Year 7 Edition 16 2nd April 2025

MT ROUSE News & Views



Community Newsletter

The Penshurst Pony Club held the annual

Rouse Roundup Stockmans Challenge



The morning muster included riders carrying flags to music from the Man from Snowy River.

Story page 5

With thanks to our sponsors for this colour front page.

PAGE 2 MT ROUSE NEWS & VIEWS

For Sale - A vital asset for our town



92 Bell Street Penshurst VIC 3289

Hotel, Motel, Pub & Leisure 622 m² For Sale, \$475,000 to \$515,000

PENSHURST HOTEL - VICTORIA

Falk & Co are thrilled to offer the opportunity to purchase the Freehold and Business Assets with vacant possession of the Penshurst Hotel. This is the only hotel in town and is located on a prime corner allotment, situated on the main highway between Warrnambool and Hamilton and gateway to the Grampians National Park.

Situated on 1,643 m2 of Township Zoned Land and is fully functional. Needing an energetic operator to bring the hotel back to the glory days of country hotels.

This double storey stone heritage listed building comprises of a spacious public bar with new beer system, bottle shop, cafe, formal room, executive lounge, large bistro which also provides space that can be divided into two areas for functions seating around 100 customers opening onto a large outdoor deck.

Beer garden/alfresco area, a large fully renovated commercial kitchen, smokers area which is accessible from the public bar, huge off street carpark and upstairs comprises of 6 bedrooms, lounge, kitchen and 2 bathrooms, some fully renovated and some needed renovating.

Opportunities to purchase hotels of this era and character don't come along to often, so book an inspection now.

Opened in early 1861.

Enquiries to Gary Attrill, Sales manager, Falk and Co.

Phone: 5561 1677/0477 026 566

Email: gary@falk.com.au

MT ROUSE NEWS & VIEWS



Lions Club of Penshurst and District supporting research into Childhood Cancer

The Lions Club of Penshurst and District held a BBQ at the Penshurst 3289 Market on Sunday 16th March as part of the Australia-wide Lions Biggest BBQ. These funds will go to research into Childhood Cancer.

Since 1996, Lions Australia have shown outstanding commitment contributing over 12 million dollars to childhood cancer research. This effort has resulted in, amongst other things, safer and more effective blood stem cell transportation



for leukaemia patients following chemotherapy which can lead to shorter hospitalisation and more rapid recovery. Lions have done a lot but the job is not over because we believe every child has the right to a healthy life.

The Australian Lions Childhood Cancer Research Foundation (ALCCRF) was officially established in 2009 with the prime focus being to increase survival rates of childhood cancer by supporting cancer research efforts not just here in Australia, but around the world.

We would like to thank all those people who bought something from our BBQ. Your contribution to this cause makes a huge difference. And as most people would know by now, every cent given to Lions goes back to the community in one way or another. Not one cent is used for administrative purposes. Thank you.

Albert Einstein: "Imagination is more important than knowledge."

Carl Sagan: "Somewhere, something incredible is waiting to be known."

John Dewey: "Every great advance in science has issued

from a new audacity of imagination."

MT ROUSE NEWS & VIEWS

Penshurst's



is currently accepting new Volunteers!

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Call us today on 0402 083 782 email us at info@volcanoesdiscoverycentre.com.au or drop in when the centre is open and

pick up an application form.

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If you like to Ouilt Crochet Knit Sew Darn/Mend Make Craft Items

Contact Bec if you are interested in coming along, on 0405 497 312

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MT ROUSE NEWS & VIEWS

The Penshurst Pony Club held the annual

Rouse Roundup Stockmans Challenge

The Pony Club held the annual Rouse Roundup Stockmans Challenge on Sunday 23rd at their grounds at the racecourse reserve.

81 riders participated at the event in different categories being Open, Novice, Encourage and Juniors plus 18 Picininny little riders had fun in the enclosed topsy ring.

A foggy and cool morning developed into a lovely sunny calm day.

Riders came from Strathalbyn SA, Mt Gambier, Millicent thru to Horsham, Ballarat and Geelong areas.

The grassed area in front of the grandstand was an ideal spot to have the morning muster which included riders carrying flags to music from the Man from Snowy River.

