

# MT ROUSE NEWS & VIEWS



## Fires close to home

Another fire season has begun across Victoria, and near Peshurst it jumped into life thanks to a variety of storms that sparked lightning across our region. There were more than 100 lightning strikes during the storms that did not bring a lot of rain. There were at least a dozen blazes, burning near the Hamilton Highway and the Warrnambool Road, those nearing Peshurst ranging in size from four hectares to more than 74 hectares. Some areas are still being watched.

The residents of Peshurst would like to acknowledge and thank every person who worked to control those fires and then extinguish them. We are truly indebted to the six brigades who watch the land around our towns, and the more than 20 fire vehicles (land and air) who kept us safe.

People continue to be confused about when they should leave, or where they should go, during a fire event. If you need help with a Fire Safety Plan contact the CFA. The VicEmergency Hotline is 1800 226 226 for bushfire information and advice. There is also advice here: <https://www.cfa.vic.gov.au/plan-prepare>. It is worth spending the time to make yourself safe this season.

We are told to let our light shine, and if it does, we won't need to tell anybody it does. Lighthouses don't fire cannons to call attention to their shining - they just shine. Dwight L. Moody



# CFA





## Australia Day

### Cancelling the Australia Day Ceremony

A lot of thought and discussion went into the decision to cancel our Australia Day Ceremony this year. We were going to hold it, but once we knew there was a positive COVID case in Penshurst we decided to be safe rather than sorry.

To anyone who thinks they even 'might' have COVID, please go and be tested. It's not as invasive as I was told - the stick actually tickled my nose, and the process only lasts a moment. The life you may be saving is not just your own.



Greater Hamilton Library

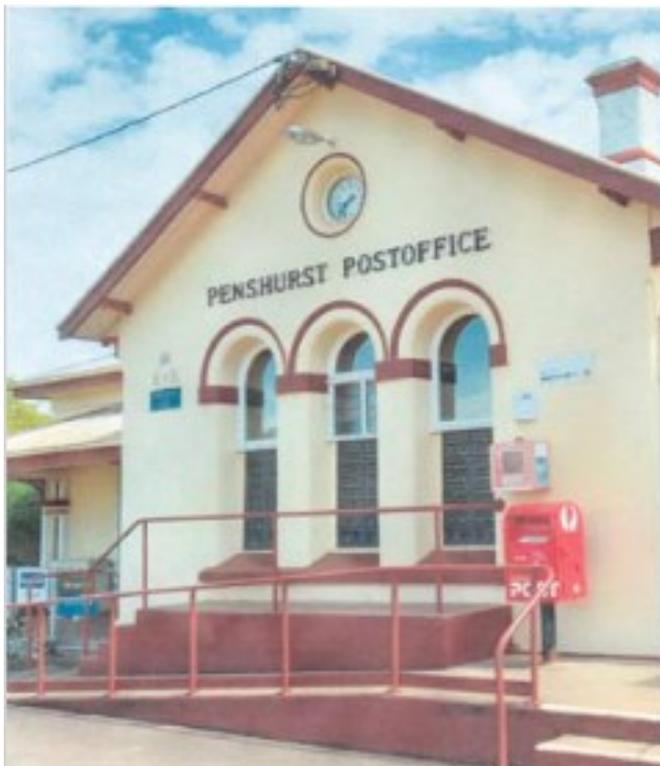
**Mobile Library**  
**Will be visiting Penshurst**  
**every Thursday fortnight**  
**3.00 - 4.00pm**

**Outside the Hall in Martin St**  
**Date for January 2022:**  
**6th & 20th**

**Phone: 5573 0470**

**[www.sthgrampians.vic.gov.au/library](http://www.sthgrampians.vic.gov.au/library)**

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## Penshurst Progress Association



ABN 35 622 662 815

*COVID rules apply*

Committee of Management:

Ama Cooke – Chairperson  
Tom Cooke - Vice President  
Josh Hewitt - Treasurer  
Don Adamson

***Next Meeting - Wednesday 23rd February 2022 AGM & Community Meeting  
7.30pm - Supper Room, Penshurst Hall***

Good morning, how are you?

