

# *MT ROUSE News & Views*



## *Community Newsletter*



### *Flying High*

Penshurst's Volcanoes Discovery Centre has a new look in the front of its building. The centre has used a shire grant of about \$2000 to install four new flags. The old flags lasted about five years but started to fade and rip, and had to be replaced.

PIC: The Volcano centre's four new flags flying high!

*This colour front page sponsored by Neville & Shirley Kruger. Thank you!*



Rural People Co  
invite you to:

# Penshurst Refresh & Reset Farmer Dinner

A dinner for local farmers.  
Join us for dinner and a discussion  
on recent challenges and the  
season ahead.

Friday 22nd May 6:00pm  
Penshurst Bowls Club  
Cox Street, Penshurst

2 course meal provided  
Drinks at bar prices  
Limited places, tickets essential  
Register via [EventBrite](#) (see QR code)  
For more info call Cath on 0414 551 264



Supported by:

## 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](mailto:emma.kealy@parliament.vic.gov.au)

Hi Penshurst people, my name is Tanya. My mum Denise and I have taken over the Milkbar. It's kind of a funny story. My parter Rob and I were looking for a house to buy. We came across this beautiful little house in Burchett Street, so the plan was I was semi-retiring, so maybe find my something a couple of days a week, and Rob was going to keep truck driving.

So I call my mum and asked her to come see our house. She was so happy for us that when she arrived back in Ballarat she rang to tell me she is bored and wants to buy a business. At first I laughed then I worked out she was for real.

The next time we came to check on the house I noticed the Milkbar was shut. So I rang mum and asked her is that what she is looking for. She said 'maybe'. Next day she was here and we had a look through and 'wham bam thank you mam' things were on a roll. No time to scratch myself (LOL). So the shop was all systems go before our house was even approved, but it was the best decision we ever made. We have come across some amazing and supportive people we hope to get the shop back to it's original favourite place to go for a coffee, a catch up and a bite to eat. Also the biggest funny thing is mum is from Ballarat and I am from Warrnambool, so we say we kinda meet in the middle.



