

MT ROUSE NEWS & VIEWS



A Project of the Peshurst Mens Shed Inc

All's well in our local district?

Thank you to all our current contributors. To the rest of the Peshurst & District residents, is there anything interesting or exciting happening in your neck of our woods? It's not often we don't have something of interest for the front page, but it has to happen. Do you have an adventure, a thought, a puzzle, or a project that you would like to share with our readers? Or should I get the camera and chase the roaring koala down Watton Street? Yes, he's real. I heard him roaring just the other day.

This is not him, just a stock picture.

There are many beautiful animals in our region. Do you have a photo or two to share? Remember, while Mark and I



have fun putting the newsletter together, we truly appreciate everyone who contributes.

In the meantime, our newsletter Mascot, Meriweather the owl (left), will now be helping me with creating the Crossword, without any cross words. Isn't the English language wonderful. Just how confusing can we get?

Have fun!



Penshurst Store



Amanda & Cam Wilson

0439 941 942

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

New Hours:

Monday to Friday 7.30am to 5.00pm

Saturday 8.00am to 2.00pm

Sunday CLOSED

Family Pies now available to order
or pick up in store

Plain, Pepper, Cheese & Bacon, Mushroom,
or Curry, Chicken Kiev or Butter Chicken,
Lamb Rosemary & Garlic, Potato.

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COVID-19 Restrictions

Check out our giftware and clothes
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Fresh eggs available



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- Seed and Fertiliser Supply
- Crop and Pasture Protection Products
- Animal Health and Nutrition
- General Merchandise
- On Farm Deliveries

Western AG Hamilton

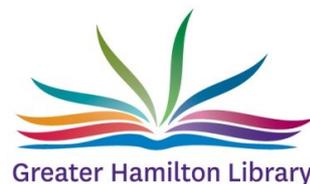
T: 03 5579 5900

Tim Wilson - 0429 168 020

Western AG Willaura

T: 03 5354 1585

Glen Gray - 0439 541 036



Greater Hamilton Library

Mobile Library IS BACK ON THE ROAD

**Will be visiting Penshurst
every Thursday fortnight**

3.00 - 4.00pm

**Outside the Hall in Martin St
Dates for November are:**

12th & 26th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

**LIKE US ON FACEBOOK:
GREATER HAMILTON LIBRARY**



REMEMBRANCE DAY 2020

Remembrance Day was commemorated at 11am on 11th November. Unfortunately, the usual community service was not permitted to take place due to Covid 19 restrictions. The wet and stormy weather although threatening, did not prevent several members from the Sub-Branch conducting a short ceremony at the cenotaph to mark this important day.

'LEST WE FORGET'



Christmas
is Coming...
Get Ready!

Penshurst Post Office
31 Martin Street, Penshurst. 3289
Telephone: 5576 5220

EXTRA OPENING HOURS IN DECEMBER 2020

Saturday December 5, 12, 19
Hours 9 am to 1 pm



2020 Christmas Postage

International Card Only \$2.20
National Card Only \$0.65



Great Variety of Christmas Cards

..... As Seen on TV Products
If not in stock Quick Ordering Available
..... Laybys Welcome

**Great Range of
Books, Games and Gifts for all Ages**



**SHOP LOCAL
— FIRST —**
YOUR COMMUNITY · YOUR FUTURE

*Stay Happy,
Healthy,
and Safe*

Happy Holidays from John, Judy & Nicole

**Ambulance**Victoria

13 November 2020

Media Release

THUNDERSTORM ASTHMA- KNOW THE SIGNS

Ambulance Victoria is urging the community to make sure they're aware of the symptoms of asthma and know when to call for help.

Thunderstorm asthma season officially runs from October to the end of December, but the peak risk occurs around the middle of November.

Ambulance Victoria's Direct of Emergency Management Justin Dunlop said asthma, seasonal hay fever and COVID-19 have some symptoms in common.

"Symptoms of hay fever include a runny or itchy nose, sneezing, and itchy, watery eyes while asthma symptoms include wheezing, breathlessness, a tight chest and persistent cough," he said.

"As we know, COVID symptoms also include a runny nose, tight chest and cough."

Mr Dunlop said that's why it's important for people to manage their hay fever and asthmas appropriately.

"If you suffer from seasonal hay fever you are at increased risk of asthma developing during a thunderstorm asthma event, so speak to your GP or pharmacist about treatment and whether you need to have an asthma preventer.

"If you are an asthma suffer, make sure you discuss your management plan with your GP and have plenty of preventer and reliever medication and a spacer to hand."

