2.00pm

RSL Penshurst

- meets 1st Thursday of February, April, July & October at 6.30 pm at RSL Hall, Ritchie Street.

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

Volunteering & THE CENSUS

The volunteering sector is an important part of Australia's economy. The level of volunteering can indicate the cohesiveness of the community and how readily individuals are able to contribute to that community. Census data is used to build a better future for us all. It's used by communities, governments and businesses across the country to make informed decisions on issues that touch our lives every day, from schools, healthcare, transport and infrastructure to local services for individuals, families and communities. **For example:**

- the number of people in remote areas tells doctors where life-saving help is needed most
- local birth rates help plan local playgroups that connect families
- understanding languages used at home links migrants to community services like English lessons.

Having the right numbers means the right services can be provided in your community. Census data helps inform services that improve the lives of people, families and communities. **For example:**

- Royal Flying Doctor Service uses the information to make sure people in rural Australia can get the health care they need
- Council on the Ageing uses the information to help understand the issues affecting older Australians.

Make sure you participate this August. When you complete your Census, you're helping to build a better future for all of us.

Visit www.census.abs.gov.au or call **1800 512 441** 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.

PENSHURST MENS SHED

We are Closed due to Lockdown

The Penshurst Mens Shed will reopen and will be open every Wednesday and Saturday from 10 am to 4 pm

New members welcome

Newsletter: If you have any stories you would like to share events, stories and ideas, please contact Mark or Ama by phone or email.

Mark Dalla Costa

mtrousenewsletter@gmail.com

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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"Mt Rouse News & Views Community Newsletter"

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DEADLINE FOR SUBMISSIONS – 21st August 2021

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 : Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com

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

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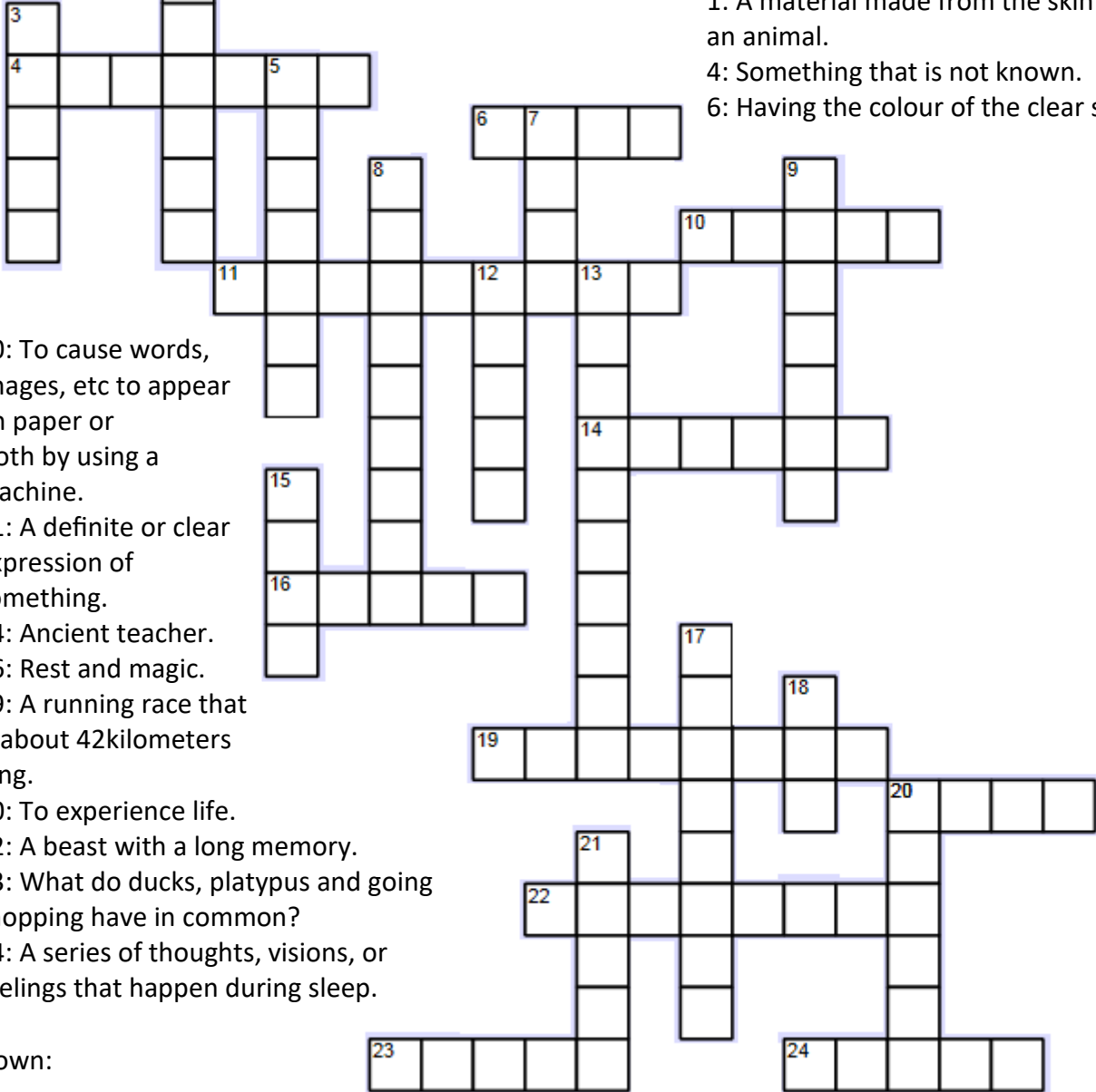
Full page \$20 + GST **1/2 page** \$10 + GST **1/3 page** \$7.50 + GST
1/4 page \$5 + GST **Business Card** \$3 + GST