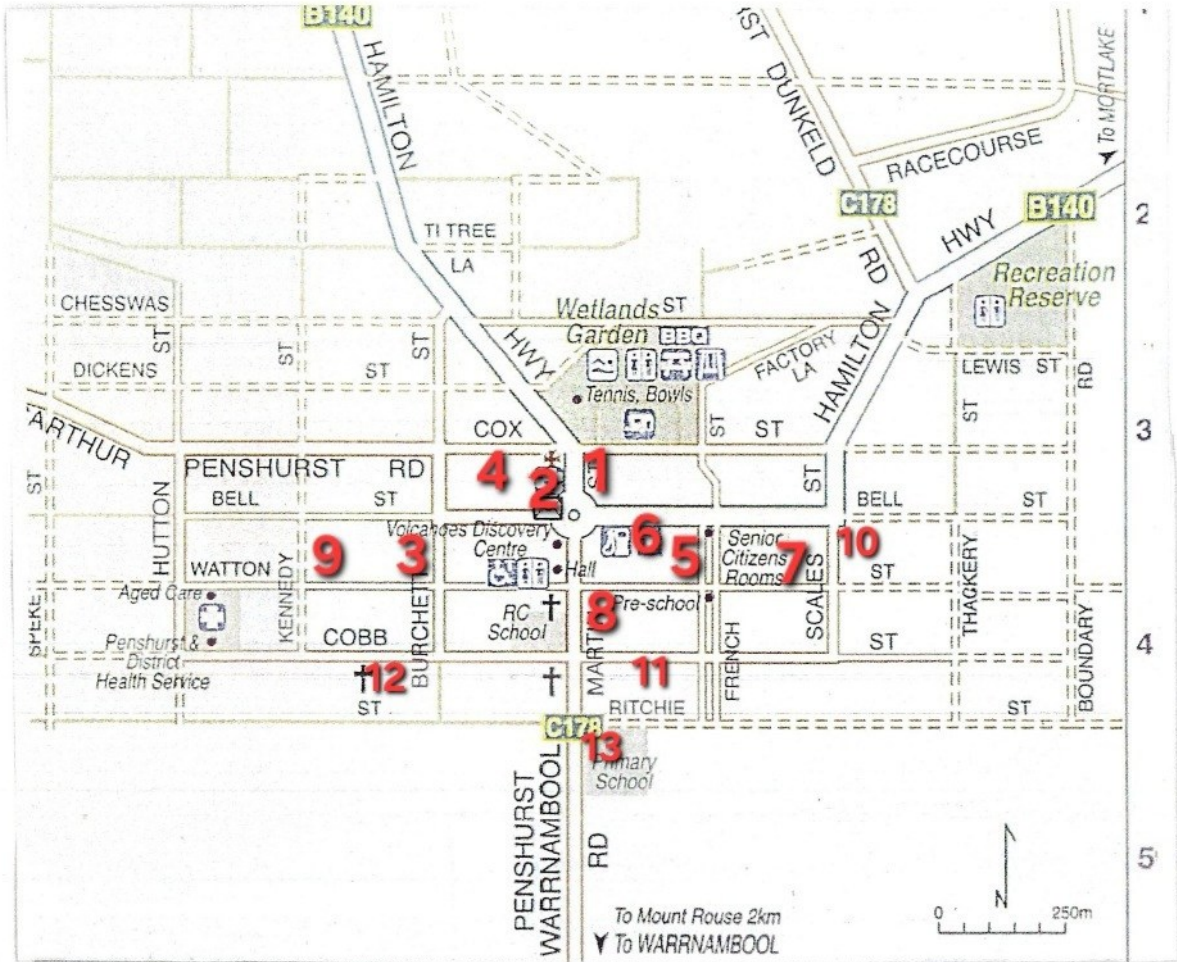
Mumma D's 5576 9224

So saying sometimes something spontaneous can work out.

An advertisement for RiST (Rural Industries Skill Training) featuring a group of people in a field. The background is a blue sky with clouds. The RiST logo is in the top left, and the text 'TOD 4198' is in the top right. A large orange banner in the center says 'APPLY NOW START JUNE 2026'. Below this, two columns of text describe training programs: 'Step into Supervision &amp; Farm Leadership Roles: CERTIFICATE IV IN AGRICULTURE (AHC40122)' and 'Confidently manage farm operations, people &amp; production: DIPLOMA OF AGRICULTURE (AHC50122)'. At the bottom, contact information is provided: '1800 883 343 | info@rist.edu.au | rist.edu.au'. The background image shows a group of people from behind, looking out over a green field under a blue sky.

**Penshurst Garage Sale 24th May 2026**

**8am—1pm Follow the balloons**



- |                         |                                                           |
|-------------------------|-----------------------------------------------------------|
| <b>1</b> 40 Martin St   | <b>9</b> 128 Watton St                                    |
| <b>2</b> 35 Martin St   | <b>10</b> 28 Scales St                                    |
| <b>3</b> 21 Burchett St | <b>11</b> 81 Cobb St                                      |
| <b>4</b> 97 Cox St      | <b>12</b> Penshurst Shed<br>at 103 Cobb St                |
| <b>5</b> 23 French St   | <b>13</b> penshurst Primary<br>school<br>at 87 Ritchie St |
| <b>6</b> 77 Bell St     |                                                           |
| <b>7</b> 54 Watton St   |                                                           |
| <b>8</b> 87 Watton St   |                                                           |

### Turning unimaginable grief into post-traumatic growth

In the aftermath of the complex trauma of losing his father, Blake became, in his words, a better person. He transformed his own life and habits, and developed a passion for helping others in an example of the psychological change known as "post-traumatic growth".

"The worst thing that's ever happened to me is going to help make the world a better place too, just like my dad did," Blake says. The loss of Blake's dad was incredibly difficult. During this time, Blake's own mental health issues rose to the surface.

#### What is post-traumatic growth?

The term post-traumatic growth has been around since the mid-1990s. "[It's a] psychological transformation that people go through as the result of the struggle with a traumatic event," says Karl Andriessen, a mental health researcher at the University of Melbourne whose work includes experiences of post-traumatic growth following suicide bereavement.