Mr Dunlop said people should also avoid being outside during thunderstorms from October through December, particularly in the wind gusts before the rain.

"If possible, go inside your house or car and close your doors and windows. If you have an airconditioner, switch it on to recirculate the said," he said.

"Don't hesitate to call Triple Zero (000) if you or someone near you is experiencing symptoms such as obvious difficulty breathing, coughing or wheezing, unable to speak a full sentence in one breath or reliever medication isn't lasting as long as usual."

FACTS

What is epidemic thunderstorm asthma?

When a large number of people develop asthma symptoms over a short period of time, triggered by an uncommon type of thunderstorm, it is known as an epidemic thunderstorm asthma event.

What causes thunderstorm asthma?

Thunderstorm asthma occurs when whole pollen grains are swept up into the clouds as a storm matures. Moisture in the clouds breaks the pollen into smaller particles which are then blown to ground level where they can be breathed deeply into the lungs. This makes it difficult to breathe and can result in the sudden onset of severe asthma symptoms such as wheezing, chest tightness and coughing.

Continued page 6



AmbulanceVictoria

13 November 2020

Media Release

Continued from page 5

THUNDERSTORM ASTHMA- KNOW THE SIGNS

Who is most at risk?

People with asthma, undiagnosed asthma, or who may have had asthma in the past are most at risk. People with hay fever who may or may not have had asthma are also at risk. Having both asthma and hay fever, or poor control of asthma, increases the risk further.

For more information:

AV thunderstorm asthma video link available to download. Fee free to use as you see fit.

<https://vimeo.com/user114153205/download/477038963/043efa6b18>

[Melbournepollen.com.au](https://www.melbournepollen.com.au)

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-emergency-first-aid>

[Nationalasthma.org.au](https://www.nationalasthma.org.au)

Help your community by becoming an Ambulance Community Officer

Ambulance Victoria is seeking expressions of interest from Penshurst residents who might be interested in becoming a part-time Ambulance Community Officer (ACO).

If you would like to know a little more about the nuts and bolts of what is involved, please send an email to penshurst.teamleader@ambulance.vic.gov.au.

In the Garden with Janet

Rhododendrons: There are over 500 species ranging from tiny alpine shrubs to huge tree like species. Most bear spectacular flowers between early spring and early summer but there are winter and late summer flowering varieties as well. Rhododendrons usually have lustrous dark green leaves all year round. They can be grown as shrub borders or at the back of the bed. They will also grow in large containers filled with lime free soil as all rhododendrons grow best in lime-free, well-drained moist soil. They will grow in lightly dappled shade with shelter from cold or hot winds. They are shallow rooting. Keep pruning to a minimum, but they can be cut back hard if required.

Mulch tomatoes, corn, pumpkins, beans, capsicum, beans, silver beet, to help prevent water loss and will also feed the plants. It is still not too late to plant summer vegetables. Keep harvesting peas and broad beans. Water deeply rather than sprinkling each day. Remove the runners (long stems that creep along the soil and develop plantlets) from strawberries as this will ensure better cropping of the berries. Cover with netting to keep the birds from eating your luscious berries.

Don't forget to walk around to enjoy your garden.



Penshurst Progress
Association

ABN 35 622 662 815

Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Mary Stewart

Tom Cooke - Vice President

Nigel Pyne

Josh Hewitt - Treasurer

Don Adamson

Next Meeting: 25th November 2020 7.30pm in the Supper Room, Penshurst Hall.

Good morning everyone,



It is essential to properly prepare for a Zoom meeting
[Image from Ian Bryan]

For those who do not know what a Zoom meeting is, it's when people communicate in real time through the computer screen, and can see and hear each other, from anywhere in the world. There are a variety of programs like it, and its always fun.

When I am at the computer, Nel, the cat of dangling curtain fame, often arrives and leaps onto the top of my desk, walks across my hands, and the keyboard with her periscope up, so if I am in an online meeting, all anyone sees is a bit of her back and that long tail. People cannot appreciate her true insanity, because they have not been jumped on from high cupboards at 5am, nor had her appear from inside drawers in the kitchen cupboards, which is her new game. She has worked out how to open the doors from the inside, but not the outside, but when it happens it won't be a surprise.

Changing the subject back to PPA, after not meeting for most of the year, we can now have small ones, so there Will be a **Community Meeting on Wednesday 25th November**, but it won't be the AGM. That has been moved to January. The November meeting will

**PENSHURST COMBINED
CHURCHES
CHRISTMAS CAROLS**

After careful consideration the Penshurst Combined Churches Christmas Carol Committee have decided to cancel the Christmas Carols that were to be held in December 2020 due to the Convid19 pandemic.