That's a very pertinent question as we now know that COVID has landed in Penshurst. The wait to find out whether my test was positive or negative gave me plenty of time to think .. particularly about how I would manage to bring out this newsletter without a second pair of hands. It made me look at the contents of my cupboards, and the medicine boxes, from a whole different perspective. It's very easy to become complacent, giving lip-service to the guidelines, and then suddenly remember the place (only one, thank heavens) here where I didn't sign in because I was in a hurry and just dropping off something. That chain of contact is vital to help stop the spread of this virus that is still killing people, and can now be spread to our kids. Well, I am "negative". The message arrived via text at 3.33am Sunday morning but I was too tired to read it then, so I found it in the morning. One good thing that came out of the experience was the lessons it taught me about not letting my guard drop when out and about.

We cancelled Australia Day. There are good reasons why it might have turned into a super-spreader event and we didn't want to take any chances. Instead we will have a gathering, probably early March, which we (PPA committee) have been discussing for some time, as you will have seen through these messages. An event to welcome our new residents and say thank you to our volunteers. It will be there that we present our Penshurst Citizen of the Year award. That award is for recognition of one of the town's volunteers who goes out of their way to help make something, or many things, special in Penshurst. That's why we ask all of you to

nominate someone you think deserves it. Thank you to everyone who did.

Ok, back to the business at hand. My desk is littered in paperwork and projects are gently coming to life. There are endless possibilities of things we can do for Penshurst and your help is needed. If you've never volunteered for something, come and have a chat anyway. The Progress Association wants input from everyone in town, including new residents, about what they want for this place where they choose to live, not just sleep here.

The Progress Association AGM is on the 23rd February, 7.30pm. It takes a short time and then we'll have the usual community meeting. You are all invited. Remember COVID rules apply.

Changing hats for a moment - the window replacement at the Hall has met an obstacle. That building appears to have been very well built, including trapping the window frames within the walls. But we just groan and look for the solutions. Thank you Chris Cook who has gone over and above to help us fix the problem.

Be safe and stay well,  
Ama Cooke Chairperson PPA

**A CLEVER PERSON  
SOLVES A PROBLEM.  
A WISE PERSON  
AVOIDS IT.**

ALBERT EINSTEIN

## Achoo! by Cynthia Sherwood

Achoo! We all sneeze sometimes. Sneezing is a reflex that your body does automatically. That means you cannot make yourself sneeze or stop one once it has started. When you sneeze, your body is trying to get rid of bad things in your nose, such as bacteria. You have extra germs when you have a cold, so you sneeze a lot more. You might also sneeze when you smell pepper! Inside your nose, there are hundreds of tiny hairs. These hairs filter the air you breathe. Sometimes dust and pollen find their way through these hairs and bother your nasal passages. The nerves in the lining of your nose tell your brain that something is invading your body. Your brain, lungs, nose, mouth, and the muscles of your upper body work together to blow away the invaders with a sneeze. When you sneeze, germs from your nose get blown into the air. Using a tissue or "sneezing into your sleeve" captures most of these germs. It is very important to wash your hands after you sneeze into them, especially during cold and flu season. Do you ever sneeze when you walk into bright sunlight? About 25% of people experience this

phenomenon. Scientists believe that the brain gets confused when signals from the optic nerve trigger the sneezing reflex in direct sunlight. This usually runs in families. If someone nearby sneezes, remember to tell them "Gesundheit!" That is a funny looking word which is pronounced "gezz-oont-hite." It is the German word that wishes someone good health after sneezing.

## Riddles to Ponder

1. I come one in a minute, twice in a moment, But never in a thousand years.
2. When you put this in a heavy wooden box, the box will become lighter.
3. You hear my sound, you feel me when I move, But see me you never will.
4. I follow you all day long, but when the night or rain comes, I am all gone.
5. The more I dry, the wetter I get.
6. I am very heavy, but backwards, I'm not.
7. A cowboy rides into town on Friday. He stays two days, then leaves on Saturday. How can this be?