Each section of riders competed in 5 phases throughout the day being a flat pattern, obstacles, time trial, B equitation and racecourse ride.

A great day was had by all and a very successful event for our pony club.





Emma KEALY MP NATIONALS MEMBER FOR LOWAN

"If you have an issue you need a hand to resolve, or a great idea on how we can make our region a better place to live, work, study, and do business, I would love to hear from you."







34 Firebrace St, Horsham (5571 9800 emma.kealy@parliament.vic.gov.au

MT ROUSE NEWS & VIEWS

The Penshurst Progress Association with the generous support of Southern Grampians Shire Council & Community Bank Dunkeld & District presents

PENSHURST ANZAC DAY

DAWN SERVICE

25 April 2025

Penshurst Cenotaph Corner of Martin & Bell Sts

Penshurst Lions Club Community BBQ breakfast to follow



WREATH LABEL

Should you wish to be called upon by the MC to lay a wreath, please complete this form and drop it into the Penshurst PO by 5pm Thurs April 24th. If you do not wish to be called over the PA by name, a general call will be made for anyone else who wishes to lay a wreath to do so. * Please note should the event be running overtime or if a large number of labels are received, we may not be able to call everyone individually even if a wreath label is completed and we ask you to join in the general wreath laying call. We will do our best on the day to call as many as possible. Thank you for your understanding.

| Name of person laying wreath: |
|---|
| On behalf of (school/organisation/family etc.): |
| In honour of: |
| |

MT ROUSE NEWS & VIEWS





YOUR COUNCIL, YOUR COMMUNITY

FIGHTING FLU. IT STARTS WITH YOU!

Southern Grampians Shire Council is committed to supporting families in protecting their most vulnerable members.

This flu season, we're encouraging parents to safeguard young children from the risks of influenza.

Southern Grampians Shire Council Maternal Child Health Nurse Clare Hogan said Influenza can be especially serious for young children, with those under five years old at higher risk of complications and hospitalisation. There's a simple and effective way to help protect them — annual flu vaccinations.

"The influenza vaccine is safe, effective, and free for children aged six months to five years."

"The 2025 flu vaccines are now available for under-five's. Council's Maternal and Child Health team is ready to assist families in booking their appointments," Ms Hogan concluded.

Clinic dates and times:

Monday 12 May: 12:30pm - 3:00pm

Tuesday 27 May: 9:30am - 3:45pm

Tuesday 12 June: 9:30am - 12:00pm

Appointments are essential. Please call the Maternal and Child Health team on 5551 4360 to book your spot.

Southern Grampians Shire Council Acting Mayor Afton Barber supports the work of Council's Maternal and Child Health program.

"Our Maternal Child Health program is growing every year, with the most recent figures showing we had 704 children enrolled, which is a credit to the hard work of our wonderful staff," he concluded.

By vaccinating your little ones, you're helping to protect not only your family but also those in our wider community who may be more vulnerable. Let's work together to keep our children and community healthy and safe this flu season.

For more information, visit health.gov.au/flu.

To keep up to date with all things Council, consider subscribing to our Enews

MT ROUSE NEWS & VIEWS





YOUR COUNCIL, YOUR COMMUNITY

FRIENDSHIP AND FUN AT GIGGLES AND GAMES

Looking for a light-hearted way to spend your morning? Want to meet new people, share a few laughs, and maybe even discover your competitive streak? Then Giggles and Games at the Greater Hamilton Library is just the ticket!

This vibrant new event series launched in February and will continue on the second Friday of every month from 10:30am – 11:30am, with the next session happening Friday 11 April 2025.

Born out of the success of the Library's Seniors Week *Murder Mystery Night*, Giggles and Games brings that same spirit of fun, laughter and connection into a regular, welcoming event for the whole community.

"People were so eager to continue these light-hearted games and shared experiences," said Library Coordinator Kelly Pitt-Lancaster. "Giggles and Games is all about sparking conversation, building friendships and creating a space where adults of all ages feel welcome and connected. It's not just about the games—it's about community."

From Rummy-O to Celebrity Heads-Up, every session offers a mix of friendly competition, plenty of giggles and, of course, great conversation. Whether you're a seasoned game-lover or just in it for the laughs, there's something for everyone - and plenty of friendly faces to help you get started.