This is the first time in 56 years of being held that we have had to do this, unfortunately the health of our patrons and children attending, the risk cannot be taken, as we will still be very much wearing masks and social distancing between us all.

We look forward to the year 2021 to be able to pick up and once again provide the community with our beautiful Christmas Carol Service.

To all involved thank you in anticipation.

be the last for this year, and COVID protocols apply. Discussions will be varied, and if you would like to add to them, it will be appreciated. After all, we are a Community Association. See you there.

Here's to planning for a happier and healthier 2021. Have a great fortnight and be safe,
Ama Cooke President PPA
0402 870 738

PS. Thank you to everyone who voted for me at the Council elections. Let's hope the new team will do us some good.

Monthly Meetings

- Book Club, 2nd Tuesday each month at Senior Citizen club rooms. 2.00pm
- Caramut & District Garden Club, 2nd Tuesday monthly at 10 am. See Garden Notes for venue.
- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Courthouse open 1st Saturday each month 9.30 am to 1230 pm.
- Friends Yatmerone Reserve, 2nd Tuesday each month at Volcano Centre 7.30 pm. New members welcome.
- Indoor bowls 2 pm every Monday at Senior Citizens. All Welcome.
- Lions, 1st & 3rd Tuesday each month at 8 pm at RSL Hall, Ritchie Street.
- Mt Rouse & District Historical Society, 4th Sunday in January, March, May, July, September and November, 2pm at Court House. Phone 557 12145.
- Peshurst Bowls Club, 1st Tuesday each month at 7.30 pm.
- Peshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room, Peshurst Hospital at 1.30 pm.
- Peshurst Playgroup meets every Monday morning 9.10 am—11.30 am at the pre-school in Watton street. Everyone most welcome. (No playgroup in School holidays)
- Peshurst Pony Club rally, 1st Sunday each month.
- Peshurst 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
- Peshurst Urban Fire Brigade, 2nd Monday monthly at fire station.

- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm at Hospital.
- RSL meets 1st Thursday of February, April, July & October at 6.30 pm at RSL Hall, Ritchie Street.

Peshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Peshurst Anglican Church

5pm Mass 3rd Sunday each month

For further details contact Janet Kelly on
5576 5247

St Andrew’s Uniting Church

Peshurst

2nd & 4th Sunday

11am Service

St Joseph’s Catholic Church Peshurst

1st Sunday No Service

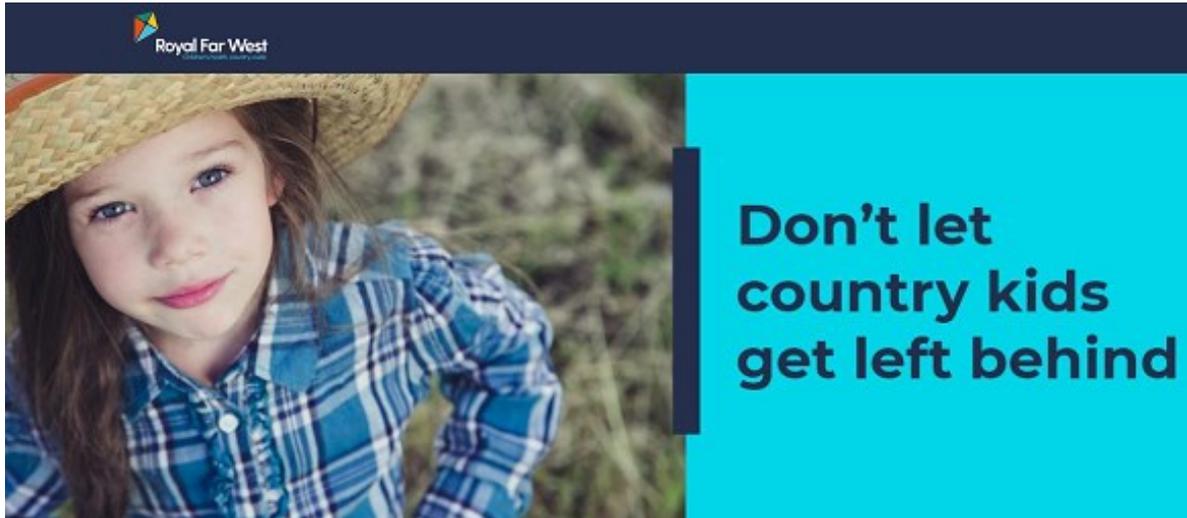
2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

5th Sunday Mass 8.30am

Have you got information, activities
or a story you’d like to share?
We’d love to publish it.
Contact Mark or Ama



Too many children with developmental challenges living in rural and remote Australia are facing adulthood without the same opportunities as city kids, simply because of where they live. It is a travesty that country kids with largely manageable disorders are needlessly being left behind. Without treatment, these challenges can deteriorate into lifelong health and well-being issues, and hugely limit a child's potential.

