

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

The Warm Safe Home Project



Elder abuse prevention is about creating conditions that ensure that older people are respected and cared for, that they are safe from violence, and live free from fear. These simple and clear aims require us to understand the different beliefs, circumstances, and social conditions that enable elder abuse to happen. The Warm Safe Home project uses the home as a starting point for the conversations that build this understanding and help us to work together to create a world without elder abuse.

Elements of a Wildlife Garden

Plants and animals need food, water, shelter, and to reproduce for their populations to survive.

Each species has particular habitat needs. Animals and plants may also have social needs.

Here are some of the basic ingredients for a wildlife friendly garden. Your local council will be able to provide more details of the species and needs of your local plants and animals.

- Plant in layers (groundcover, low shrubs, medium shrubs, trees)
- Try to put elements like water, ponds, or mulch close to shelter and shrubs. The lawn is like 'enemy territory' that wildlife have to cross to get to safety.
- A mature tree, native to your area.
- Tree hollows.
- Dense shrubs (prickly will help keep cats away!) where birds can shelter.
- Cat-safe birdbaths.
- A patch of natural mulch for beetles and worms.
- Nectar plants for honeyeaters.
- Spider-webs for birds to make nests.
- Butterfly hosting plants.

Use locally native species where you can. Your community nursery or council can help you to locate available plants.

Remove or do not plant environmental weeds that spread into bushland and degrade native plant communities. Your council or community nursery can help you learn what are environmental weeds in your area and how to manage and/or eradicate them to reduce their impact.



Phone Simon 0429 988 043

Rural Real Estate

Simon Cullinane, a fourth generation farmer with over 20 years Real Estate experience, has joined Elders Hamilton.

Simon is fully licensed and an experienced professional who knows rural properties.

Elders Rural Real Estate specialise in national and international marketing along with solid support networks built by Elders from a strong foundation making them **1st choice for selling rural properties.**

P. 03 5551 5700 M. 0429 988 043
E. simon.cullinane@elders.com.au

Elders Real Estate

Elders Hamilton
100 Portland Rd, Hamilton Vic 3300

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: 22nd September 2021 7.30pm in the Supper Room, Penshurst Hall.

Census 2021

Thank you to everyone who has already participated. What a year to be taking a Census. Frustration with the lockdown appears to be making some people reluctant to co-operate by giving their information to the government, that it, quite truthfully, already knows. They are more than capable of digging into people's data if they have to, but by our providing the simple answers to their questions, we are, in a clever way, keeping a lot of those, and other, details private. But it has been interesting reading about, and listening to, the various conspiracy theories that abound.

Personally, I love the results of the Census. The 15 minutes it took to fill in that form was a small price to pay for the amount of data returned that enables us to convince so many different funding groups (private and all levels of government) that our town is important, and has the population in the various segments (children, youth, middle aged, elders) that requires the projects we are asking them to fund. But more than that, the Census shows the government where funding is needed for groups like the Cancer Council and Leukemia Foundation and other medical research, it can determine where housing is needed for vulnerable people, where the elderly need better services and the migration of the different age groups across the whole of Australia. From that information local Councils can apply for funding for things like

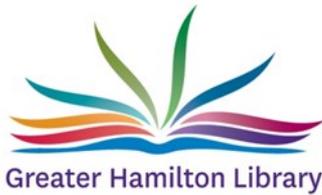
improving our roads, expanding hospitals, and building new schools. Having the correct information about our population means that services can be provided in our community, such as for mental health needs, adult education and learning English, among so many other things.

And the information is free. Anyone can access it to help them make informed decisions, e.g. the Royal Flying Doctor Service uses the information to make sure people in rural Australia can get the health care they need, and the Council on the Ageing uses the information to help understand the issues affecting older Australians.

If you haven't filled in and posted (or do it online) your Census form yet, please do it. Those who need to will have found a new form in your letterbox by the time you read this, and time is running out. The Census is compulsory, and not filling it in means fines from up to \$222 per day. Given it took the three of us about 15 minutes all-told to fill it in on Census night, it won't take up much of your time.

Wishing everyone a wonderful and safe fortnight,
 Ama Cooke Chairperson





Mobile Library
Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm
Outside the Hall in Martin St
Dates for September:
2nd ,16th , 30th

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

LIKE US ON FACEBOOK
GREATER HAMILTON LIBRARY

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

The Remedial Myofascial Clinic

Opens October 1st

Friday
Saturday
Sunday
Monday

Remedial Myofascial new cost will be
\$80 per treatment.