And while the events are especially popular with seniors, everyone is welcome. Whether you come with a friend or on your own, you'll be greeted with a warm smile and a welcoming seat at the table.

Giggles and Games was created by library staff to get people out of their homes and into the community. This is a space for people to meet each other, make connections and share their skills and experiences. The most important rule is that everyone is welcome at Giggles and Games.

For more details, please visit the library Facebook page and to stay afloat of everything Council, consider signing up to our monthly newsletter.

HILAC MOVES TO A PERPETUAL SWIM SCHOOL MODEL

Following recommendations from the independently conducted 2024 Hamilton Indoor Leisure and Aquatic Centre (HILAC) Service Review, HILACs swimming program will be expanded from Tuesday 22 April, moving to a Perpetual model, ensuring young swimmers can continue to build their skills through school term holidays.

The perpetual program will replace the former term-based approach, running for 48 weeks of the year, breaking for summer/Christmas holidays.

Perpetual Swim School models are shown to have many benefits including:

• Consistent learning: With less downtime between lessons, students can continuously build upon their skills from week to week.

Continued page 10

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More words that I stole

"Even sure and certain hope knows grief and frustration, experiences impatience and asks it's questions". These words were selflessly and generously offered on a day that I needed them most. They were a soothing balm on an old wound and I deeply appreciated them not only for what they said, but the way that they said it.

Part of their loveliness is that they do not pretend that the suffering and pain somehow magically disappears with time. Even though we have a sure and certain hope, it's OK, even necessary I would argue, to also know grief, frustration, impatience and to ask questions. You should shout your questions with cantankerous cries to the concrete silence that does not respond, but rather seems to soak up our energy and asks us to wait. So, ...we wait and we hope.

By sharing these astute and incisive words with you dear reader, my hope is that when it comes your time to know grief, frustration, impatience and you holler your bewildering questions, that you will know that this is so very normal and healthy and understandable. And odd as it might sound, I encourage you to voice your imponderables, loudly and shake your fist(s), vigorously. And go on doing so, as often and as frequently and for as long as you need and want to.

The Risen Master appears to disciples, not with His wounds all better, soothed away and magically disappeared. The nail marks are clearly visible for everyone and these mucky holes are how he identifies himself.

Thanks to the author who lovingly crafted such helpful words. For the way that they do NOT try to kid us, but meet us in our deepest ache and by their honesty bring their own form of healing. We will always be grateful to you.

A case of mistaken identity

A colleague of mine tells a story from their youth, so if you like it and find it helpful, any credit must go to them. Any sulkiness should be directed straight back to me for shamelessly stealing it. Once upon a time a young lad was climbing down long ladders in the opal mines. All of sudden he finds that he is 'frozen' and unable to move his feet. He's just there paralysed by fear, vertigo, or whatever the correct phrase is.

The local wizened, weathered gentleman at the bottom is waiting patiently and after a while twigs to what has happened. Our local hero discreetly and sensitively rescues my colleague. Further, the saviour never said anything about this (mis)adventure to anyone. Ever.

My colleague made the point that much of what clergy and others do, is like that. We discreetly serve others, free them to get on with things and take the knowledge of the incident with us in our coffin. Now I had always assumed that I was the rescuer in the story. Of course I was the one who helped others and hopefully kept my mouth shut.

But notice please that there are actually two people in the story. There is also the one who needed rescuing. You know where this is going right?

I'll bet a bottle of my finest that most of the time I have been the person who needs rescuing rather than the one who rescues. There must have been incalculable times when I was paralysed by indecision, frozen by my own fear and flummoxed by the circumstances in which I found myself. Unable to go back, impossible to move forward.

It took me far too long to learn that the first step to mobility is actually to say just one word. 'Help'.

David Oulton p. 0435 867 040 droulton72@gmail.com

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YOUR COUNCIL, YOUR COMMUNITY

- Consistent timetable scheduling: Class timetables will remain the same throughout the year, allowing families the opportunity to find days and times that suit their schedule, without requirement to change each term.
- Personalised progress: Students will be able to advance at their own pace in alignment with teacher recommendations.
- Stronger student instructor relationships: Continuity of lessons will help staff build stronger relationships and allow time to get to know each swimmers' strengths, weaknesses, and learning styles, leading to more effective teaching.