Every child is different, and so are their needs. Many children begin their Royal Far West journey with a comprehensive screening and assessment, conducted in our Healthy Kids Bus Stop. Their long term journeys differ depending on the best available solution to their health and wellbeing challenges; from connecting with local services, to remote Telecare services, and the specialist intensive programs available at our centre in Manly.

We work closely with families, schools, allied health professionals and local communities to connect rural and remote Australian children with the healthcare they need.

Our relationships with the families we support continues to grow from there. We offer ongoing intervention and support via Telecare, return visits to Manly, and in some cases, in-community services tailored to the needs of each child and their family.

To achieve the best possible outcomes for kids across rural and remote Australia, this care needs to be effective, timely, consistent and, above all, available to families in need, wherever they are. We work with leading specialist clinicians and educators to make that happen faster and more affordable than ever.

You can help us to reach more kids, faster, by becoming a supporter today. Please consider donating to help Royal Far West remind families across Australia that being far from help doesn't have to mean being far from hope.

Warm regards,
Royal Far West

For more information go to
<https://www.royalfarwest.org.au/growing-up-bush-donate/>

"Now the point of comedy is not just looking funny, it's use of language. We have at our disposal a great language ... and the imaginative, creative use of that language can be at the service of humour." - **Barry Humphries**

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

Open 7 days

Opening Hours:

Monday - Friday

7am - 7pm

Saturday

9am - 6pm

Sunday

10am - 6pm



Sandwiches & lunch packs available

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

Groceries - Bread - Frozen Foods

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80 Bell Street, Penshurst

5576 5270

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Answers to Riddles: 1. a platypus, 2. a
stole, 3. no noose is good noose,
4. conundrum, 5. when it strikes, 6. they
are all boys, 7. they both come from a blow.

**CHRISTOPHER COOK
CONSTRUCTIONS**

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214

DB-U 5109

**112 Bell Street
Penshurst Vic 3289**

A PAGE TO SHARE RECIPES

A traditional Spanish dish

Paella

Prep Time 20 mins - Cooking Time 35 mins

INGREDIENTS - 4 servings

1 chicken breast fillet cut into pieces	1/2 green capsicum chopped medium
skinless 300 g prawns cooked	2 red chillies chopped fresh
3 tbs olive oil	2 tomatoes skin off
1 onion chopped medium	100 g frozen peas
1 garlic clove crushed	300 g rice
1/2 red capsicum chopped medium	1L Chicken Style Liquid Stock

METHOD

Step 1 Cut chicken into 2cm cubes. Heat a little oil in a frypan, and cook chicken until done. Set aside.

Step 2 Heat olive oil in a large frypan. Add garlic and onion and cook until browned.

Step 3 Add red and green capsicums, cooking for 3 minutes.

Step 4 Add tomatoes and red chili. Cook 5 minutes.

Step 5 Add rice, counting how many ladles, then add twice as many ladles of chicken stock or water.

Step 6 Season, then bring to boil, but do not stir. Reduce heat, cover and simmer for 15 minutes.

Step 7 Add frozen peas, prawns and cooked chicken, and cook for approximately 10-12 minutes or until moisture is all absorbed.

Step 8 Turn off heat, cover with foil and rest 5 minutes before serving. Garnish with fresh parsley.



“I would sooner be a foreigner in Spain than in most countries.
How easy it is to make friends in Spain! “

George Orwell

Penshurst Hair Design



The Salon is Open

Tuesday,
Thursday &
Fridays

9am - 5pm

Every Second
Saturday

10am - 3pm

Bookings required
As appointments fill quickly!

Phone Mandy

Mobile: 0417 511 177



Thank you

PLACES OF INTEREST IN PENSHURST

Volcanoes Discovery Centre

www.volcanoesdiscoverycentre.com.au

Yatmerone Wildlife Reserve

Ritchie Street, Penshurst

Botanic Gardens

Chesswas Street, Penshurst

Penshurst Caravan Park

Cox Street, Penshurst

For Bookings phone (03) 5576 5220

24 Hr Fuel

91A Bell Street Penshurst

Mount Rouse Lookout

Waller Road, Penshurst

Grab your Takeaway and extras from Josh & Tracy Hewitt at the Penshurst Newsagency & Takeaway

86 Bell Street Penshurst 5576 5330

All Day Breakfast, Home-made cakes & slices

Mahalia Coffee, Fresh Bread, Milk, Meat and soft drinks.