## Penshurst Art Exhibition 2022

Penshurst Memorial Hall, 21 Martin Street.

Judges – Roger Edwards & Associate

Opening Night - Friday 18<sup>th</sup> March

Entry \$15.00 per person

Includes a light supper and entry all weekend.

**Exhibition Open all weekend**

Entry – Adults \$5.00      13 + Gold Coin      Under 12's free.

For more information on Entering your work in the competition

go to [www.penshurstartexhibition.org.au](http://www.penshurstartexhibition.org.au) or

ring Tom 0488 557 345 & Ama 0402 870 738

**MEDIA RELEASE**

SOUTHERN GRAMPPIANS SHIRE COUNCIL



21 JANUARY 2022 GLOBALLY SIGNIFICANT VOLCANIC TRAIL -  
MASTERPLAN READY FOR FEEDBACK

Southern Grampians Shire Council is seeking community feedback on the draft Volcanic Trail Masterplan prior to council adoption. The volcanic landscape of Southwest Victoria is one recognised for its global significance. Forming part of the Western Volcanic Plains, the Trail is geologically important for their extent and relatively recent volcanic activity. They also hold cultural significance to Traditional Owners who have inhabited the region for at least 45,000 years. Southern Grampians Shire Council Mayor, Bruach Colliton said the volcanic sites sit between the two visitor attractions of the Great Ocean Road and Grampians National Park and with appropriate development, will improve the sites for visitors and the community alike.

“The development of the Volcanic Trail is an opportunity to not only progress the visitor economy of the region, but to also vitally preserve and protect these important sites for future generations to come,” said Cr Colliton. “The primary purpose of the Masterplan is to provide Council with strategic direction on ways to increase the visitor economy through the improvement of the supportive infrastructure and resourcing for the volcanic attractions in the Shire over the next 10 years whilst also preserving these culturally rich landscapes. “The draft Masterplan has incorporated feedback from prior community consultation and has been prepared with cultural advice from Traditional Owners. We are lucky enough in the Greater Hamilton region to be one of the only areas in the world to have two World Heritage Areas within two hours’ drive of one another - which is undoubtedly pretty special. “Council is committed to improving the management of these assets in partnership with other stakeholders, and to acknowledge and celebrate the heritage and history of our region. We understand that it is essential our community contributes to the masterplan for our volcanic trails future,” concluded Cr Colliton.

Cooper Scaife Architects and LookEar interpretive design were engaged in July 2020 to undertake a master planning process for the Volcanic Trail, in consultation with Council and other user groups. The ‘Trail’ is comprised of seven sites within the Shire: Wannon Falls, Nigretta Falls, Byaduk Caves, Harman’s Valley Lookout, Wallacedale Tumuli, Mt Napier and Mt Rouse. The opportunities identified in the draft masterplan cover both infrastructure and heritage interpretation with examples provided to illustrate a best-practice approach. Infrastructure upgrades range from improvements to existing walking trails, through to the development of new campsites and picnic grounds. Council is now seeking feedback on the draft masterplan which will remain open for two weeks. Submissions received will be considered prior to considering the final masterplan for adoption. The Masterplan, along with feedback survey is available to view on Council’s website [www.sthgrampians.vic.gov.au/haveyoursay](http://www.sthgrampians.vic.gov.au/haveyoursay). Alternatively feedback can be submitted directly to [sscott@sthgrampians.vic.gov.au](mailto:sscott@sthgrampians.vic.gov.au)

Media Enquiries: Alison Quade | 0429 601 208 | [aquade@sthgrampians.vic.gov.au](mailto:aquade@sthgrampians.vic.gov.au)

111 Brown Street, Hamilton 3300 | Locked Bag 685, Hamilton 3300  
Telephone: (03) 5573 0444 | [council@sthgrampians.vic.gov.au](mailto:council@sthgrampians.vic.gov.au) | [www.sthgrampians.vic.gov.au](http://www.sthgrampians.vic.gov.au)

