

MT ROUSE News & Views

Community Newsletter



Thank you Florence Collins for sponsoring this colour front page.



Five Minutes with **DAN TEHAN**

Wannon's hard working local MP is delivering outcomes for our community.

Dan Tehan has been Australia's Trade Minister, Education Minister and Veterans' Affairs Minister, and is the Federal Member for Wannon. He lives and works in Hamilton and is a mad Richmond Tigers fan.



Dan, tell us about your job as a Federal Member of Parliament?

It's the best job in the world, to be honest. My mother was a state MP and she taught me the values of hard work, respect and giving back to your community and that's how I approach my job as an MP. I also love the variety of my job. One day I'm talking to school children in Penshurst about Australia's democracy and the next day I'm helping a business in Penshurst with a visa issue.

What's the best thing about your job?

Helping people and delivering for our community is the most rewarding part of the job. I've delivered over \$3 billion in funding to projects across Wannon. These range in size from new change rooms at sporting clubs to the Federal Government's \$50 million investment in the Great Ocean Road. Every project I have helped with has improved life for people in our community. Even as a Minister in Government, my work has helped local people. As Trade Minister I negotiated the UK Free Trade Agreement that eliminated tariffs on Australian agricultural goods exports to the UK, which has helped our dairy, beef and grain producers in Wannon.

What's one of the hardest things about your job?

The driving can be daunting. At over 34,000 square kilometres, Wannon is bigger than Belgium, stretching from the South Australian border in the west to almost Geelong, covering the Surf Coast and Great Ocean Road on the coastline right up to Casterton and Ararat in the north. I try as hard as I can to cover the whole electorate

and that means a lot of time away from my home in Hamilton. But I've made a commitment to the region and I don't believe you can properly represent a regional electorate if you don't live and work in it. I've done over 100 listening posts around the electorate in 2024, and more than 1,000 since I was elected. It's important that I stay connected with the entire electorate as every community is different and it's important to represent them all.

What is your plan for Wannon?

My plan for Wannon is to keep making our communities the best in Australia to live, work and raise a family. We need to increase funding for our roads, (not cut it like the Albanese Labor Government have done), immediately address cost of living issues, invest in our health network and keep developing our community infrastructure. We also need to support small businesses and farmers—who are the engine room of job creation in the electorate—and deliver practical, local, outcomes for our natural environment. In short, my plan for Wannon is to continue to build on the over \$3 billion of funding already delivered, strengthening our communities and way of life.

 dantehan.com.au

 [DanTehanWannon](https://www.facebook.com/DanTehanWannon)

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Penshurst Memorial Hall - the new **Informal Bushfire Place of Last Resort**

With common sense prevailing, an excellent compromise was gained with the Southern Grampians Shire Council accepting to move the Bushfire Place of Last Resort to the grassed area adjacent to the Memorial Hall on Watton St. The new signs will be up soon. The original BPLR site on French Street behind the Senior Citizens Hall will remain as a secondary site. As long as the signs are still up Penshurst has both grassed areas as designated BPLRs.

(A BPLR is a (formal) Place of Last Resort for when your plans have failed. It is an area or premise that provides separation distance from vegetation and protection from direct flame contact and excessive life-threatening levels of radiant heat – but does not guarantee safety.)

Given the Memorial Hall is adjacent to the newly designated BPLR – it makes even more sense for the Hall to become an Informal Place of Shelter. This means the Hall provides an additional communal option to consider as part of individual plans for sheltering in an emergency situation. New signs are up on the Hall to indicate how to access the Hall in case of an emergency. The Hall was selected for the following reasons:

- The Hall and the grounds immediately outside were assessed in 2022 by the CFA in accordance with Bushfire Place of Last Resort Requirements. This assessment concluded a sufficiently low radiant heat impact that allows the hall to be considered as a shelter option.
- The Hall has a large indoor space with amenities, including disability access.
- Is in a central location away from the fringe of town.
- Is on the main tourist thoroughfare.
- The Hall has been used successfully in significant past emergency events (1977 fires) for the community to gather, assist one another and provide support.