Note : this is conditional on Covid
restrictions in Victoria on the
1st of October.

They are also a registered NDIS provider.

91b Bell Street
Penshurst Victoria 3289
M : 0400819408

The Warm Safe Home Project

With help from the Penshurst Mens Shed

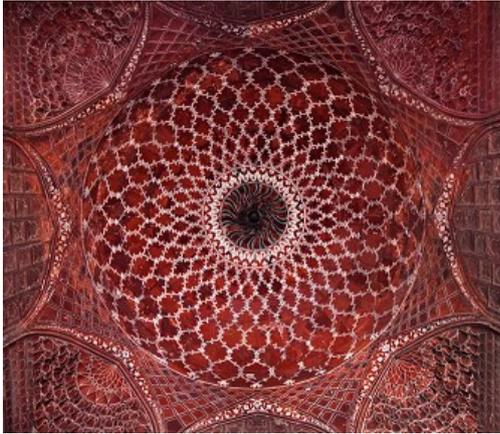
In May 2021 the Men's Shed committee was approached by South West Carer & Respite Services to take part in the project by creating five small houses highlighting the different types of financial abuse that can happen to the elderly. Mary and Elisabeth took on the project, and produced an excellent result. This week past we received photographs of their houses to share with the town. Those photographs were featured in the Warm Sale Home booklet that teaches people how to make their homes a safe place for everyone.

For more information: www.facebook.com/southwesteldersbusepreventionproject/ or phone 1300 369 821.

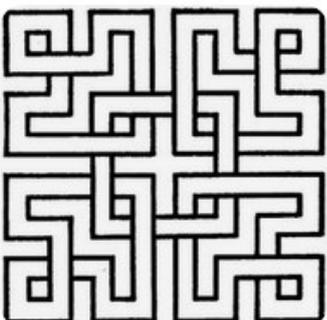
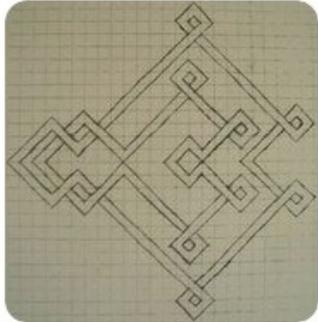
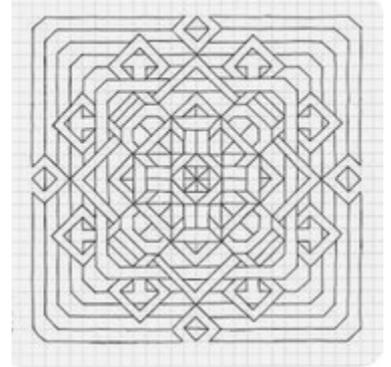


**And now for something completely different -
draw your own mosaic designs**

Graph paper is available to print from the internet, or usually sold at newsagents. You can also draw your own. For these projects all you need is paper, a lead pencil, a ruler, a rubber - and imagination. When I think of mosaics, I think about the Taj Mahal in India that is incredibly beautiful. Here are a few of the images that can be created by graph paper drawings.



Which ones would you like to draw? Begin with pencil and paper and then colour them in any way you please. What a lovely way to spend a quiet afternoon.



What are your favourite colours?

Fun Facts about Spring

Before Spring was called Spring, it was called Lent in Old English. Starting in the 14th century, that time of year was called “springing time”—a reference to plants “springing” from the ground. In the 15th century this got shortened to “spring-time,” and then further shortened in the 16th century to just “spring.”

The first day of spring is called the vernal equinox. The term *vernal* is Latin for “spring” and *equinox* is Latin for “equal night.”

According to a Facebook study, couples are most likely to break up in the spring and two weeks before Christmas. The lowest breakup time was Christmas Day and from August through October

The autumn and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.

On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness

If Pope Gregory XIII would not have established the Gregorian calendar, which most of the world now observes, in 1582, then every 128 years the vernal equinox would have come a full calendar day earlier, eventually putting Easter in midwinter

While springtime brings flowers and warmer weather, it may be the worst time for human babies to be born. A large-scale study found that babies born in the spring are more likely to develop schizophrenia, bipolar disorder, major depression, and anorexia.

If Earth rotated on an axis perpendicular to the plane of its orbit around the sun rather than on a 23.4° tilt, there would be no variation in day lengths and no variation in seasons.

