

MT ROUSE News & Views



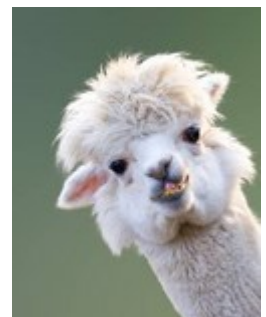
Community Newsletter



Happy



Anniversary



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"Happiness is not by chance but by choice." Jim Rohn

"Some people look for a beautiful place. Others make a place beautiful."

Hazrat Inayat Khan

The Volcanoes Discovery Centre is Calling For Community Support & Assistance



Image credit dandelion_tea @pixabay

The Volcanoes Discovery Centre is Calling For Community Support & Assistance to finish planting out the rock garden. We are calling for people in the community to come and help with moving scoria and soil as well as planting plants. Anyone willing to assist with any of these tasks would be warmly welcomed. A BBQ lunch each day as well as afternoon tea will be provided. If you can help for one hour or several, we look forward to seeing you there!

VDC Rock Garden Working Bee

Sat Sept 7 & Sun 8

10am - 4pm both days

Please BYO gardening tools (gloves, shovels, forks, brooms, wheelbarrow, PPE, etc)

Please RSVP for catering purposes by Wed Sept 4th via 0402 083 782

A blue banner with a sunburst pattern on the left side. The text "MEDIA RELEASE" is in large white capital letters, and "SOUTHERN GRAMPPIANS SHIRE COUNCIL" is in smaller white capital letters below it.

MEDIA RELEASE
SOUTHERN GRAMPPIANS SHIRE COUNCIL



16 August 2024

Delivering Sustainable Outcomes in the Southern Grampians

The draft Southern Grampians Sustainability Strategy (the Strategy) is out now for community feedback after being released at the Ordinary Council meeting last night. The Strategy will remain out for public exhibition for 30 days before going back to Council for consideration. This is a key strategic document for delivering an environmentally sustainable Shire and will be foundational in shaping the future of the region.

Southern Grampians Shire Council Mayor David Robertson said the development of this Strategy provides Council the opportunity to take a strong leadership role in recognising and responding to climate change within our region. “This strategy sets ambitious targets that align with State and Federal Governments emission reductions policies, as well as providing a roadmap for Council and the community to prepare our Shire for the challenges of a changing climate,” said Cr Robertson. “As we’re more than aware, Southwest Victoria, and Australia as a whole is highly vulnerable to the impacts of climate change. This strategy intends to mitigate the impact of climate change and ensure our Shire, and its community is prepared and adapted for a change in climate.

“We know that agriculture plays a vital role in our economy, with a focus on livestock farming, wool production, and cropping. The community has shown commitment to preserving the region’s natural assets, protecting biodiversity, and promoting sustainable land management practices.

“It is vitally important that Council puts in the energy and time needed now to plan for a safe and thriving future for the region. We have also committed to developing a Climate Change Urgent Action Plan which will be used in partnership with this Sustainability Strategy to identify strong targets and take bold action. We think that this strategy sets us on track to do exactly that. “In recent years we have continued to invest in sustainable projects including the community mulch program, carbon reporting software package, ASPIRE waste platform trial, installation of electric vehicle charging infrastructure and funding for a Council driven School Sustainability Competition.

“This Strategy will help guide us in making sustainable decisions for the future,” concluded Cr Robertson.

A wide range of organisations, community groups and schools have already contributed to the development of the draft Strategy with consultation recording 245 comments across six focus areas - Net Zero, Infrastructure, Waste, Water, Land Use & Biodiversity and Community. The strategy also outlines the goal to be a carbon neutral organisation by 2035 and a carbon neutral Shire by 2041.