Fresh battered Fish, Dim Sims, Hot Chips and much more.

NEW MENU ITEMS

Huge range of focaccias - Egg & Bacon Rolls & Muffins

Opening hours

Monday 6 am - 7 pm Tuesday 6 am - 5 pm

Wednesday & Thursday 6 am - 7 pm

Friday & Saturday 7 am - 8pm Sunday 8 am - 7 pm

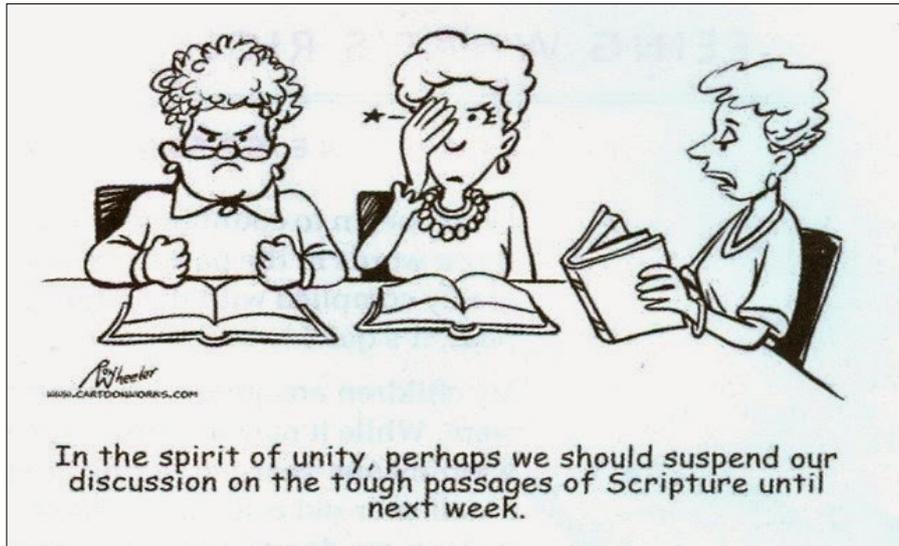


Ready to go

Roast Lamb & Beef Gravy Rolls

Ask about our American Style Burger Menu

Please phone late orders 15 minutes prior to closing, thank you



Around the Churches

Silence

If you were to sneak into the Lady Chapel a few moments before morning prayer, you probably wouldn't see anything much. Just some old guy sitting quietly by himself. Not a lot seems to be happening. The dew of silence has deliciously settled over this space.

Silence has at least two different levels. First, there is keeping silent. This is the silence where there is no noise that can be heard. No radio, no TV, or sound of any kind. Not even a dog barking. This is the abstaining from speech and making words with our mouths. Sometimes that is very difficult to do. We are provoked by the most unlikely things. It's then that we respond quickly and without thinking of the consequences.

The other level is being silent. This is something much more than the lack of outward noise. This is an inner attitude of gentleness, accessibility and availability. It is a stilling of, or quietening of, the nosiness that is within us. And I think this a much harder gig. There can be so much stuff and noise slushing around inside of us, particularly when we are uncertain and adrift. When we are flustered, fearful and flummoxed, we should not only keep silent but we should be silent. Breathe and ask a few hard questions. Like 'Will this matter in 6 months time?' 'Is this a first world problem?' 'My options are...?'

There is also a connection between being silent and keeping silent. It is when we can keep silent that we have the resources to be silent. One is always feeding the other.

So while the crazy old guy in the chapel might mutter sometimes, there is also a lot of activity going on in the apparent inactivity. He is both keeping silent and being silent and sometimes just 'Being'.