The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.

At Chichen Itza, Mexico, the Mayan celebrate the first day of spring with “The Return of the Sun Serpent.” On the evening of the spring equinox, the setting sun creates a triangular shadow on the El Castillo pyramid that looks like a descending snake, or the feather serpent god Kukulcan

While some people prefer not to feed birds in spring and summer, during the spring migration, a feeder might be a useful source of food for traveling birds.

In China, the coming of spring coincides with celebrations for the Chinese New Year. The holiday falls on the first day of the first lunar month, in January or February

For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.

The term “spring fever” refers to a both psychological and physiological symptoms associated with the arrival of spring, including restlessness, daydreaming, and increased sexual appetite. While the exact cause is unclear, scientists believe that increased light, more exercise, and more bare skin influence hormone levels. The term “spring fever” refers to a both psychological and physiological symptoms associated with the arrival of spring, including restlessness, daydreaming, and increased sexual appetite. While the exact cause is unclear, scientists believe that increased light, more exercise, and more bare skin influence hormone levels.

Fun Facts about Spring (continued)

During the spring, birds are more vocal as they sing to attract mates and warn away rivals.

A “spring tide” has nothing to do with the season of spring. Rather, it connotes a “springing forth.” Spring tides happen twice each lunar month all year long, regardless of the season.

The early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the spring equinox.

Studies show that suicide rates peak during the late spring and not during the holidays, as is commonly believed.

Multiple sclerosis relapses are more likely to occur during the spring and are least common in the autumn.

Every year on the first day of spring, people in Poland gather to burn an effigy and throw it in the river to bid winter farewell.

Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the most friendly they will ever be all year.

“If we had no winter, the spring would not be so pleasant:
if we did not sometimes taste of adversity, prosperity would not be so welcome.”

— Anne Bradstreet



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.

A PAGE TO SHARE RECIPES

Spring beef casserole

Prep Time 15 mins - Cooking Time 6 hrs 20 mins

INGREDIENTS - 4 servings

500g beef chuck steak, cut into 3cm pieces
2 tsp smoked paprika
2 tbsp olive oil
1 brown onion, coarsely chopped
1 red capsicum, seeded, coarsely chopped
2 zucchini, coarsely chopped

2 garlic cloves, finely chopped
400g pineapple, peeled, chopped
1 cup (250ml) Massel Beef Style Liquid Stock
2 rosemary sprigs
1 cup (200g) couscous
1 cup (250ml) boiling water

METHOD

1. Place the **beef** in a large bowl. Sprinkle with paprika and toss to coat. Heat the **oil** in a large frying pan over medium heat. Cook the beef, in batches, turning, for 5 mins or until brown all over. Transfer to a slow cooker with the **onion, capsicum, zucchini, garlic, pineapple, stock and rosemary**. Season. Cover and cook for 6 hours on low or until the beef is tender. Remove the rosemary and discard.



2. Place the **couscous** in a large heatproof bowl. Pour over the boiling **water**. Cover with plastic wrap and set aside for 4-5 mins or until the liquid is absorbed. Use a fork to separate the grains.

3. Divide the couscous evenly among serving bowls. Top with the beef mixture. Season to serve.

“Cooking is like love. It should be entered into with abandon or not at all.”

– Harriet Van Horne



Community Bank
Dunkeld & District



WIN the Ultimate Geelong Cats 2022 Fan Experience

What's the prize and how do I enter?

Apply for a Bendigo Bank Home Loan between 14 June 2021 - 30 September 2021, and you'll go into the draw to win the Ultimate Geelong Cats 2022 Fan Experience, including:

- Three-course meal for four (4) guests, hosted by a member of the Cats' inner sanctum
- Premium beverage package
- Premium Brownlow Stand Reserved Seating
- Pre-game briefing from Geelong Cats' Coaching Staff
- Watch the team complete their warm-up
- Post-game experience in the Geelong Cats' rooms to watch the team sing their victory song

Please note - If you want to enter the competition, please drop into the branch and talk to us! Don't forget to mention this competition to one of our Bendigo Bank Home Lending Specialist when you are discussing your loan.