Majority of the community believe it to be the most appropriate community space to gather in the event of an emergency.

The Hall will be open:

- **On days of Fire Danger Rating (FDR) level Extreme & above.**
- **On days of Total Fire Ban (TFB)**

When an emergency occurs - Now that these changes have been confirmed, the Penshurst Emergency Management Guide is being finalise and will be posted to all Penshurst residents in the coming week to ensure all residents have the information they need to assist with their own bushfire/emergency plans.

For any questions please contact the Penshurst Emergency Management Committee.

Peter Linke (Chair) 0417144510 or Richard Benson 0427517729





The litter bird-en: monitoring bird - litter interactions.

Litter (rubbish, trash, garbage) is a threat to birdlife due to the ways birdlife interact with litter. This can include:

Ingestion



Entanglement



Use as nesting material



We need your help to understand the types of interactions that are occurring in Australia!

Who is involved? Anyone with a camera and a keen eye for bird - litter interactions!

What do I need to do? Whenever you come across a bird - litter interaction, take a photo of it and email to ho.faraone@federation.edu.au along with information about the location of the interaction.

What types of photos should I take? Types of photos include birds carrying litter, ingesting litter, entangled in it, incorporating it in nests, using litter to get the attention of another bird etc.

If you have any questions or would like more information about the project, please contact us at ho.faraone@federation.edu.au.

Created using Canva (<https://www.canva.com/>)

Please note! When taking photos, please take photos from an appropriate distance and do not interfere with birds, nests, or surrounding vegetation. Remember to report any entangled or injured birds to authorities such as Wildlife Victoria. For more information on ethical birding, please visit <https://birdlife.org.au/how-to/ethical-birdwatching-guidelines/>.

Caramut and District Garden Club

January is one of the hottest and driest months which means a lot of time will be spent on watering either by hand or by sprinkler systems. Don't waste water.

Whenever possible, water in the evenings as this allows the water to be absorbed before the heat of the day. It is better to give established plants a good soaking once a week rather than a sprinkle every day. Deep watering encourages the roots to go down deep and enables them to withstand the heat better. Vegetables, annuals, pots will need watering every second day. Pots in the sun, everyday. To preserve moisture in the soil, keep out the weeds and mulch wherever you can. Even plants themselves that cover the soil will act as a good mulch. Like us, plants wilt in the heat of the day but as soon as the air becomes cooler, will be rejuvenated.

Spring flowering bulbs can be lifted now and stored in a cool, dry, airy spot until next Autumn or else replant in their new position.

Petunias which have finished their first flowering can be cut back they will bloom again. Roses and fuchsias can be tipped pruned to promote new growth.

In the vegetable patch, seeds of peas, beans, beetroot, carrot, parsnip, kohlrabi and radish can be planted. Newly planted seeds will need to be kept moist at all times. Even putting a cover over them to keep the moisture might be advisable on very hot days.

He who would have nothing to do with thorns must never attempt to gather flowers.

A Salt Quiz.

Take this True or False quiz about salt and see what you can learn.

1. Every cell of your body naturally contains salt.
2. Salt preserved Egyptian mummies.
3. Until relatively recently, salt bars were the main type of money in Ethiopia.
4. The word salary, meaning the money we earn for work, comes from the Roman times when soldiers were given an allowance to buy salt.
5. Salt is used in making soap, glass and pottery. *(All these statements are true!)*

Penshurst Art Exhibition

Early bird notice

The Art Exhibition returns for its 10th year at the Memorial Hall. Let's make it a great one.

Opening Night March 21st 6.30pm - 8.30pm

Weekend opening Saturday 10am - 4pm

Sunday 10am - 3pm

Entry forms will be available shortly.

We are including a photography section this year. The children's section returns, but there will be some changes.

Check the entry form for details.

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PENSHURST CHRISTMAS LIGHTS DISPLAY & COMPETITION

Thanks to everyone who entered this year's
"FAVOURITE LIGHTS"

It looked beautiful driving around town!



THE COMPETITION WINNERS WERE;

- 1st 9 Penshurst Dunkeld Rd
- 2nd 63 Bell St
- 3rd 106 Chesswas St

The prizes were thanks to
Penshurst Lions Club and
Penshurst Progress Association
and were distributed to the winners
in late December.