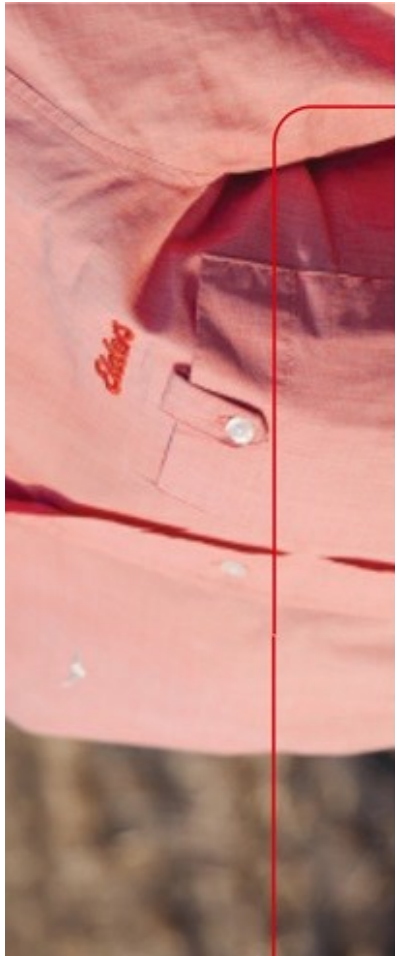
Key themes from that community feedback now embedded in the draft Strategy include supporting green energy initiatives, zero to low emission transport, green transport options, street tree enhancement, preservation and protection of biodiversity, recycling and waste education in easy English, and more support for volunteers.

The strategy is available on the Council website have your say page for comment with feedback closing 5:00pm, Friday 13 September 2024.

Media enquiries: Jeff Greene – jgreene@sthgrampians.vic.gov.au

Cringeworthy Jokes

1. Why don't oysters donate to charity? Because they are shellfish.
2. What does a baby computer call its father? Data.
3. What did the custodian say when he jumped out of the closet? "Supplies"
4. Why are colds bad criminals? Because they are easy to catch.
5. How does a penguin build its house? Igloos it together.
6. Which knight invented King Arthur's Round Table? Sir Cumference.
7. What do sprinters eat before a race? Nothing. They fast.
8. What do you call a fly without wings? A walk!
9. What happens when you witness a ship wreck? You let it sink in.
10. What does a clock do when it's hungry? It goes back 4 seconds.
11. What do you call a belt made of watches? A waist of time!
12. What's the best way to carve wood? Whittle by Whittle.
13. What did the pirate say on his 80th birthday? "Aye, matey!"



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Wendy Kerr 5551 5700

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elders.com.au



Things my mother taught me.

By Ama Cooke

How do I sum up my mother's life in a few short words. I could talk about her strength, physical and emotional; the communities that relied on her; the daily gatherings of women from the neighbourhood who surrounded her dining table seeking peace of mind and healing; the multitude of school lunches she packed – for the teachers and the kids, when I was in high school. In the end the school gave her her own basket for the orders, because so many people wanted only her sandwiches. Her kindness and generosity. Her courage in the face of profound adversity. Her stubbornness that was never nasty, used only when it benefited other people. The multitudes of children that congregated at our house after school and during the school holidays. One example that continues to amuse me - my father came home early one day and tossed all 17 of us out the front door, so we tramped around the house, led by my mother who had left with us, and filed in the back door quietly, and were back covering the lounge floor with our board games by the time he had successfully wiped his hands of us at the front. And then there were the afternoon gatherings around mum's bed, a dozen or so neighbourhood kids being read to for years. Our ages varying from five into the teens. That was my mother.



I remember the first time she ever said no, and how shocked my kids and I were. My son was a teen, and my daughter not far behind. We were going out for the day, and mum decided she didn't want to go. When she said no, it shocked even her. And we wouldn't let her backtrack it, which she tried to do because she didn't want to disappoint us. The three of us left and everyone had a good day. I remember the first time she actually really swore - you know, the 'f' word. The look on her face was as amazed as mine. And then I laughed. She was worried that 'her' mother, dead long before I was born, would be shocked.