To the WIN the Ultimate Geelong Cats 2022 Fan Experience competition:
 Competition starts 14 June 2021 at 9am and ends 30 September 2021 at 11:59pm.
 The entrant must apply for a Bendigo Bank Home Loan (owner occupied or investment, fixed or variable) and mention 'Ultimate 2022 Geelong Cats Experience' competition to the Bendigo Bank Home Lending Specialist to ensure agent code [6015] is added to the application, during the Promotional Period.
 The Bendigo Bank home loan application must not be, withdrawn, cancelled, terminated or closed by the entrant during the Promotional Period to be eligible for the prize.
 *Aus. res. 18+ only. Starts 14/6/21 9am AEST. Ends 30/9/21 11:59pm AEST. Max 1 entry per eligible Bendigo Bank Home Loan application completed in accordance with the entry instructions, see full T&Cs for details. Draw: 12pm AEST, 18/10/21, Plexus, Level 4, 411 Collins Street, Melbourne VIC 3000. Prize: 1 x Ultimate 2022 Geelong Cats Inner Sanctum Experience for 4 adults (\$1,580). Winner published at bendigobank.com.au/cats on 25/10/21. Promoter: Bendigo and Adelaide Bank Ltd ABN 11 066 049 178, The Bendigo Centre - 22 Bath Lane, Bendigo VIC 3550. See <https://www.afsl.gov.au/terms-conditions/2021/09/20/2021-09-20-2021-09-20> for Terms and Conditions. ACT Permit No. TP 21/00700.

Come home to a low rate

1.99%
p.a.

Owner Occupied
Principal & Interest
2 year fixed interest rate

2.82%
p.a.

Comparison Rate



Come home to Bendigo Complete

Low rates and 100% offset make the Complete Home Loan one of our most exciting home loans yet!

Features

- Your choice of fixed or variable interest rate
- Loan-to-Value Ratio (LVR) tiered pricing for variable rates
- Optional 100% offset account
- Interest Only repayments available
- Loan terms up to 30 years (interest only up to 5 years)
- Free online redraw

If you're looking for somewhere to call home, choose Bendigo Bank - one of Australia's biggest banks and most trusted brands.*

Chat to a home loan specialist today, search Bendigo Bank Home Loans.

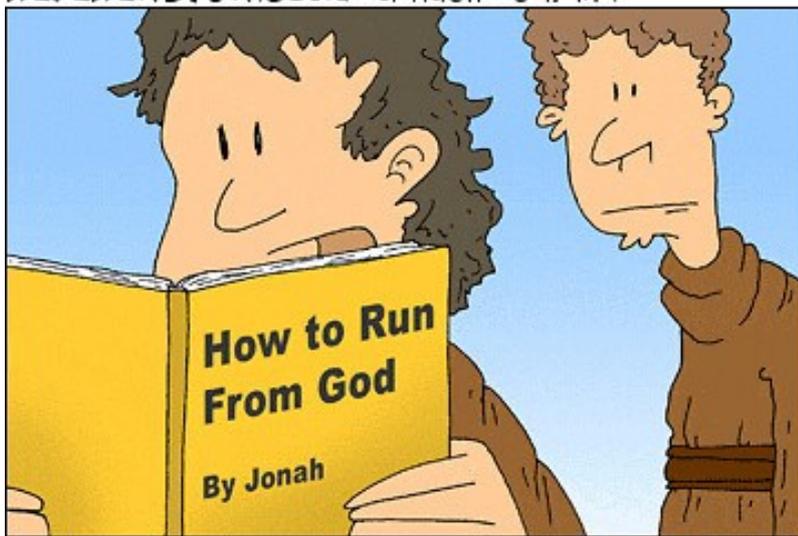
📍 Community Bank - Dunkeld & District

Your local specialist:



Susan Tully
 Customer Relationship Officer
 03 9577 2486
susan.tully@bendigobank.com.au

* Source: Roy Morgan Risk Monitor 2020 Terms and conditions, fees, charges and lending offers apply. Offer subject to change. Comparison rate displayed is calculated for a loan of \$700,000 over 20 years & assumes variable rate with LVR between 40-79% will apply at the end of the fixed rate period. (notwithstanding). This comparison rate is true only for the example given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Full offset facility is available for Bendigo Complete Home Loan for fixed and variable loans, criteria apply. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 066 049 178 Australian Credit License 237879 (1425673-644568) OJT_2338191_01/06/2021



Thanks to Richard Germain (See Jonah 1-4)

09-19-2008

IT JUST SAYS "DON'T"

Around the Churches

There are things known as K.P.I.s. It's short for Key Performance Indicators and they slush around in the business world. They are how success is measured. So if you had a company that made dinky matchbox toy cars your Key Performance Indicators might be these.