WE MADE THE TOWN SHINE BRIGHT

*Rumi's First Cousin—The whole world seeks peace**"Can I sail through the changin' ocean tides?**Can I handle the seasons of my life?" - Fleetwood Mac*

Life gives us Roses sometimes and on other days or moments only the thorns seem to present themselves and 'ouch' is their nature when we make contact with them. But if we look at the Rose it can teach us about ourselves, or in particular our journey as we transit through life. The rosebush in its totality is bittersweet, the fragrance and beauty of something which could only come from a Hidden Hand that paints marvels on the Canvas of Forever but it also has thorns, when we are caught off guard by them they bring suffering, in the rosebush are the ingredients that sit on the Scales of Life as mentioned by Khalil Gibran (the author of the Prophet, Broken Wings, the Garden of the Prophet and other master-pieces worthy of contemplation). The world we move in has on one side of the Scales that is perceived as Good Fortune, Happiness, the sweetness of honey, and on the side Misfortune, Sadness and all those things that would be perceived as its allies and it seems like their job description is 'to break us'. What the Master-scribe Khalil implied was the obvious, without one there cannot be the other, while one sleeps the other is about its business. If we look at it logically, we see that this world of opposites extends to what is seen as good or bad, and in analysis we will notice there can be no evolution of the individual or Man as a collective without the polarity of light and dark. It is from the experiences in our lives that wisdom is extracted, it is not by the accumulation of information compiled by others which is repeated like a parrot or Ai (Artificial Intelligence).



As humans it is normal for us to seek joy. And with that also we often wish that everything always goes our way. However, if we take the example of a sprinter or a sports team that only wins, then the joy of victory becomes meaningless and the fruit of that continuous victory could easily be arrogance, it is through the suffering of watching our team get thrashed that the joy of victory when it comes is very sweet. Where I am heading with this is if we 'normalise' life, in this case I mean by understanding that each of us will have our raging seas and a calm pristine clear oceans, it is the OBSERVER in us that observes the experiences we pass through in our life where the 'work' and victory lies, it is not the events which appear and change fortune like a coin flipped in a game of two-up, it is the watcher of the experiences that can influence Peace of Mind. The world will do its thing regardless of us and what we consider is okay, fair, just or 'should be', unfortunately the world does not consider our opinions as being in any way relevant, life is like a rolling flood that sweeps everything in its path. When we struggle against what is actually happening, then suffering increases, we drown in despair.

The seasons of our life pass quickly, one moment all is in order and the next from the left-field, the unexpected. The art of navigation of the transitions is in our ability to wait, to hold ourselves steady and not react emotionally to the immediate situation. Someone who is inebriated responds instantly because at that moment they are a slave to the emotions, the king which is the intelligence has allowed the slaves which are the emotions to run the kingdom and that is not a criticism of the free will to enjoy a drink, it is stating the obvious. A wise neighbour years back said to me, "take the emotions out of decision making", there is not one human being I have met who has a clean slate with that. Words cannot be wiped away, the Seers of the past

Continued page 8

Rumi's First Cousin—The whole world seeks peace (continued)

have said the tongue is a dangerous weapon. And that does not mean that we need to be silent at times when things should be said but when words are used in order to have victory over another, things begin to spiral down, everybody loses. The art of speaking without stopping to think before it pops out of our mouths is pretty much viral these days.