She was the most fantastic gardener. She owned half an acre on the edge of the town in Armidale NSW and it was covered in beauty. She would "open" the garden for "Open Gardens" and other fundraising events, and constantly host the Garden Club. My brother and I grew up in suburban Sydney surrounded by beauty and fishponds. We even had a crayfish escape artist, along with seven turtles .. the turtles lived in the pond was 12 x 20 feet (we weren't metric in those days) and four foot deep (much nicer than the creek over the back fence where we found them over the years), and we had to wade in all seven of the ponds every summer to tend the waterlilies. The goldfish would nip the salt from our skin as we worked. I think the turtles just dodged. I can remember her picking up railway sleepers and dragging them across the yard, and using a jackhammer to break up the concrete under the old bathtub when she decided to renovate the bathroom (both of those are listed under 'insane things you do not do when you have a badly damaged back' – which she had). She was so determined and had such a huge heart.

She taught me "love never dies". She died at 5.56pm on the 8th August. Nellie cat came into the loungeroom demanding loudly (yelling, for her .. she's a very quiet cat), from her station on mum's bed. She'd been keeping mum company there for nearly two weeks. So I raced into mum's room, just in time to catch her last breath. I was sitting beside her holding her hand for a while, while her spirit leapt through time and space to visit her great granddaughter in Werribee. My mother had a message for that 2 ½ year old's mother.

Continued page 7



*Memory Loss Carer
Support Group*

Please join us at the

Frances Hewett Community Centre

For our Memory Loss Carer Support Group

Tuesday the 3rd of September 2024

2.00-3.00pm

*Guest Speaker: Jason Kelly (Dementia
Counsellor)*

Tea, coffee and afternoon tea will be available.

For further information please contact: Bronwyn Roberts on (03)55532001

National Dementia Helpline 1800 100 500

Caramut and District Garden Club by Janet Shalders



Spider Lily

Hymenocallis x festalis

The unusual, beautiful white flowers of the spider lilies resemble daffodils and are native to Central and South America.

The ones I have growing in my garden face north as these plants are marginally frost-hardy coming from a warm climate.

Each stem has up to 5 white flowers in April - late May. Like most of my garden, they receive minimal watering (which means in this case, only from the rain) over the summer but seem to flourish well.

Like daffodils, offsets form quickly and can be divided in winter when they are dormant. I like them as I leave them undisturbed for years, mulching with leaves which keeps the weeds down and the moisture in.

On Tuesday 10th September we shall meet at the garden of Kay Furnari at 10 Memory Way Warrnambool. Meet at 11am at Kay's then go on to the City Memorial Bowls Club for lunch. No competitions that day.

Visitors are always very welcome and often become members.



Things my mother taught me.

(continued)

In a very mature voice the little girl said, "I am very pleased with you", which she then repeated in her little girl's voice. Only a few days before, when mum could still speak, she had said to me, "I am very pleased with how Tia has turned out". It was not her normal way of speaking. I thought, at the time, it was a very odd. Later, so perfect. When I rang my daughter to tell her that GM (grandma) had died, Tia told me the story. It had happened within a couple of minutes of mum letting go.

My mother's first thoughts were always for other people, and my stories about her are endless. I feel very blessed to have had her as my teacher.

And yes, even after 26 years of living together, we could still drive each other crazy!

Judith Anne Johnston 17 September 1937 - 8 August 2024

Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogresss.org.au

Next Meeting -

Wednesday 28th August 7.30pm

Penshurst Memorial Hall

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke & Jeff Jellie

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Amanda & Cam Wilson
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Treat yourself to an Amanti coffee or Hot Chocolate and browse our everchanging giftware and local produce.

Phone orders and payments are welcome.

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday – 8.00am - 2.00pm

Sunday - CLOSED

Café/Bakery

110 Bell Street, Penshurst

penshurststore@gmail.com



When disaster strikes...

It's another line I shamelessly stole from a podcast I was listening to. The person who was being interviewed was a disaster planner. I.e. When a major disaster happens they are one of the people who strategically think through what needs to happen, medicine, fresh water, evacuation, the delicate task of passing on gut wrenching news and controlling a yapping media who bray for blood and gore.

It's not an easy task but this person thrives on it because each disaster, whilst terrible, gives her an opportunity to learn how to do things better and to help people begin the journey through the 'valley of the shadow of death'.

On her first day she was with her new colleague / boss and the phone went. It was a shocker of a disaster and the first thing her colleague said after they hung up the phone was 'I'll put the kettle on'. Which, when you think about it, is pretty sage advice.