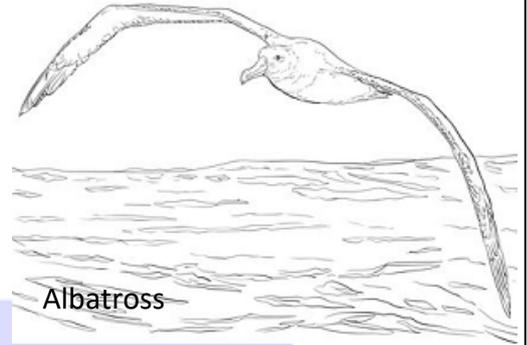
Fr. David Oulton - droulton72@gmail.com

**We welcome contributions from the churches that include Penshurst
in their parishes.**

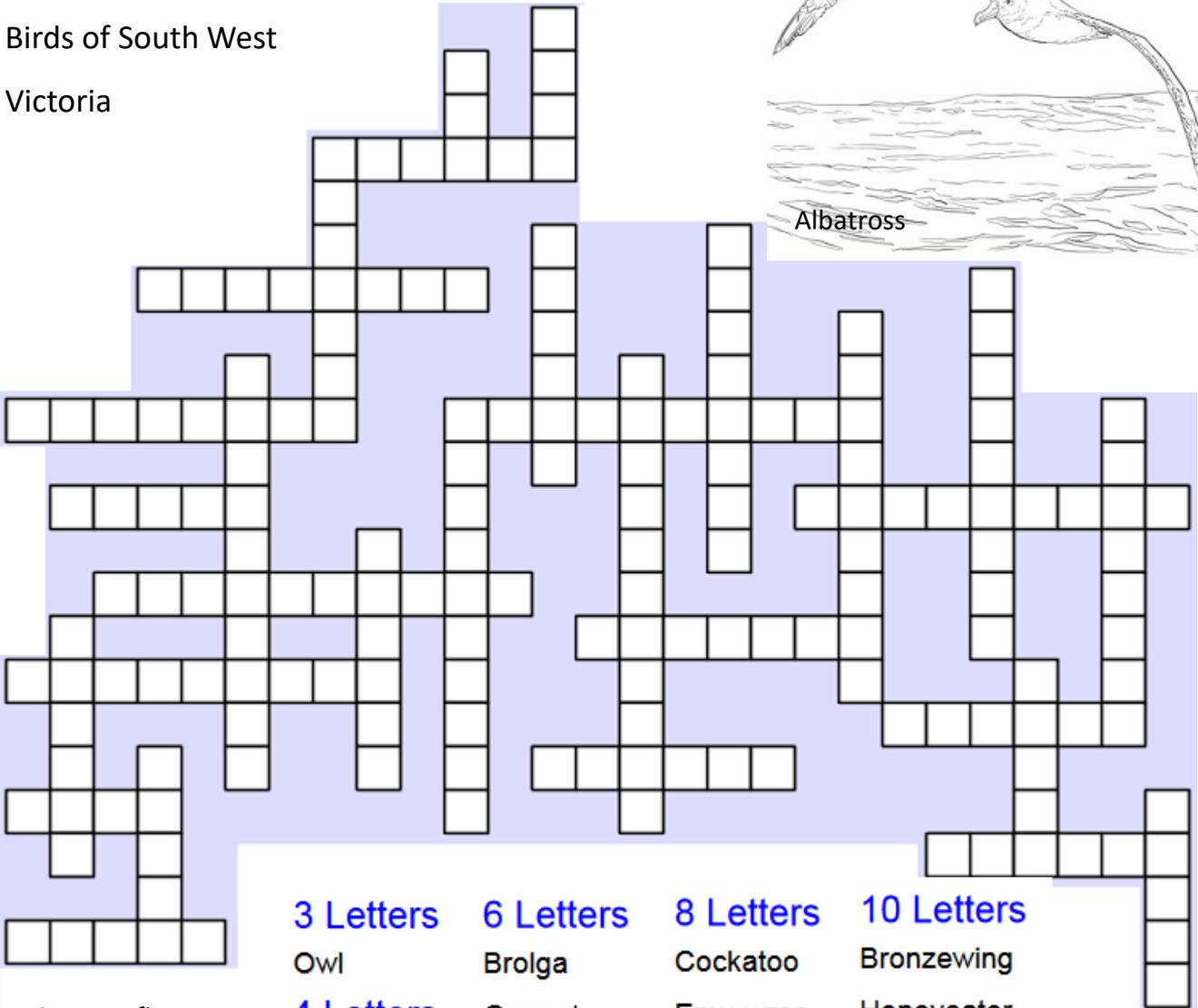
A Page for the Children to enjoy

Birds of South West

Victoria



Albatross



Can you fit them into this puzzle

3 Letters

Owl

4 Letters

Skua

Tern

5 Letters

Crake

Prion

Raven

Robin

Snipe

6 Letters

Brolga

Gannet

Jaeger

Parrot

Petrel

Plover

Thrush

7 Letters

Bittern

Penguin

8 Letters

Cockatoo

Emu-wren

Firetail

Whistler

9 Letters

Albatross

Bowerbird

Cormorant

Sandpiper

10 Letters

Bronzewing

Honeyeater

Sanderling

Shearwater

11 Letters

Bristlebird

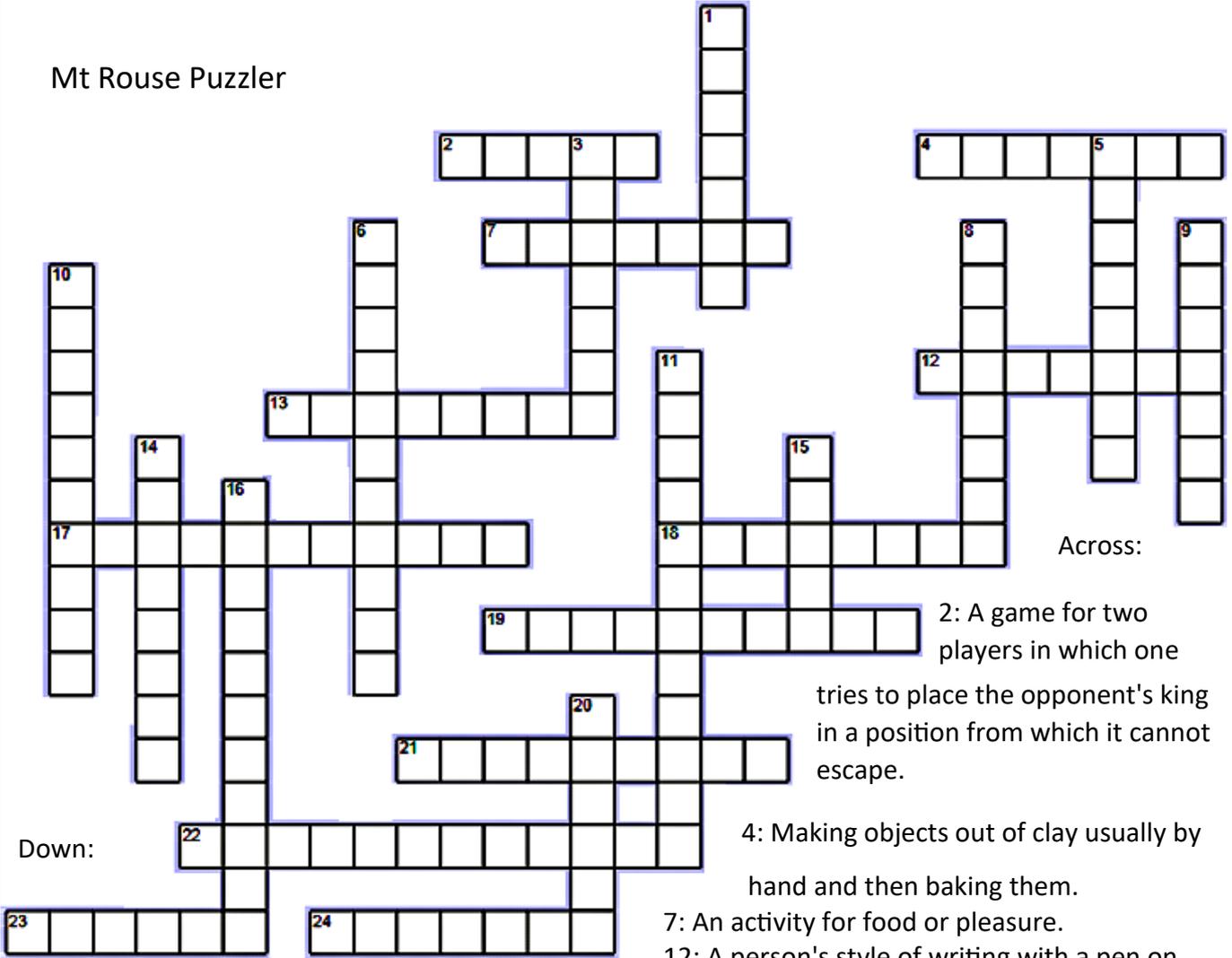


Honeyeater



Fairy Penguin

Mt Rouse Puzzler



Across:

Down:

- 1: A picture, image, etc., that is made by making lines on a surface with a pencil, pen, marker, chalk, etc.
- 3: What cats do on your fence in summer.
- 5: In addition to consuming adequate protein, this activity is necessary for muscle growth and strength.
- 6: The art of decorative handwriting.
- 8: The activity or process of gaining knowledge or skill by studying, practicing, being taught, or experiencing something.
- 9: The Japanese art of folding paper into shapes
- 10: Activity of raising bees.
- 11: The activity of collecting memories
- 14: The activity of buying things from shops.
- 15: To move your body in a way that goes with

2: A game for two players in which one tries to place the opponent's king in a position from which it cannot escape.