5576 5270

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**Opening Days**

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

**By Appointment**

For appointments please ring

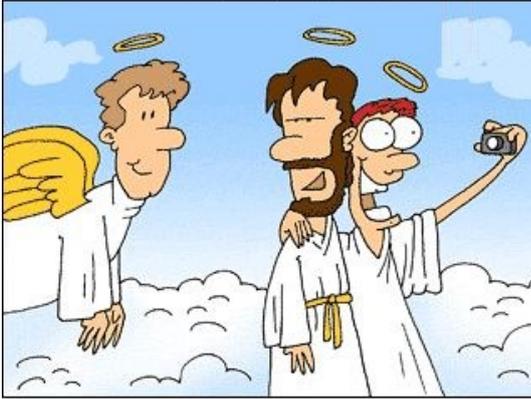
**Mobile: 0417 511 177**



Answers to Riddles: 1. The letter M. 2. A hole, 3. The wind. 4. A shadow. 5. A towel. 6. Ton. 7. The horse's name was Friday.



FunStressRelief.com



Thanks to Dad Hengeveld

I'VE TRIED TO EXPLAIN THAT HE'S GOING TO BE WITH ME FOREVER, BUT HE JUST DOESN'T GET IT

Faith in the  
age of  
technology



"If I send my prayer as a text message, will I get a faster reply?"

Looking at - Looking through

On Sunday January 30th at 10:30am, it will be a pleasure to dedicate and bless a window at Christ Church Hamilton. This is a lovely window of Christ the Good shepherd and if you are 'COVID comfortable', you are welcome to this celebration. In the window The Master looks straight out at us as does the sheep at his feet. There are other sheep in the window and the backdrop is one of our green Western District plains.

As well as admiring the craftsmanship and the deep appreciation of the person who has generously donated the window, there are a couple of other things going on. You can look at the window and explore the symbolism of the picture. The good shepherd does in fact hold us close even though it may not feel like it at this time.

The Master does walk with us, leads us and encourages us. He trudges with us in these green and pleasant lands that we enjoy in this part of Victoria. The sheep that Jesus holds also looks straight out at us to cheekily invite us to do what he has done. Jump straight into the arms of the Good shepherd and rest securely in comfort and with joy.

But you can also look *through* the window. Where does all this point you to? Or, what deeper truths does it launch you into? That we see dimly and sometimes darkly a friend that engages us, taunts us and draws us in. The aim is not just to admire the art work, but also to become the window yourself; an image, an icon, a shepherd, a nurturer and welcomer. We do this so that others may see through us the one who always stands with us ...The Good Shepherd.

Fr. David Oulton [drouton72@gmail.com](mailto:drouton72@gmail.com)

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



**Penhurst  
Remedial Myofascial Clinic**

**NOTICE**

The Remedial Myofascial Clinic  
will be SHUT from

Friday the 14th of January

allowing attending therapists time to receive  
and recover from the  
Covid Booster Vaccination.

The estimated COMMENCEMENT date  
will be

Friday the 11th of February

We will start taking 2022 appointment  
inquiries from Tuesday the 1st of February.

**M : 0400 819 408**

**Opening Hours:**

**Monday - CLOSED**

**Tuesday to Friday - 7.30am - 2.00pm**

**Saturday – 8.00am - 2.00pm**

**Sunday - CLOSED**



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**Amanda & Cam Wilson**

**0439 941 942**

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## A PAGE TO SHARE RECIPES

## Sausage Rolls

Prep Time 30 mins - Cooking Time 35 mins

## INGREDIENTS - 16 rolls

2 tsp extra virgin olive oil	1/4 cup finely chopped fresh flat-leaf parsley leaves
1 brown onion, finely chopped	1/2 cup fresh breadcrumbs
500g beef mince	2 sheets frozen puff pastry, partially thawed, halved
29g packet brown onion and garlic gravy	1 egg, lightly beaten
1 tbsp tomato sauce	Sesame seeds, to sprinkle
1 tbsp Worcestershire sauce	Tomato sauce, to serve

## METHOD

## Step 1

Heat oil in a large frying pan over medium-high heat. Add onion. Cook, stirring occasionally, for 5 minutes or until browned and softened. Set aside to cool.