The calamity has happened and you can't 'undo it'. A calm head is called for so that the next steps can be thought through calmly and thus effectively. Mistakes will be made if we rush into a situation letting our emotions dictate the order of the day.

A wise old bishop once said that 'The Church of God floats on an ocean of tea'. Against the backdrop of some smaller episodes of sadness, some of my sager conversations have been over a simple cuppa at the kitchen table. Large dollops of silence reflection and sometimes a bit of scribbling on some paper have made the time productive and fruitful ... in the long term. Short term its hard to see through the tears and make sense of the blithering confusion racing around in our head.

So "When disaster strikes ... put the kettle on."

A note from my friend Leonardo

The first time I did any hefty study I was at Theological college. I had never written more than 500 words before and all of sudden I was confronted with the task of writing 3000 words together with a thing called a 'bibliography.' I was daunted and I struggled.

About 10 days out from the due date I would present a piece of work to the lecturer. He would calmly sit me down and go through a little ritual.

"Well, Oulton. This bit here is rubbish and so is this bit. This bit is OK but it belongs toward the beginning of the essay and by the way ... you have mentioned anything about A, B, C and Q.1. Now you hand me another piece of work before the due date and I will take the best of the two." So I would go away and do just that. You would have thought that I would get great marks with a second chance, but it was not so. Each assignment was barely a pass, but we got there.

Literally 20 years later I did some online study and this time I got much better marks. Not dazzling mind you, just noticeably better.

Why? Second time around I was more mature and much less distracted. I also understood the 'essay process' better and spent more time on thinking about what the question was *really* asking.

But most importantly, I really wanted to do this study. It wasn't just a requirement of theological college, a process to be completed.

My deepest admiration to those patient priests who quietly persevered with my 'academia' or lack of it. My friend Leonardo Da Vinci was right.

Study without desire spoils the memory and it retains nothing that it takes in.

Penshurst Shed

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Contact

Tom Cooke 0488 557 345



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A PAGE TO SHARE RECIPES

One-pot apricot chicken rice bake

Prep Time 15 mins Cook time 15 mins Serves 4

From taste.com.au

INGREDIENTS

450g pkt microwave white rice	410g can apricot halves in juice
250g pkt microwave white rice	6 green shallots, thinly sliced
35g pkt Maggi Apricot Chicken Recipe Base	1 1/2 cups chopped fresh continental parsley leaves
1 Massel Chicken Style Stock Cube	1 bunch broccolini, trimmed, blanched
125ml (1/2 cup) boiling water	60g (1/3 cup) roasted almonds, coarsely chopped
2 tbsp olive oil	
4 chicken thigh cutlets, skin on, bone removed	

METHOD

Step 1

PREPARE RICE & SAUCE Preheat oven to 220C/ 200C fan forced. Microwave both rice packets according to packet directions. Place the apricot chicken recipe base, stock cube and water in a heatproof bowl. Stir until combined.

Step 2

COOK CHICKEN & SAUCE Meanwhile, heat the oil in a large ovenproof frying pan over high heat. Cook the chicken for 2-3 minutes each side or until golden brown. Set aside in a large bowl. Reduce heat to low. Place apricot halves, cut-side down, in pan. Pour over juice and apricot sauce mixture. Stir for 2 minutes or until slightly thickened. Pour over the chicken in the bowl.



Step 3

ASSEMBLE & BAKE Remove pan from heat. Add the rice, shallot and half the parsley to pan. Toss to combine. Top with chicken mixture. Season. Bake for 15-20 minutes or until the chicken is golden and cooked through. Top with broccolini, almond and remaining parsley.

“Real cooking is more about following your heart than following recipes. Except in baking.”
Unknown

“Cooking is not difficult. Everyone has taste, even if they don’t realise it. Even if you’re not a great chef, there’s nothing to stop you understanding the difference between what tastes good and what doesn’t.” Gerard Depardieu

5576 5270

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Penshurst's News Agency

“Perseverance is the hard work that you do after you get tired of doing the hard work you already did.” Newt Gingrich USA

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Western AG Willaura - T: 03 5354 1585

Glen Gray - 0439 541 036

Across:

Mount Rouse Puzzler

- 2: Best but two.
- 4: An awareness by your body of something in it or on it.
- 6: To show that you are happy or that you think something is funny by smiling and making a sound from your throat.