To make a profit of \$1million in the financial year.

To produce 2.3 million dinky matchbox cars per year.

To have a maximum turnover of .16 % of staff in 3 years.

When I first encountered this phenomena I often smirked to myself and wondered how it might translate into 'Church world'. Perhaps our Key Performance Indicators might look like this.

To raise a minimum of \$x per week through the collection and fundraising.

To have a minimum of 3.6 baptisms per year.

To have a minimum of 2.5 weddings per year.

To reach a potential clientele of 1500 per year.

You see the concept of KPI's really doesn't translate all that well into 'Church world'. What happens for example, if we simply didn't have enough baptisms or weddings? Do we 'restructure' and would that fix the problem? No, measurable, quantifiable K.P.I.'s belong firmly in the secular business world.

Maybe our spiritual Key Performance Indicators should look something like this. Our number 1 Key Performance Indicator, the thing that we must first and always strive for is forgiveness. How many times have we forgiven others and how many times have we forgiven ourselves?

Closely followed by K.P.I. number 2. The number of hours spent in prayer.

Businesses are always looking for ways to boost their K.P.I.s and enhance the bottom line. What would happen if we asked Is there some way we can increase the frequency and quality of our forgiveness and prayer? What are your K.P.I.'s?

Fr. David Oulton droulton72@gmail.com

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

5576 5270

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

Open 7 days

Opening Hours:

Monday - Friday

7am - 8pm

Saturday

9am - 7pm

Sunday

10am - 6pm

80 Bell Street, Penshurst



Sandwiches & lunch packs available

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

Groceries - Bread - Frozen Foods

Beer - Wine - Spirits

CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214

DB-U 5109

**112 Bell Street
Penshurst Vic 3289**

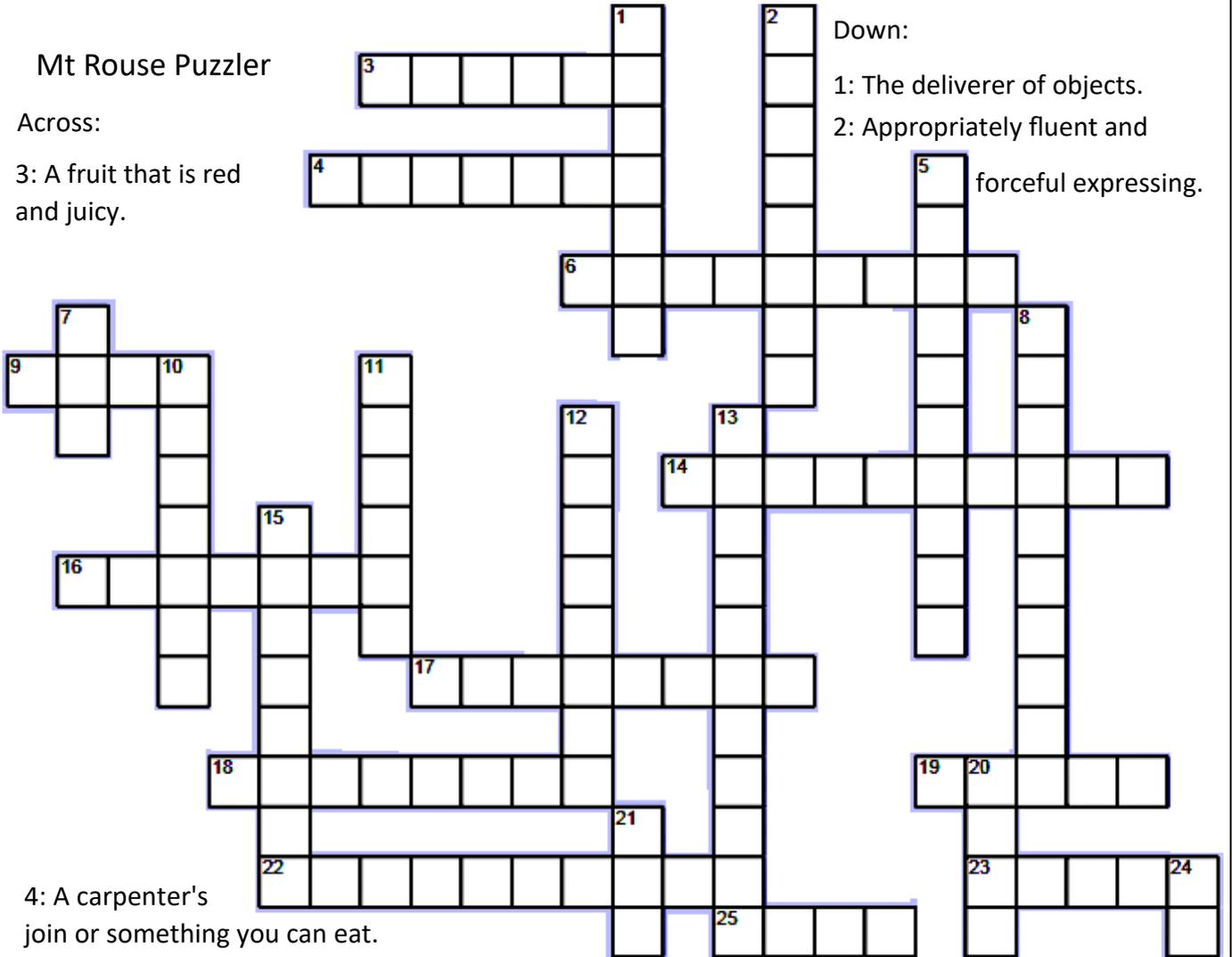
Riddles

1. I stand tall, sweet on the inside, and I wear a crown. What am I?
2. I stand tall, sweet on the inside, and I wear a crown. What am I?
3. I have wings but can't fly alone. I have a tail but don't use it to show emotions. I have a body but don't wear clothes. What am I?
4. I do not eat food but I enjoy a light meal everyday. What am I?
5. Some need me, some don't. Some want me, some don't. Some chase me, some don't. Some deserve me, some don't. Yet no one knows when I come. What am I?
6. Two men had to go to the other side of the river, there is one boat, but only one person fits on it. Luckily they both got to the other side of the river. How?
7. I cannot be shared until I have been taken. What am I?

Mt Rouse Puzzler

Across:

3: A fruit that is red and juicy.



Down:

1: The deliverer of objects.

2: Appropriately fluent and forceful expressing.

4: A carpenter's

join or something you can eat.

6: The action of growing one's own.

9: An arm or leg of a person or animal.

14: A plant with large red, pink, or white leaves that look like petals.

16: A statement telling someone that you will definitely do something or that something will definitely happen in the future.

17: Very impressive and beautiful.

18: Not keeping notes.

19: A large bird with long legs, a long neck and grey or white feathers that lives near water.

22: A tall building near the coast or shore with a flashing light at the top.

23: An exclamation or game in which players match numbered squares on a card.

25: Fine dry powder that builds up on surfaces.

5: A metric unit of measure.

7: The outer edge of an object.

8: Special or more than usual.

10: A device that produces a strong current of air when its sides are pressed together.

11: A piece of equipment used for climbing up and down.

12: Feeling nervous or bored and tending to move around a lot.

13: Hard to understand, explain, or deal with.

15: A structure that is used to produce power, pump water, etc.

20: The joint where your arm bends.

21: Move at a fast rate of speed than walking.

24: A bird that usually hunts at night.

Across: 2 bellow, 3 why, 4 splendid, 7 arsenic, 9 paperwork, 10 now, 13 how, 15 tuck, 16 telephone, 19 release, 20 tincture, 21 medium. **Down:** 1 glisten, 2 box, 3 wriggle, 5 brown, 6 globe, 8 washboard, 11 raspberry, 12 treasure, 14 sunshine, 17 family, 18 untidy.

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

RAM SHEARING

Providing a specialised Mobile Ram Shearing Service using the latest livestock handling systems.

Phone Allan 0434 505 409

**BOOK
NOW**



Sheartech
livestock handling solutions

www.sheartech.com.au

Answers to Riddles: 1. a pineapple, 2. Claude, 3. aeroplane, 4. a plant, 5. love, 6. they were opposite sides of the river, 7. a photograph



westernAG
The Best in Agronomic Advice

**KNOWLEDGE
INNOVATION
RELIABILITY
COMMITMENT**

- Agronomy Services
- Farm Production and Planning Management
- 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