## Step 2

Place mince, gravy mix, sauces, parsley, breadcrumbs and onion in a large bowl. Using hands, mix thoroughly.

## Step 3

Preheat oven to 220C/200C fan-forced. Line 2 baking trays with baking paper.

## Step 4

Place 1/4 of the filling along 1 long side of 1 pastry half. Roll up pastry to enclose filling. Cut into 4 pieces. Place, seam-side down, on prepared trays. Repeat with remaining filling and pastry. Brush with egg. Sprinkle with sesame seeds. Bake for 25 to 30 minutes or until pastry is golden and puffed. Serve with tomato sauce.



## Spicy Tomato Sauce

3 tablespoons olive oil, 1 medium onion, finely chopped, 6 garlic cloves, minced  
 1 teaspoon dried oregano, 3/4 teaspoon dried basil, 3/4 teaspoon dried marjoram  
 3/4 teaspoon dried crushed red pepper, 2 28-ounce cans Italian-style tomatoes  
 1 cup canned crushed tomatoes with added purée, 1/2 cup dry red wine

Heat oil in heavy large saucepan over medium heat. Add onion, garlic, oregano, basil, marjoram and crushed red pepper. Cover and cook until onion is translucent, stirring occasionally, about 10 minutes. Add remaining ingredients; simmer gently, uncovered, until sauce thickens and measures 8 cups total, breaking up tomatoes with spoon and stirring occasionally, about 1 hour 15 minutes. Season sauce to taste with salt and pepper. (Can be prepared 2 days ahead. Cool slightly. Cover and refrigerate.)



Mt Rouse Puzzler

Across: 2: Of the stars. Canada, to far east  
 5: The indigenous population of the Arctic and sub-Arctic regions from Greenland through  
 6: Enormous, or hairy elephant.  
 11: Plain and simple.

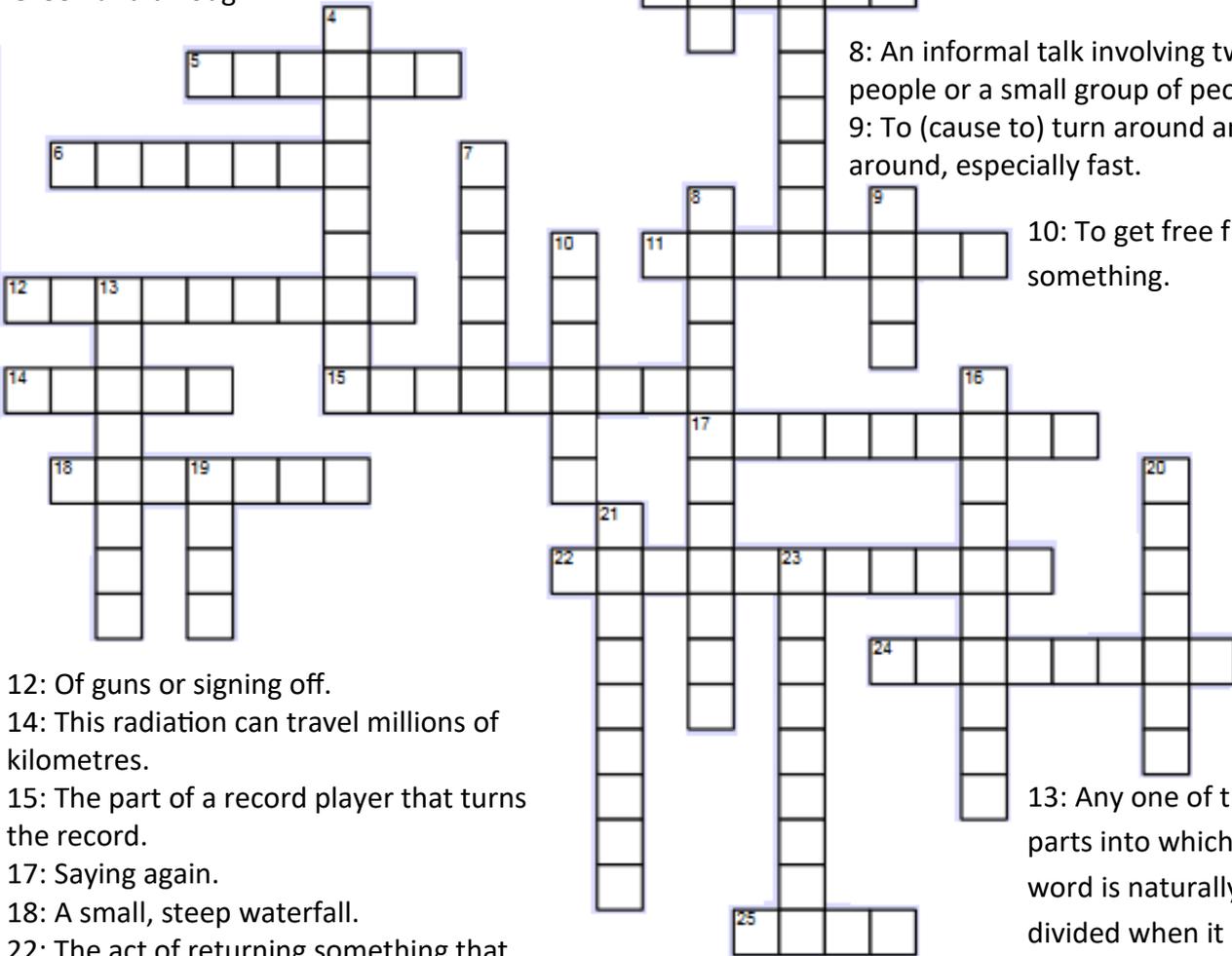
4: Something (such as an event or a detail) that is very interesting, exciting, or important.