8: To be present in large numbers or in great quantity.

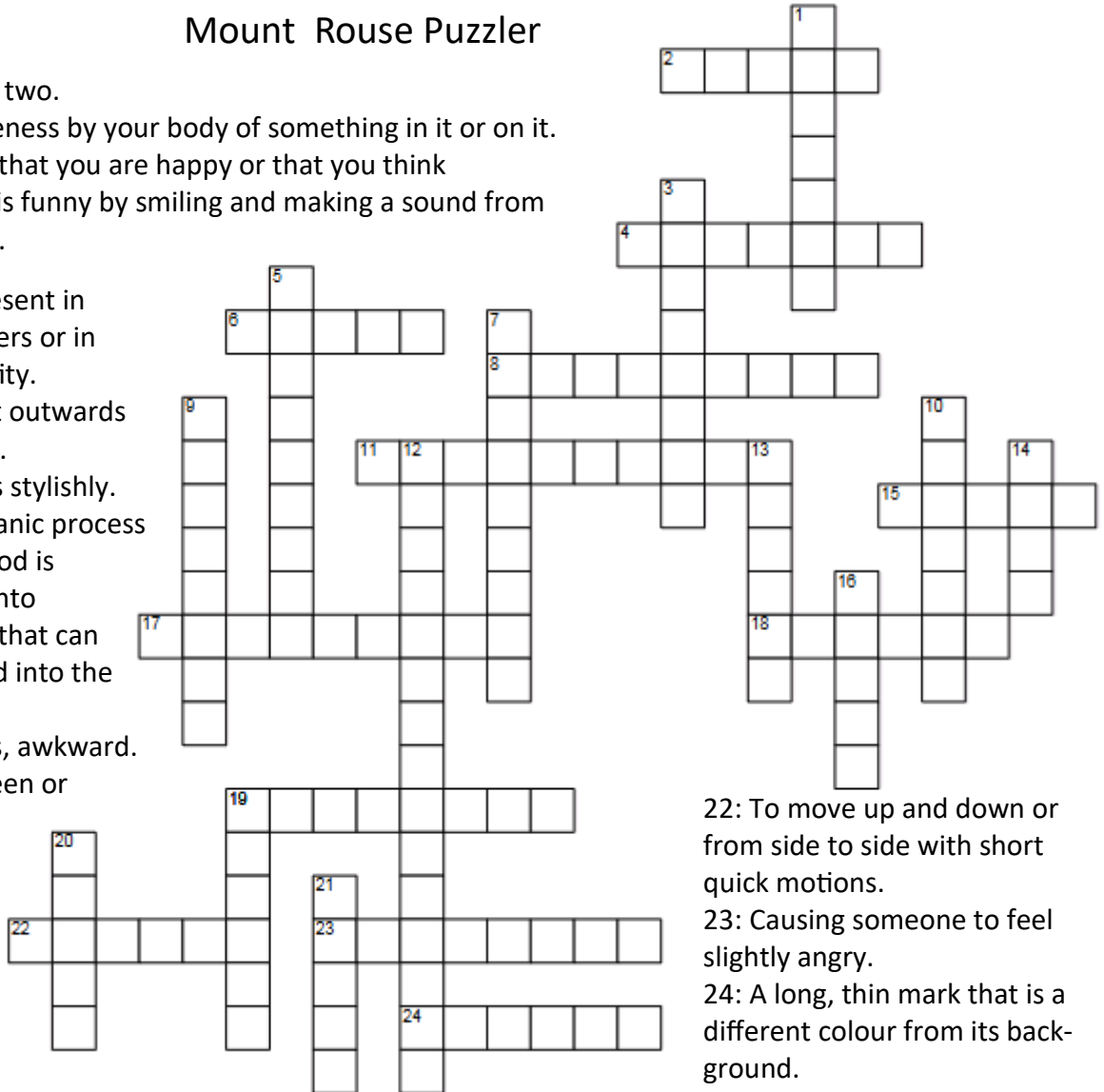
11: No sight outwards from within.