The service review involved an in-depth review of the Swim School which uncovered opportunities for HILAC to improve services for the community and to work better with those who use the services most.

HILAC Centre Manager Di Dixon encourages families to get in touch if they have any concerns.

"HILAC is a community minded facility that makes every effort to enact processes that benefit the most members possible and have the best impact on wellbeing outcomes within our community.

"We know that post Covid, swimming skills across the nation have declined. A recent report from Royal Life Saving shows that 48% of all year 6 students are unable to swim continuously for 50 metres or tread water for 2 minutes. Both are key water survival skills. In this community, many of our children spend Summers and weekends by in pools, dams and close to waterways. Our community needs to be proactive in doing what we can to change these statistics.

"Introducing a perpetual model will ensure consistency for our students which is shown to have positive outcomes on retention of skills learned. This is a change to our swim model which we appreciate will take some time to get used to, so we encourage parents with any questions to reach out and share your thoughts with us," concluded Ms Dixon.

Swim lessons will run continuously through until the Christmas/New Year break with the final lessons for the year being Saturday 19 December 2025.

Clients have been notified of this change already via email and anyone seeking further information or clarification is encouraged to contact our friendly HILAC staff at aquaticprograms@hilac.com.au.

For more information about swim school or the many services available at our facilities, Parents are encouraged to contact HILAC at (03) 5551 4300.

Media enquiries: Jeff Greene – <u>Jgreene@sthgrampians.vic.gov.au</u>

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Caramut and District Garden Club

Annuals complete their life span in one year, and, most of them flower in three to four months from the time of sowing. Flowering finishes as the seeds ripen and the plants die. Annuals are divided into summer/autumn flowering and winter/spring flowering. The brilliant colours look wonderful in large masses, clumps or drifts, and the can also be used effectively in narrow borders, small pockets and pots. I have pansies growing in two trough containers, one smaller than the other with the smaller raised above the larger one. I bought a couple of punnets of seedlings but many annuals can be sown by seed where they are to grow.

I like annuals as they very often self-seed and can be transplanted if they come up in the wrong place. There is a wide range of annuals that can be planted from seed now so go and check out the stand of seeds at your favourite garden shop.

Annuals need crumbly and well-drained soil. Dig the soil to about 15cms and spread a layer of wellrotted compost over the area and fork it lightly into the top. Unless manure is very well-rotted it is best

Best Annuals Flowers For Your Garden

ZINNIAS NASTURTIUM SUNFLOWERS

SNAPDRAGONS PETUNIAS MARIGOLDS

DAHLIAS COSMOS IMPATIENS

not used as it may burn the young seedlings. The soil needs to be well-watered before planting the seeds. Sprinkle the seed thinly where plants are to grow with low growing plants to the front while tall growing plants are planted in the back. Cover the seeds with a thin layer of crumbly soil or seed-raising mixture. Water lightly but thoroughly to begin with and keep the surface damp until germination takes place.

If you wish, seeds can be planted in seed boxes using the same procedure as above. Lift each seedling from the moist soil retaining as much soil as possible. Don't plant any deeper than

what they were in the seed box as planted too deeply the seedlings may rot. If hot weather, it would be advisable to shade for a few days until the seedlings are established.

Our next meeting on Tuesday the 8th. April will be at the Penshurst Senior Citizen Rooms. Afterwards we hope to visit the home of Bruce Millard at 38 West Boundary Rd. Hamilton. Bruce is an expert on the growing of Dahlias.

The "special bloom" for April is Geranium.

Visitors are always welcome. Phone Marita for more information. 0439 669 839

The most expensive vehicle per mile of travel is not a space rocket - it's the shopping trolley you push at the supermarket!



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- Agronomy Services
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MT ROUSE NEWS & VIEWS

New Bowling Rules Jokes

If you holler "overs!" before the ball passes the arrows, you get to throw the ball over, unless of course, you get a strike. In which case, you can renege on the "overs".