7: A dried grape used for food.

8: An informal talk involving two people or a small group of people.

9: To (cause to) turn around and around, especially fast.

10: To get free from something.



12: Of guns or signing off.

14: This radiation can travel millions of kilometres.

15: The part of a record player that turns the record.

17: Saying again.

18: A small, steep waterfall.

22: The act of returning something that was lost or stolen to its owner.

24: The force that causes a moving thing to stick against the surface it is moving along.

25: A device shaped like a cylinder or a boisterous dance.

Down: 1: To get or receive something from someone with the intention of giving it back after a period of time.

3: A word to explain something when there is no other explanation.

16: Keeping the peace or maintaining good relations between different parties.

19: To hit the palms of your hands together usually more than once.

20: To suddenly break

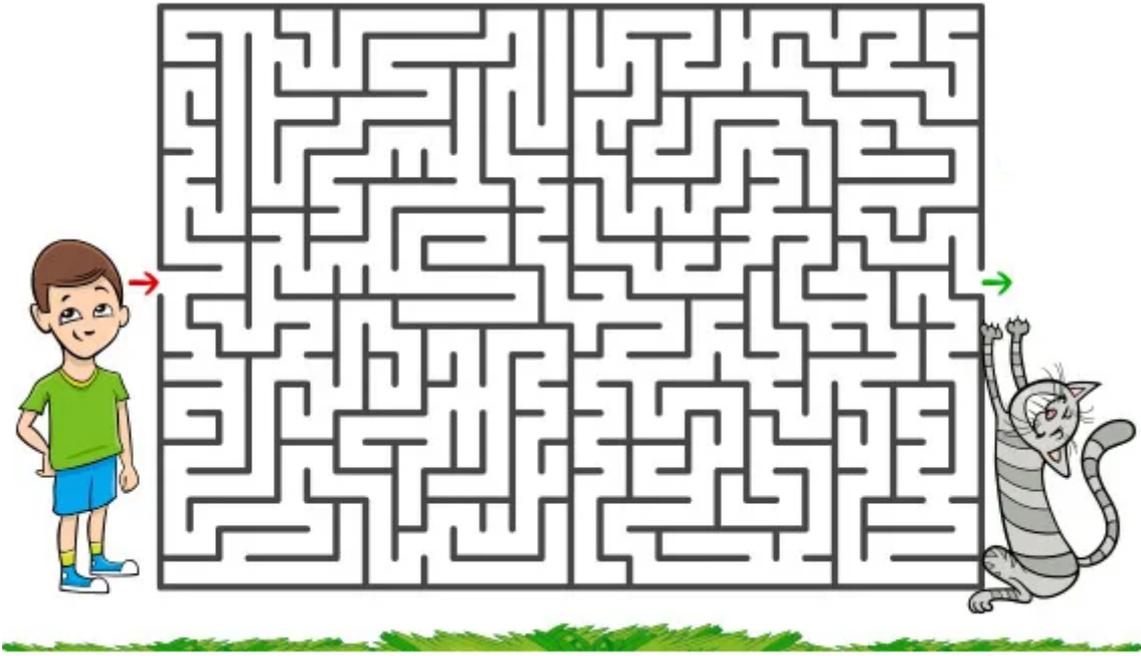
apart in a violent way with parts flying outward.