Mt Rouse Puzzler

Across:

- 1: A material made from the skin of an animal.
- 4: Something that is not known.
- 6: Having the colour of the clear sky.



10: To cause words, images, etc to appear on paper or cloth by using a machine.

11: A definite or clear expression of something.

14: Ancient teacher.

16: Rest and magic.

19: A running race that is about 42kilometers long.

20: To experience life.

22: A beast with a long memory.

23: What do ducks, platypus and going shopping have in common?

24: A series of thoughts, visions, or feelings that happen during sleep.

Down:

2: The study of past events.

3: Opposite of frown.

5: An adult male chicken.

7: A cord or string used for tying or holding things together.

8: To combine two or more things to form or create something.

9: Believing that government should be active in supporting social and political change.

12: Someone or something that is equal to or as good as another person or thing.

13: A medium to share stories, articles and events.

15: To want something to be true or to happen.

17: Feeling no fear.

18: A container and an action.

20: Small in size.

21: Complete happiness.

Across: 2 chicken, 4 peas, 7 washing, 9 string, 10 recipe, 14 mushrooms, 15 baking, 17 lemon, 18 cream, 20 decorate, 23 risotto, 25 dicing. **Down:** 1 delicious, 3 blending, 5 slicing, 6 rice, 8 spaghetti, 11 pumpkin, 12 potatoes, 13 dishes, 16 create, 19 boiling, 21 fried, 22 roast, 24 pie.

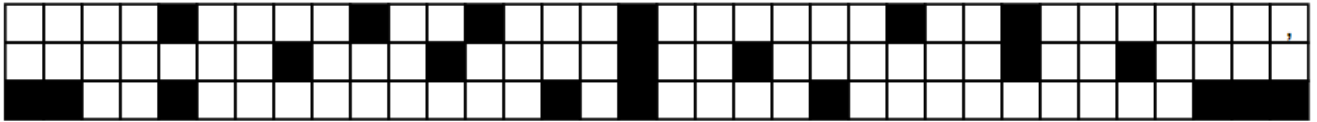
Just for fun - a page to puzzle over

Complete the phrase on the board. The letters of the phrase on the board felt on the ground.

You have to put the letters back on the board in the correct order.