Louise Harms — who researches adaptation to trauma, grief and loss at the University of Melbourne — says the term essentially recognises there may be positive transformations after a traumatic experience. Those positive elements can act as an "anchor for many people's recovery post-trauma". Professor Harms's work, for example, reflects on individual experiences like road trauma, as well as community trauma through bushfires.

#### Grief doesn't have to equal growth

Experiences of post-traumatic growth can vary. "Some people find value in social relationships, for others they may go through a career change," Dr Andriessen says.

#### Mental health struggles are part of the process

Struggle with trauma might look like mental health challenges such as intense grief or suicidal behaviour. "I realised that checking the bank accounts seven times a day and obsessively thinking about not being good enough, lying in bed awake late at night and waking up in the morning and ruminating on things wasn't good mental health," Blake says. Speaking to a doctor for a referral to mental health care, or reaching out to specialised organisations can help to navigate your next steps.

If you need someone to talk to:

<https://agriculture.vic.gov.au/support-and-resources/resources/resource-directory>

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- MensLine Australia on 1300 789 978
- Suicide Call Back Service on 1300 659 467
- Beyond Blue on 1300 22 46 36
- Headspace on 1800 650 890
- QLife on 1800 184 527
- ReachOut at [au.reachout.com](http://au.reachout.com)
- Care Leavers Australasia Network (CLAN) on 1800 008 774
- Brother to Brother on 1800 435 799



Sold as a set, with table \$160



Above: Two seater stained \$90



Left:  
Table &  
Bench  
Seats  
(pictured)  
x 2 \$80

**OPEN Sunday 24th May 8am-1pm**

**Penshurst Shed**

Open Saturday & Tuesday 10am - 4pm

Enjoying community in 2026.

Contact Thomas Cooke 0488 557 345

**Drop in for a coffee. Visitors welcome.**

103 Cobb Street at the old Apex Shed.

# Avoid the frightful fatberg!



**We worry about what you put down your toilet and sink every day - and you should too!**

A fatberg is a massive accumulation of solid waste largely consisting of fats, oils, disposable wipes, and other sanitary items.

If you flush these things, they can build up and get stuck in your home's plumbing or septic system, or even our sewerage network. This can create a nasty fatberg that blocks your pipes and leads to costly repairs!

**Remember:**

- Dispose of personal hygiene items such as wipes, sanitary products and cotton buds in a rubbish bin.
- Put oily products like excess cooking oil and unused milk in sealed containers and into a bin.





# ST JOSEPH'S PRIMARY SCHOOL

**St Joseph's Penshurst, as partners in Catholic education and with our school community, pursues fullness of life for all.**

**St Joseph's Primary is a small rural school in the beautiful township of Penshurst.**

**At St Joseph's, we are more than just a school - we're a community that feels like family.**

**Every child is known, supported, and encouraged to grow in a warm and nurturing environment.**

**Strong relationships between students, teachers, and families create a sense of belonging that helps children feel safe, confident, and ready to learn.**

**We invite you to call the school to book a private tour and discover what St Joseph's can offer your child and family in 2027.**

- Small class sizes.
- Evidenced based Literacy & Numeracy programs.
- Strong focus on Wellbeing & School Wide Positive Behaviour.
- LOTE - Indonesian.
- Physical Education.
- Music - Whole class & individual lessons.
- Hands on learning through gardening, cooking & play.
- Spacious grounds, oval & playground.
- Well resourced classrooms, library, & sports equipment shed.
- Colourful turfed basketball court.
- Vegetable gardens.
- Bus run to surrounding areas of Caramut, Chatsworth, Minamite, Gazette, Warrabkook & Gerrigerrup.