All words and actions have their root in thought. The wisest man I ever met said to me at a young age "there comes a time when a man needs to say to himself, I refuse to be kicked around by my thoughts any longer". That is why in the various schools of Knowledge and Wisdom there is an emphasis on throwing a rope around the wayward Mind to bring it back to some sense of order instead of allowing it to run wild like a mad bull. When we follow that train of thinking back to its roots and analyse thought itself, we find that excess thought is the result of endless desire. The Mind which is a network of thought is constantly seeking satisfaction from the world around, more food, more things, more attention, more 'me'; because desire is an insatiable fire it impossible for the Mind to be at peace if there is not some sort of restraint. It is said by the Sages that the wealthy or maybe it is better to state the 'financially abundant' are the less fortunate because they do not have the constraints of financial difficulties, this allows those who have abundance to be more careless and wasteful if they are not cautious. The more we acquire and are attached to, the more difficult it is to free ourselves from the prison house of objects which enslave us. Having said that, it is important to clarify it is not that having things is a problem, to enjoy the wonders of Creation is natural but if they entrap us, then maybe at some point along the way we got sidetracked on the journey of life because if the 'meaning of life' has become 'things' and our relationship to them is too strong, when we lose those things then we suffer. Although I am not Buddhist, one of the core principles of Buddhism is attachment brings suffering. And as Matthew stated the words of the wondrous Being who walked the region of Galilee, 'For what shall it profit a man though he should win the whole world, if he lose his own soul?' (*Geneva Bible - Matt - 16:26*). Although Solomon was known for his riches it was his wisdom which was his true wealth.

May all of us find Peace within ourselves and sail safely through the changin' tides.

Rumi's First Cousin

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi

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Gatlin: The parable of the broken match stick.

This is one of those many conversations that happened a long time ago in a place far, far away. Not quite in another galaxy, but pretty close.

It was towards the end of a rather long lunch and it was just the two of us sitting there with nothing much to say and yet there was everything to say. "Well Gatlin, how are you?" There was a silence so I postured again "How are you really?" There was a longer silence and then, because the pub was pretty well empty, the ugly truth came reeling, stumbling out.

There was a heavy catalogue of troubles which in and of themselves were not significant or insurmountable, but having accumulated over time were now completely overwhelming. All the little things had piled on top of each other and now, in his own words, Gatlin was like a broken matchstick. There was a time when Gatlin was fiery, passionate and effervescent with his enthusiasm. Gatlin's entrance into a room lit up the atmosphere with warmth and joy. People were attracted to my colleague.

Now however, Gatlin's description was entirely accurate. You can't light a fire with a broken matchstick. It's good for ... well it's good for nothing and should be flicked away along with the dead batteries and shaggy toothbrushes.

I often wondered what became of Gatlin. I steered my friend towards their GP and last I heard Gatlin was OK. But that last report was a couple of decades ago. I think of Gatlin every R U OK day. I think what might have happened if I had not asked 'How are you *really*?' I am hopeful that Gatlin is OK and grateful that Gatlin's example warns me not to finish up as a broken matchstick.

Making an investment

Have you noticed that some of the media burble at this time of year is where to invest your cash? Shares, property, term deposits and superannuation. They usually ask some guru to fill our space with what is going to be an astute and profitable exercise. One year I'm actually going to take note of what they say and 365 days later I'll see if they were right.

Now while I know that it is prudent and right to be sensible with our limited resources, to get the balance right between enjoying and saving, a gentle look back over 2024 should teach us that there were other things that we invested in, that, while they are not measurable like stocks and bonds they are just as important.

For example, where did I invest my limited resources in time and mental energy? Did I allocate enough into the portfolio of rest and recreation?

Would it be a punishable crime to just slow down, step back and listen to what is going on inside of us? You know the place, where there are no screens to distract and commentators to confuse.

Maybe I invested far too heavily with the currency of fear, anxiety and worry and gave scant attention to rest, snoring and being still. Sound familiar?

As we totter and stumble into 2025 maybe our resolution should not be to do A, B, X and 3.5. In these next 52 weeks we might actually do less of these or even none. Instead we might aim for a Big Fat luscious 0.

This would be a fantastic investment and reap magnificent dividends. Deep down we know that we are not made to go above the speed limit all the time. It's a rule for your well being. Not a challenge to exceed.



Penshurst Store



Amanda & Cam Wilson
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Pop into the store and try some of our delicious pies, pasties and sausage rolls. Freshly baked bread, cakes and slices.

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

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Reopening Tuesday 14th January

Café/Bakery

110 Bell Street, Penshurst

penshurststore@gmail.com

Let's work together to make every drop count

Small changes can make a big impact and there's plenty we can do this summer to save water:

- Add mulch to our gardens and water them in the morning and evening
- Sweep our paths instead of hosing them
- Wash our cars using a bucket or trigger nozzle on the grass
- Limit our showers to four minutes

We all benefit when we make every drop count.