A page for the children to enjoy

c	a	t	c	h	p	l	i	h	n	e
u	a	t	a	m	b	e	r	f	l	s
m	c	u	t	g	t	g	t	k	e	y
b	a	l	l	o	o	n	n	l	d	b
e	d	b	r	i	a	a	c	h	a	r
r	a	b	i	h	f	r	u	s	p	i
s	n	e	p	s	i	l	k	a	a	g
o	g	e	s	c	c	e	o	d	c	h
m	l	x	n	a	t	u	g	w	s	t
e	e	e	l	t	h	g	i	l	e	d
d	r	i	n	k	e	c	w	t	w	r

3 letters

Amber

egg

Catch

Chase

4 letters

Drink

Dash

6 letters

5 letters

basket

Angle

bright

Angel

dangle

Ankle

7 letters

Balloon

Biscuit

Delight

8 letters

Elephant

Escapade

encircle

10 letters

cumbersome

11 letters

cauliflower

How many more words can you find in this puzzle? I've found at least 3 that I didn't list.

A little light humour

Why couldn't the pony sing a lullaby?

She was a little horse.

What do you call a dog magician?

A labracadabrador.

What does a cloud wear under his raincoat?

Thunderwear.

Where would you find an elephant?

The same place you lost her.

What time is it when the clock strikes 13?

Time to get a new clock.

How do you get a squirrel to like you?

Act like a nut.

Why did the dinosaur cross the road?

Because the chicken wasn't born yet.

What's worse than finding a worm in your apple.

Finding half a worm in your apple.

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

Published by **Penshurst Mens Shed Incorporated**

ABN 56 257 756 133 VMSA No: 301039

"Mt Rouse News & Views Community Newsletter"

Is the registered business name of the Penshurst Mens Shed Newsletter

Registered Address: 46 Watton Street, Penshurst 3289

DEADLINE FOR SUBMISSIONS – 18th September 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

**FREE NEWSLETTER EVERY
FORTNIGHT**

Also available in colour online at

[http://www.penshurstvictoria.com.au/Penshurst&20Newsletter.html](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

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 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.



AmbulanceVictoria

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

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

Penshurst 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
- Book Club, 2nd Tuesday each month at Senior Citizen club rooms. 2.00pm

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

MEDIA RELEASE

SOUTHERN GRAMPAINS SHIRE COUNCIL

**31 AUGUST 2021 FOGO SPRINGS INTO WEEKLY KERBSIDE COLLECTION SERVICE**

Southern Grampians Shire Council Food Organics and Garden Organics (FOGO) kerbside service will move to a weekly collection for residents this week as we head into Spring. Starting from 1 September 2021, the weekly collection will help Southern Grampians residents to keep up with the abundance of spring growth and extra grass clippings that the warmer months produce in our gardens. Local business owner Linda, from Gray Street Flowers in Hamilton, joined the FOGO collection service during the initial trial back in 2014 and has been committed to the FOGO program ever since. “I love that our organic waste is transformed into high quality fertiliser that can be used to grow more flowers. It’s a great example of a true circular economy,” Linda said. “Growing up in Melbourne with parents who were environmentally conscious, I was raised composting and recycling everything, which deeply instilled my passion for the environment from quite a young age.”

Southern Grampians Shire Council Environment & Waste Team Leader Kylie McIntyre said Linda’s commitment to using FOGO for the disposal of green waste is a perfect example of how everyone can play their part in creating a more sustainable future. The simple act of separating organics from waste makes a significant impact over time because it reduces the emission of greenhouse gases from landfill.

“By filling two FOGO bins each fortnight over the course of a year, Linda will divert approximately 2.5 tonnes of organic waste from entering landfill. By moving to a weekly service during the warmer spring months, we as a region can successfully reduce the amount of compostable green waste contaminating the landfill.

“If you are a local resident or business and would like to know more about how you can make the most of the FOGO service, check out the Council website as we have a number of helpful resources available. Or get in touch with us – we would be happy to answer any questions you may have,” Ms McIntyre concluded.

FOGO waste from Southern Grampians is transported to Camperdown where it is composted and used as a fertiliser and soil improver on farms. FOGO bins are not only great for garden and grass clippings but also for all food waste including bones, eggshells, tea bags and tea leaves, seafood shells, coffee grounds as well as pet fur and pet droppings. For a full list of FOGO friendly items and for property kerbside collection dates, visit www.sthgrampians.vic.gov.au/FOGO. Collection services for general waste and recycling will remain as per their usual collection cycle and will not be impacted by the extra FOGO collection.

Media Enquiries: Alison Quade | 0429 601 208 | aquade@sthgrampians.vic.gov.au

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