When your team is about 10 marks down in the 8th or 9th frame, you can invoke the rule "First Team Through Bowling Wins the Game", and your team still has a chance.

After a member of the opposing team bowls 4 strikes in a row, he/she must bowl the next 4 frames blindfolded. If he/she continues to strike, his/her shoelaces will be tied together for 2 frames.

When you leave the 10-pin and you know you can't make the spare, but another member of your team can, invoke the "Designated Bowler" rule.

After you have 4 splits in one game, you may say "Kings X" and take those 4 frames over. However, if you split on the 2nd time around, you accept it. After all, "Fair is Fair".

If your ball goes in the gutter and jumps back onto the lane, knocking down pins, by golly, you get them! That's much harder than to knock them down the conventional way. Good bowling should be recognized.

A ball should be declared dead when you bowl 3 games without a strike. It shall be the owners privilege to decide on the disposition of said dead ball - Burial at Sea, Dropped from an airplane over a live volcano, or a simple burial in the city dump. For a small fee, a league officer can be bribed to deliver a short eulogy.

Read More: https://www.jokes4us.com/sportsjokes/



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Penshurst's News Agency



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

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A PAGE TO SHARE RECIPES

Quick Beef Enchiladas

Prep 10 mins Cook 25 mins Serves 4

INGREDIENTS

500g 3 Star Beef Mince 300g mild chunky tomato salsa 8 white corn tortillas 1 cup (120g) grated tasty cheddar 2 tomatoes, finely chopped 1 avocado, stoned, peeled, finely chopped

Method

Step 1 - Preheat oven to 200C. Heat a large non-stick frying pan over high heat. Cook mince, stir-

ring with a wooden spoon to break up lumps, for 5 mins or until cooked. Add salsa. Cook, stirring, for 2 mins or until heated through.

Step 2 - Spoon one-quarter of mince mixture over the base of a large baking pan. Dip 1 tortilla in the remaining mince mixture to soften. Place on a work surface. Top with one-eighth of remaining mince mixture. Roll to enclose filling. Place, seam-side



down, in prepared pan. Repeat with remaining tortillas and mince mixture. Sprinkle with cheddar. Bake for 15 mins or until cheddar melts and enchiladas are heated through.

Step 3 - Combine the tomato and avocado in a small bowl. Season. Spoon over the enchiladas to serve.

Salsa stuffed Avocado

- 1 large ripe tomato, finely chopped
- 2 tsp finely chopped red onion
- 1 tbsp chopped fresh coriander leaves
- 1 tbsp fresh lime juice
- 1 tsp extra virgin olive oil
- 3-4 tbsp Greek-style yoghurt
- 1 avocado, halved

Corn chips, to serve

Ground paprika, to sprinkle

Step 1

Combine tomato, red onion, coriander, lime juice and oil in a small bowl. Season.



Step 2
Place yoghurt in the cavity of each avocado half.
Top with the tomato salsa and corn chips.
Sprinkle with paprika to serve.

www.taste.com.au

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Amanda & Cam Wilson 0439 941 942

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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Monday - CLOSED

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penshurststore@gmail.com

Penshurst Shed

Open Saturday & Tuesday 10am - 4pm



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

We are open for everyone.

Contact
Tom Cooke 0488 557 345

CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214 DB-U 5109

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MT ROUSE NEWS & VIEWS

16

Across:

- 1: Physical injury that impairs the normal function of something.
- 3: Unable to be found.
- 4: A point beyond which it is not possible to go.
- 5: A science that deals with matter and energy and the way they act on each other in heat, light, electricity, and sound.
- 8: A silver metal that is strong and light and that is used for making many products.
- 9: A usually seasoned mixture of liquids that is added to a salad.
- 10: A formal act or event that is a part of a social or religious occasion.
- 13: The quality of being precise.
- 16: A close-fitting usually long covering for the foot and leg.
- 17: Frequently seen, heard, or experienced.
- 18: Making little or no noise.



21

- 19: A thick, flat piece of meat and especially beef.
- 21: Able to make choices quickly and confidently.
- 22: A specific area or region of the world.

Down:

- 2: The act or process of choosing someone for a public office by voting.
- 4: To sit or lie in a relaxed way.
- 6: Use in telling time.