A drip a second wastes
12,000 litres
a year!

Discover our simple water saving tips at
wannonwater.com.au





The Man in the Arena

Written by
Theodore Roosevelt

It is not the critic who counts; nor the one who points out how the strong person stumbled, or where the doer of a deed could have done better.

The credit belongs to the person who is actually in the arena; whose face is marred by dust and sweat and blood who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually strive to do deeds; who knows the great enthusiasms, the great devotion, spends oneself in a worthy cause; who at the best knows in the end the triumph of high achievement; and who at worst, if he or she fails, at least fails while daring greatly.

Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in the gray twilight that knows neither victory nor defeat.

Shared by one of our readers.

I care not what others think of what I do, but I care very much about what I think of what I do! That is character!
Theodore Roosevelt



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New Years' Jokes for all ages

What's a spider's New Year's resolution?
To spend less time on the web.

What should people never eat on New Year's Eve?
Fire crackers.

In what year did Christmas Day and New Year's Day fall in the same year?
Every year!

Not to brag, but I already have a date for New Year's Eve.
It's December 31st.

What was Dr. Frankenstein's New Year's resolution?
To make new friends.

My New Year's resolution is to stop procrastinating.
But I'll wait until tomorrow to start.

What is a New Year's resolution?
Something that goes in one year and out the other.

Penshurst Shed

Open

Saturday & Tuesday
10am - 4pm

Penshurst Mens shed is recreating its Not-for-Profit status. We'd like to thank the Penshurst Progress Association for hosting us as we regrew after COVID. Now, with quite a few new members in our ranks, we are looking to a bright and busy future.

Talk to the crew for more information about the Shed and its activities.

We are open for everyone.

Contact

Tom Cooke 0488 557 345



Scan QR Code for more details

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A PAGE TO SHARE RECIPES

World's Best Cookies

Cook time 12 mins

Chill time 1 hour

Serve size 1 cookie

Yield 4 dozen

INGREDIENTS

1 cup (226g) unsalted butter, softened	1 teaspoon vanilla
1 cup (200g) granulated sugar	1 cup (80g) quick cooking oats
1 cup (200g) brown sugar, packed	3 ½ cups (434g) plain flour
1 cup (237ml) vegetable oil	½ cup (60g) sweetened shredded coconut
1 large egg	1 cup (25g) lightly crushed cornflakes
1 teaspoon baking soda	½ cup (63g) chopped pecans or walnuts
1 teaspoon salt	

Method

Note: this dough requires chilling.

Step 1. Cream butter and sugars in the bowl of a stand mixer fitted with the paddle attachment. Cream until light and fluffy. You can also use a hand mixer. Add oil and stir until smooth. Add egg and vanilla, mix until smooth, then stir in the salt and baking soda.

Step 2. Mix in oats and flour until just mixed. Stir in coconut, nuts, and cornflakes.

Step 3. Scoop 2 tablespoon balls of cookie dough onto a cookie sheet covered in wax or parchment paper. No need to spread the balls out, you're just going to chill them. Cover with plastic wrap and chill at least one hour. (If you chill longer than 4 hours you may need to let them warm up a few minutes on the counter before baking.)

Step 4. Preheat oven to 350°F. Line cookie sheets with parchment paper or baking mats. Place cookies 5cm apart on prepared cookie sheets. Lightly press down with the palm of your hand.

Bake for 9 -11 minutes or until the bottoms just start to turn golden brown. Cool at least 5 minutes on cookie sheet before removing to rack to cool completely.

Step 5. Store in an airtight container for up to 5 days or freeze for up to 1 month.

Note: the editor has not tried this recipe, but woke up thinking we should start the year with the best cookies. What do you think?



5576 5270

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Penshurst's News Agency

Cheers to a new year and another chance for us to get it right.