21: Breathtaking.

23: A system that uses wires and radio signals to send sounds (such as people's voices) over long distances.

**Last fortnight's crossword answers - Across:** 5 burger, 8 reflex, 11 environment, 13 moonlight, 15 space, 17 niche, 19 blinkers, 20 dangerous, 22 market, 23 blister, 24 neutral, 25 gallery.  
**Down:** 1 ultra, 2 piglet, 3 Bastion, 4 Happiness, 6 architecture, 7 concrete, 9 history, 10 sensitive, 12 cameo, 14 cannon, 16 control, 18 pickles, 21 small.

Something for the children to enjoy



Master Gardener - Use the key below to break the code and get your instructions.

**Code Key:**

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p
□	◇	△	△	○	▷	▽	×	□	▽	▷	△	□	□	▽	
q	r	s	t	u	v	w	x	y	z						
▽	○	□	×	△	△	□	△	□	□						

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Leo Tolstoy, War and Peace.

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# DAN TEHAN MP

FEDERAL MEMBER FOR WANNON

As your representative in the Federal Parliament, listening to your views about our local area is my priority.

Please do not hesitate to contact me if I can be of assistance:  
190 Gray Street, Hamilton or  
1300 131 692



1300 131 692  
 dan.tehan.mp@aph.gov.au  
 dantehan.com.au  
 DanTehanWannon  
 dantehan

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

## Community Meetings

### Caramut & District Garden Club

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

### Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room 1.30 pm.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm.
- Penshurst Social Support Group - WDHS meets every Thursday; for Exercise, Activities, Outings and General chit chat. Join us for lots of fun & laughter at Sheppard Centre - **COVID Permitting**. Western District Health Service – PENSURST Campus. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

### Mt Rouse & District Historical Society

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

### Friends Yatmerone Reserve

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

### Lions Club of Penshurst & District

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm at Penshurst Memorial Hall, 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.



**AmbulanceVictoria**

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

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

### Penshurst Pony Club Rally

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

### Penshurst Senior Citizens

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

Penshurst Book Club - Meets 2nd Tuesday each month at 2pm at Senior Citizen club rooms (Winter) and Rurik's Shed (Summer). Contact Ruth Pihl 0490418313

## 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

## PENSHURST MENS SHED

We are in the process of completing the extensions and will be holding a meeting to elect a new committee as soon as possible.

Covid rules apply.

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

[mtrousenewsletter@gmail.com](mailto: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](mailto:president@penshurstprogress.org.au)

Visit our site

**[www.penshurstvictoria.com.au](http://www.penshurstvictoria.com.au)  
and let us know if you have  
any comments.**

**Editor**

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Registered Address: 46 Watton Street, Penshurst 3289

### **DEADLINE FOR SUBMISSIONS – 5 February 2022**

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

**Editor : Mark Dalla Costa**

All correspondence to: [mtrousenewsletter@gmail.com](mailto:mtrousenewsletter@gmail.com)

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