4: Making objects out of clay usually by hand and then baking them.

- 7: An activity for food or pleasure.
- 12: A person's style of writing with a pen on paper that can be recognized as their own.
- 13: The action or process of knitting clothing.
- 17: A hobby you do with a camera
- 18: A picture that is painted.
- 19: The process or art of sewing a design on cloth.
- 21: An area of ground where plants (such as flowers or vegetables) are grown.
- 22: Keeping an eye on twitchers
- 23: The activity of going for long walks in the countryside.
- 24: The act of creating sustenance.

.....
the rhythm and style of music that is being played.
16: The skill or work of making things out of wood.
20: One way of securing two items together.

Across: 2 vase, 5 cypher, 6 valuable, 9 lightning, 11 practical, 14 rumble, 16 gutsy, 17 restitution, 19 prickle, 21 November, 23 bask, 24 make, 25 pierce. Down: 1 peace, 3 you, 4 drowsy, 7 legitimate, 8 will, 10 stage fright, 12 persimmon, 13 conundrum, 15 cylinder, 18 spectrum, 20 soothe, 22 ration.

PENSHURST MENS SHED

Update

While the Men's Shed is closed during the COVID-19 pandemic, there has been a little movement on the build project.

The external building has been completed and now the internal work must be done. Have patience, we will be open again very soon.

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

Ama Cooke 0402 870 738

Penshurst's Website

Have you visited the Penshurst website yet?

Not only is the site full of valuable information, but there are links to many of the important organisations within our town.

Would you like to add a link to your website? Email president@penshurstprogress.org.au

Visit our site

**www.penshurstvictoria.com.au
and let us know if you have
any comments.**

Editor

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DEADLINE FOR SUBMISSIONS – 28th November 2020

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

**FREE NEWSLETTER EVERY
FORTNIGHT**

Also available in colour online at

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

Newsletter Advertising Rates (Per Issue)

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

A few one-liners to brighten your day:

- I've always wondered if chickens communicated with foul language. Maybe only when they are egg-cited.
- An invisible man married an invisible woman. The kids were nothing to look at either.
- I didn't think the chiropractor would improve my posture, but I stand corrected.
- I took my new girlfriend out on our first date to the ice rink and entry was half price. She called me a cheap skate.
- Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.
- I used to date a girl with one leg who worked at a brewery. She was in charge of the hops.
- My cross-eyed wife and I just got divorced. I found out she was seeing someone on the side.
- My wife claims I'm the cheapest person she has ever met but I am not buying it.
- Did you know that a Raven has 17 rigid feathers called pinions, while a Crow has only 16. The difference between a Raven and a Crow is only a matter of a pinion.
- I told my carpenter I didn't want carpeted steps. He gave me a blank stair.
- What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

Riddles

1. What animal would you get crossed a duck, a beaver, and an otter?
2. What did the robber get his wife for her birthday?
3. What did the prisoner about to get hanged say when he got pardoned?
4. What type of drum are you not able to play?
5. When is a clock dangerous?
6. A man has 9 children. Half of them are boys. How is this possible?
7. Why is a bubble like a bruise?



Council workers have been busy putting up the Christmas decorations around town this past week.

The tree stands on the Hamilton Highway side of the Botanic Gardens near the main entrance. We are expecting a red-suited visitor there at 10.00am on the 12th December.

Utility Poles around the town have been decorated with Christmas inspired images.

Sammy Scribe quotes a Columbine Student
 who survived a 2001 high school massacre in the USA

The Paradox of our time in history is that we have tall buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less. We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge but less judgement; more experts, but more problems; more medicine, but less wellness. We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour.

We've conquered outer space, but not inner space; we've cleaned up the air, but polluted the soul; we've split the atom, but not our prejudice. We have higher incomes, but lower morals; we've become long on quantity, but short on quality. These are the times of tall men and short characters, steep profits and shallow relationships. These are the times of world peace, but domestic warfare; more

leisure, but less fun; more kinds of food, but less nutrition. These are the days of two incomes, but more divorce; of fancier houses but broken homes. It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you over the internet and a time when you can choose either to make a difference ... or just hit delete.

“Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.”

Robert Louis Stevenson

“The breath of life is in the sunlight and the hand of life is in the wind.”

Kahlil Gibran, The Prophet

**Do you run a business?
 Do you work from home or
 have a local office?**



Would you like a Digital Hub in your area? We would love to get your views!

Complete our short survey:



<https://www.surveymonkey.com/r/digitalhubs-industry>

This project is supported by the Regional Digital Fund as part of the Connecting Regional Communities Program of the Victorian Government