**CHRISTOPHER COOK
CONSTRUCTIONS**

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Round Two

Community Partnership Grants

Apply Online: >>

www.sthgrampians.vic.gov.au/Grants

Round Two 2024/25

Applications open: 13 January 2025 (9:00am)

Applications close: 17 February 2025 (4:00pm)

Community Towns Roadshow



Wednesday 29 January 2025
10:00am - 12:00pm
The Catching Pen, Coleraine



Thursday 30 January 2025
10:00am - 12:00pm
Cavendish Hall



Wednesday 5 February 2025
10:00am - 12:00pm
Glenthompson Hall



Wednesday 29 January 2025
1:00pm - 3:00pm
Balmoral Hall



Thursday 30 January 2025
1:00pm - 3:00pm
Dunkeld Visitor Information Centre



Wednesday 5 February 2025
1:00pm - 3:00pm
Penshurst Hall

Please contact Council if you'd like to book a session time outside these hours.



**Southern Grampians
Shire Council**
Community
Partnership
Grants

**Further information:
Ph: (03) 5573 0444**

Email: communitygrants@sthgrampians.vic.gov.au

Penshurst Memorial Hall - Wednesday 5th February 1pm – 3pm

Across:

2: A large area of land with grass and trees which is maintained for the pleasure of the public.

3: Plant material that cannot be digested but that helps you to digest other food.

4: A piece of clothing that is worn on your upper body over another piece of clothing (such as a shirt).

7: A party or other special event that you have for an important occasion, holiday, etc.

8: A description of what could possibly happen.

10: A musical instrument, especially one made from a skin stretched over the end of a hollow.

11: Terminal appendage.

17: The ability to understand people and situations in a very clear way.

21: A large natural flow of water that crosses an area of land and goes into an ocean, a lake, etc.

22: The result you get by adding two or more amounts together and dividing the total by the number of items.

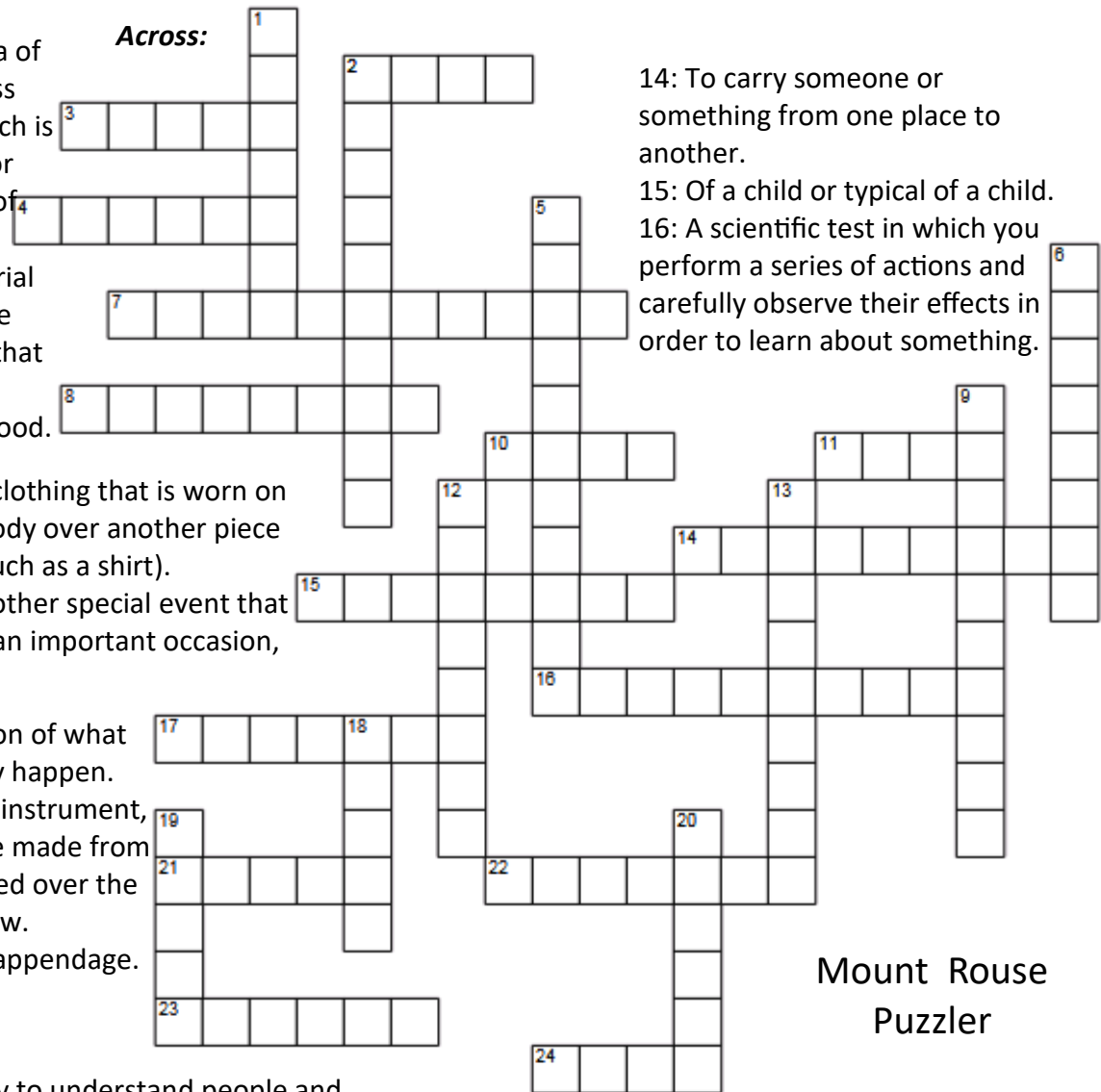
23: To fasten or join one thing to another.