15: To dress stylishly.

17: The organic process by which food is converted into substances that can be absorbed into the body.

18: Careless, awkward.

19: Easily seen or recognized.



- 22: To move up and down or from side to side with short quick motions.
- 23: Causing someone to feel slightly angry.
- 24: A long, thin mark that is a different colour from its background.

Down:

1: Acting, moving, or changing in ways that are not expected or usual.

3: A person who is beginning something or doing something for the first time.

5: To find a number, answer, etc. by using mathematical processes.

7: Very annoying.

9: A period of time that a person spends away from home, school, or business.

10: Given, produced, or existing in large amounts.

12: Tending to ask questions.

13: Something in time saves nine.

14: Not moving quickly.

16: Soft, luxurious.

19: A long, thin piece of cotton, silk, etc., used for sewing.

20: An action that is meant to deceive or complicate.

21: Happening in a short amount of time.

Crossword answers from last newsletter:
 Across: 2 australis, 5 blue, 7 tide, 9 whales, 10 saltwater, 12 coral, 13 squid, 14 dolphins, 17 cyclone, 19 pacific, 22 brine, 23 rescue, 24 Indian. Down: 1 storms, 3 lightning, 4 fish, 5 beach, 6 waves, 8 islands, 9 wrecks, 11 lighthouse, 15 icebergs, 16 blowfish, 18 green, 20 coast, 21 marine.

Community Meetings**Boram Boram Cemetery Trust**

- Contact Jeff Jellie 0407 781 407 or Sue 0418 141 301

Caramut & District Garden Club

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

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, Sheppard Centre, - Penshurst Hospital. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mount Rouse & District Historical Society

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

Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February at Volcanoes Discovery 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, 21 Martin Street. penshurst.vic@lions.org.au

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



AmbulanceVictoria

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

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

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

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

- Meets at the club rooms in Bell Street.
- Bingo.

Penshurst Church Services**Bethlehem Lutheran Church Tabor**

Service every Sunday 10.00am

Penshurst Anglican Church

5pm Mass 4th Sunday each month

For further details contact Janet Kelly on 0475685946 & Fr. David Oulton 0435867040

St Andrew's Uniting Church Penshurst

2nd & 4th Sunday

11am Service

St Joseph's Catholic Church Penshurst

1st Sunday No Service

2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

5th Sunday Mass 8.30am

For the kids

i	t	k	a	r	m	v	s	h
e	a	g	o	p	a	o	b	s
h	n	s	a	r	u	e	o	r
d	s	l	f	r	r	u	i	j
u	f	i	n	e	a	g	h	s
e	a	h	i	i	e	t	o	n

Jousting with words

Using the Knight's move in chess, can you work out which word is in each square?

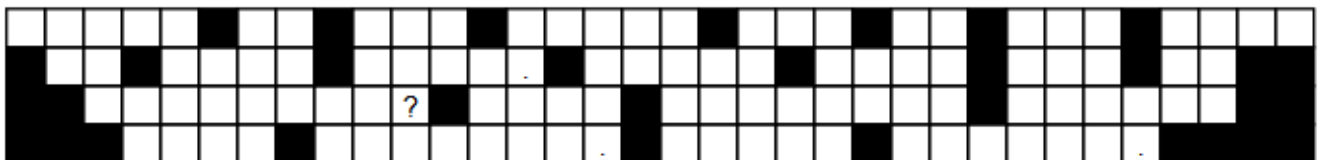
Knights move in a special way. First two steps in one direction and then one step in a different direction, just like the letter L.



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



Can you decipher the message below?
At least it gives you something to think about. Have fun!



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

Mt Rouse News & Views
Community Newsletter

Published by
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**“Mt Rouse News & Views Community
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Penshurst Community Newsletter

Registered Address: 21 Martin Street,
Penshurst 3289

**DEADLINE FOR CURRENT SUBMISSIONS -
Saturday 31st August 2024**

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

Editor : Ama Cooke

All correspondence to:
mtrousenewsletter@gmail.com

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

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