## CONTACT US

- **(03) 55 765483**
- **Principal; Mrs Katie Calvert**
- [principal@sjpenshurst.catholic.edu.au](mailto:principal@sjpenshurst.catholic.edu.au)

<https://facebook.com/sjpenshurst>

[stjosephsprimary3289](https://www.instagram.com/stjosephsprimary3289)

**Enrolments now open for 2027**



Carrying on from last fortnight:

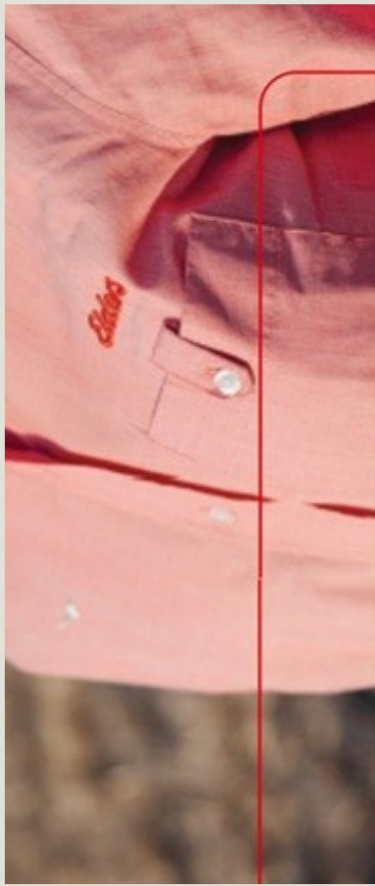
**Weird Australian Laws**

- 13. If advertising a lost or stolen item, you must include the caption "no questions will be asked." So does that mean that thieves can get away with stolen goods?
- 14. Life sentences cannot exceed 25 years. Are we really that laid back?
- 15. If a urinal is not readily available, it is legal to urinate on the rear left tyre of your vehicle.
- 16. In Melbourne, it is against the law to vacuum between 10pm and 7am during weekdays, and 10pm and 9am during weekends. Yep. We like our sleep.
- 17. Children aren't allowed to purchase cigarettes, but there is no law specifically stating that they cannot smoke them.

*The wisdom of Ruth Bader Ginsburg, an outspoken champion of civil rights, Justice of the US Supreme Court 1993-2020:*

*"Fight for the things that you care about. But do it in a way that will lead others to join you."*

*"Whatever you choose to do, leave tracks.  
That means don't do it just for yourself.  
You will want to leave the world a little better  
for your having lived."*



**ELDERS HAMILTON**

*Proud to be a supporter of local communities*

**BRANCH MANAGER & RURAL**

**REAL ESTATE**

Lachy Patterson 0407 704 684

**WOOL**

Andrew Howells 0418 846 291

Kate Methven 0488 415 883

David Whyte 0407 347 203

**State Wool Manager**

Lachie Brown 0409 645 915

**LIVESTOCK**

Aaron Maiseed 0407 782 286

Jordy Anthony 0407 649 925

Dillon Dawson 0438 054 593

**STUD STOCK**

Ross Milne 0408 057 558

**MERINO STUD STOCK & WOOL**

Kevin Beaton 0455 119 711

**FARM SUPPLIES**

Ryan Gerring 0439 699 110

Damon Hiscock 0439 671 046

Rob Browne 0427 315 793

Rod Evans 0498 750 125

James Whyte 0458 322 094

**AGRONOMY**

Mark Rouse 0473 444 288

Gabby Redpath 0438 903 123

Damien Goodman 0438 028 985

**SALES SUPPORT**

Ann Hiscock 5551 5700

Wendy Kerr 5551 5700

Annaleace Dohle 5551 5700

Maggie Craig 0427 976 179

100 Portland Road,  
Hamilton P. 03 5551 5700  
E. hamilton@elders.com.au  
elders.com.au

**Elders**



### **Our interconnectedness should be our strength.**

As I'm writing this, the war in Iran is raging as are the tempers of some world leaders. It's not pretty, it's not pleasant and it's not new.

The war in the middle east has been going on for some time now and someone who is far more cleverer than I would be able to give you the dates, why's and wherefores.

Once upon a time I would have shrugged my shoulders and said 'There's nothing I can do about it' and 'It's not my problem'.