24: A type or kind of something.

14: To carry someone or something from one place to another.

15: Of a child or typical of a child.

16: A scientific test in which you perform a series of actions and carefully observe their effects in order to learn about something.



**Mount Rouse
Puzzler**

5: Involving in activities and or events.

6: Clearly stated or decided.

9: To divide and give out (something) for a special reason or to particular people, companies, etc.

12: A quick announcement from an official source about an important piece of news.

13: The size, extent, or importance of something.

18: A harsh, bright, dazzling light.

19: A piece of writing that tells a story and is performed on a stage.

20: Chosen, done, etc., without a particular plan or pattern.

Down:

1: Moving air in to and out of the lungs.

2: An amount that is a part of a whole.

Crossword answers from last newsletter: **Across:** 2 chance, 6 broadcast, 10 atmosphere, 11 concern, 12 puzzle, 16 we, 18 true, 20 level, 21 withdrawal, 24 visible, 25 precision, 26 snub, 28 wonder, 29 equinox, 30 excuse. **Down:** 1 tell, 3 hover, 4 mistreat, 5 kitten, 7 counter, 8 spaghetti, 9 continuation, 13 clutch, 14 generation, 15 trail, 17 hilarious, 19 relief, 22 abridge, 23 reserve, 27 live.

Puzzles for the young and young at heart

The secret message is written in symbols. In the code key at the bottom of the page you can find what each symbol means. Write the letter above the symbol and you can read the secret message. Good luck!

72/9							30/6	14/7
27/3		54/9	18/6	6/3				
			28/4		72/9		36/4	
30/6			8/2		24/8		4/4	
		49/7	56/7		36/4		14/7	
	16/2			20/4	24/4	63/7		
	36/6			27/9	16/4			40/8
			45/9		4/2		12/4	4/4
21/7		45/9				12/6		45/5

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

Divide Sudoku (above) These are the rules:

1. The numbers you can use are from 1 to 9.
2. In each row and in each column each number can appear only once just like in a normal Sudoku.
3. In a region (an area of 3x3 fields see the bold lines) each number can only appears once.
4. In some cells you get a clue. Use the answer of the clue to finish the puzzle.



Left: Boldly outline this pretty (blurry) parrot picture and make it your own.

What sort of animals would you add to this scene? Are they in the desert, at the ocean, or the edge of the forest? Let your imagination roam.

Right: Connect the birds with their candy, one letter at a time.