7: Very important and needing immediate attention.

Mount Rouse

Puzzler

- 9: An action, behaviour, or condition that is different from what is usual or expected.
- 11: To charge too much for something.
- 12: Very surprising or shocking.
- 14: Good or useful.
- 15: A very large number of insects moving together.
- 19: To move smoothly along a surface.
- 20: A particular day of a month or year.

16 athlete, 17 conference, 20 piece, 22 seat.

Crossword answers from last newsletter: Across: 2 does, 4 forge, 9 marine, 10 screw, 12 agent, 13 pyramid, 14 warning, 17 chapter, 18 talkative, 19 steel, 21 dissimilar, 22 invite.

Down: 1 beard, 3 shallow, 5 jockey, 6 message, 7 architect, 8 disorientation, 11 watch, 15 stall,

14

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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
 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

 7.30 pm Community Room behind the Volcano Discovery Centre 11 March, 13 May, 8 July, 9 Sept, 11 Nov and 9 Dec. New members welcome.

Lions Club of Penshurst & District

 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm. penshurst.vic@lions.org.au

Penshurst Progress Association (PPA)

3rd Wednesday - February - November
 7.00pm Penshurst Memorial Hall

Penshurst Senior Citizens

Meets at the club rooms in Bell Street.
 Bingo 4th Tuesday each month.



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/

Community Meetings

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

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 CWA

 4th Tuesday each month at the Senior Citizens rooms. Newcomers welcome.

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

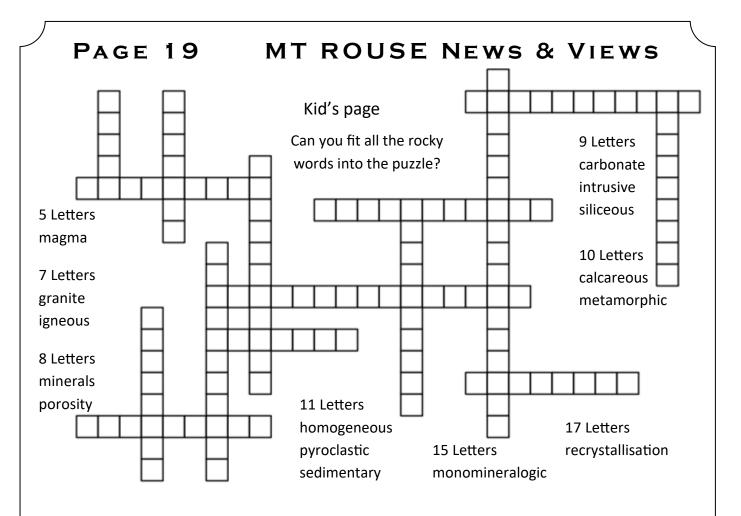
5pm Mass 4th Sunday each month For further details contact Fr. David Oulton 0435867040

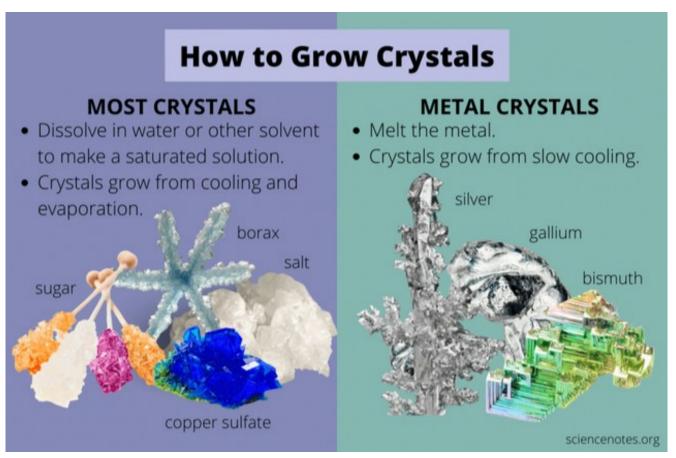
St Andrew's Uniting Church Penshurst

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





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Mt Rouse News & Views Community Newsletter

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Submissions 46 Watton Street.

DEADLINE FOR CURRENT SUBMISSIONS -Saturday 12th April 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

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