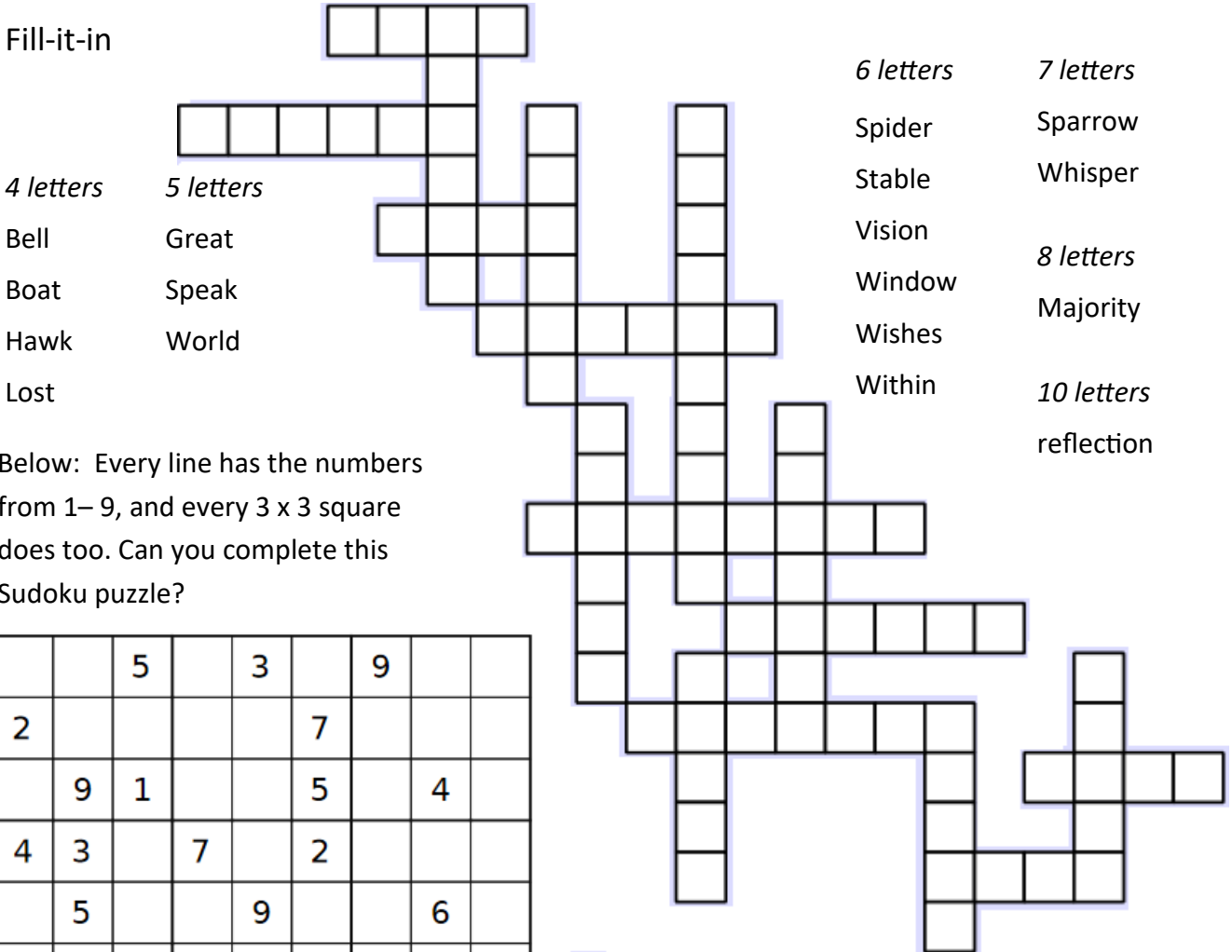
Luckily the letters felt directly under the column as they were on the board.

Good luck!



A T S O D E T J O M N E R S O K
 W H I H U T O T H N E S S H E O A R W I H T O I T E M G E V
 W I T T O G W E E T I S C O L D W F H N T S T E F N B U C M I R E

Fill-it-in



- 6 letters
- 7 letters
- Spider
- Sparrow
- Stable
- Whisper
- Vision
- Window
- Wishes
- Majority
- Within
- 10 letters reflection

Below: Every line has the numbers from 1– 9, and every 3 x 3 square does too. Can you complete this Sudoku puzzle?

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

There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle - Deepak Chopra