Mt Rouse Community Newsletter submission information

The purpose of the newsletter is to inform, inspire, and entertain the Penshurst community and other interested readers. Due to challenges to publishers from the shifting boundaries of the laws of privacy, publicity, and libel, the Mt Rouse Community Newsletter Inc (as the publisher of 'Mt Rouse News & Views Community Newsletter') is required to provide the list of requirements and guidelines for submissions of articles to the newsletter.

SUBMISSION Please submit your contributions electronically to The Editor, subject line reading "Article Submission". Articles are generally no more than 1000 words although longer articles may be published at the editor's discretion. Please submit your contribution along with your article's title, your name, pictures or public domain graphics, and a four to five sentence bio introducing yourself and/or your business/trade/ or organisation (optional).

Articles must be in Microsoft Word format. Black and white or colour images should be photo quality (300 dpi or better) in jpeg format. If you have submitted the article elsewhere, please let us know. You are responsible for letting the other publisher know that you also submitted the article to us.

The Newsletter committee reserves the right to accept or reject any submissions at its discretion without notification. Copyright remains the property of the submitter.

All articles are subject to editing for length, style, punctuation, and grammar. We will make every effort not to change the theme or intent of the article. A combined effort on your part to check your own grammar and spelling will help ensure drastic editing is not required. Publishers can be sued for publishing false and defamatory statements and even just embarrassing private facts about individuals. More and more in our highly proprietary and litigious age, references to individuals, living or deceased, bring claims of defamation, breach of privacy, or violation of publicity rights. All articles will therefore be scanned for issues that may create legal problems.

INDEMNIFICATION All submissions are accepted and published on the representation that the submitter is authorised to publish the entire contents and subject matter therein. The submitter agrees to indemnify and hold Mt Rouse Community Newsletter Inc - Mt Rouse News & Views Community Newsletter and its agents harmless from any and all liability, demands or damages arising out of the submission. Such indemnity includes the provision of a defence to any actions or claims and the payment of costs and attorneys' fees in connection therewith.

DEADLINE Each fortnightly issue:

Our goal is to have a fortnightly newsletter released by Wednesday morning of the publishing week, so we require your articles **by the Saturday prior to issue. Thank you.**

Articles and photos are welcome from everyone. Your contributions should be emailed to Mt Rouse Newsletter (mtrousenewsletter@gmail.com) or put them on a USB stick and delivered to 46 Watton Street, Penshurst. *Please make sure they are labelled for a quick return.*

If you have questions you can email the newsletter, subject line reading "Question for the Newsletter".

The Newsletter is free and available on Wednesdays from the Takeaway, Penshurst Store (Bakery), Penshurst Post Office and Supermarket. You can receive it by email by sending your details to the above email address or have it posted to you at the cost of \$3.00 per issue (covers postage only).

For advertising rates please see the back page.

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 or Contact Marita 0439 669 839

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- 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 the 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. Contact Jenni 0409 962 969

Penshurst Senior Citizens

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

Penshurst CWA

Next meeting Tuesday 28th January at 7.30pm. Penshurst Senior Citizens Centre. Newcomers are very welcome.

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 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 5pm

3rd Sunday Lay Service 8.30am

4th Sunday Mass 5pm

5th Sunday No Service

Mt Rouse News & Views
Community Newsletter

Published by
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Registered Address: 103 Cobb Street,
Penshurst 3289

Submissions 46 Watton Street.

**DEADLINE FOR CURRENT SUBMISSIONS -
Saturday 18th January 2025**

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)

Newsletter Advertising Rates

Per Issue, includes GST from Jan 2025

Full page B&W \$22

Full page colour \$30

1/2 page \$15

1/3 page \$9.50

1/4 page \$7.50

Business Card \$5

Our newsletter is free due to the
continuing support of our
advertisers. Thank you.



**Mt Rouse News & Views
Community Newsletter**

Sponsor our colour front page

Would you like to sponsor the colour
front page of our community
newsletter?

Other pages can be sponsored too.
Cost is \$30 per coloured page per issue.

For more information
contact the Editor
Ama Cooke 0402 870 738



Mobile Library

Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm

Outside the Hall in Martin St

Dates for
January 16th & 30th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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