This time however it's different, it's personal, it does affect me and I know that it is my problem. I feel this pain and connectedness every time I hand over my little bit of square plastic with the 16 magic numbers at petrol station

I am deeply, deeply sorry that this war is happening and while I snore loudly in my comfy bed in Western Victoria, others have their tenuous shelter blasted to bits. They cry themselves to sleep mourning those who they love and miss. They are hungry at night and live in fear each day. This particular war has taught us that every war is everyone's problem. We are all interconnected. We are all responsible for each other. It is our problem and while there seems little we can do to extinguish the flames of retribution and revenge on an international scale, back here in our community we can live peaceably in ways of forgiveness and compassion. We can bind up scars with bandages of caring. We can pour the balm of a listening silence onto those whose wounds are hidden from us. We can wipe away tears.. softly. We can be gentle with ourselves. It is our problem after all. We are interconnected and this should be our strength.

### **Patients are not always patient**

Some of you are aware that I had some surgery earlier this year. I went in absolutely determined that I was going to be the most courteous and thankful patient that they had ever encountered. I tried really hard and for the 24 hours that I was there I think I succeeded. I mean it's easy when you're on a truck load of really good drugs and feeling very happy and floaty.

The process of what happened after I was discharged from the cocoon of the medicos and machines was a whole lot more confronting. As you come down from the placid euphoria of medication and pain management becomes your own responsibility, the control begins to unravel. When I combined this with some discourteous and belligerent side effects then I discovered that actually... I am not the model patient after all. In fact there are times when I was impatient and more than a little tetchy. A few things to come out of all of this.

First, I consider it a source of great blessing that I live in this part of the world and in this point of history. We have access to great medical expertise and resources. These are not always available to many of my brothers and sisters around the globe and certainly weren't accessible to my forebears.

Secondly, spare a thought for those who work tirelessly and compassionately with the ill, all day every day and around the clock. The nurse who tended me overnight was going home at the end of her shift to take her children to swimming lessons!

Finally, my feeble hope is that my experience might make me more understanding and sympathetic to those who I find in my 'priesty travels'. The comforter who also needs comforting. A wounded healer.

**MEDIA RELEASE**

SOUTHERN GRAMPPIANS SHIRE COUNCIL

**Your Council  
Your Community****HELP SHAPE A USER-FRIENDLY ONLINE EXPERIENCE  
FOR HAMILTON INDOOR LEISURE AND AQUATIC CENTRE**

Southern Grampians Shire Council is inviting community members to share their thoughts on the development of a new website for the Hamilton Indoor Leisure and Aquatic Centre (HILAC).

With over 980 active members, more than 550 swim school participants and hundreds attending HILAC each week, your feedback is vital.

Southern Grampians Shire Council Acting HILAC Centre Manager Rob West said the current website is an important tool for providing information about memberships, programs, timetables, and events.

“We want to ensure the new site is more user friendly, informative, and meets the needs of our local community offering a streamlined design similar to the council website to help users find what they need quickly and easily,” said Mr West.

“We encourage you to tell us what features and improvements would make the website more accessible. What do you like about the current site, what would you change, or add, to make it simpler and more helpful.”

Whether you use HILAC for fitness, swimming, group activities, or community events or sport, your input will help us create a website that works for everyone.

Comments and suggestions are welcomed from all residents, members, and visitors. “Let us know how the website could better support your experience at HILAC. Your ideas will guide the design and ensure the new site reflects what matters most to our community,” Mr West concluded.

To share your feedback, visit [Engage Southern Grampians](#).

**FREE HEALTH CHECKS COMING TO HILAC**

Southern Grampians Shire Council is pleased to offer the community access to free, quick, and easy health checks with the arrival of the SiSU Shane Warne Legacy Health Station.

From Tuesday 5 May to Friday 5 June 2026, the Health Station will be located at Hamilton Indoor Leisure and Aquatic Centre (HILAC), providing community members with an opportunity to better understand their health in just five minutes.

No bookings are required, and results are provided instantly.

The initiative encourages community members to “know their numbers” and take a proactive approach to their health and wellbeing.

Regular health checks play an important role in the early detection of risk factors associated with chronic conditions such as cardiovascular disease and type 2 diabetes, many of which can develop without obvious symptoms. Cardiovascular disease remains Australia’s leading cause of death, while conditions such as high blood pressure and diabetes often go undetected.

Southern Grampians Shire Council Mayor Dennis Heslin said by

Continued page 11

## MEDIA RELEASE

SOUTHERN GRAMPAINS SHIRE COUNCIL



Your Council  
Your Community

increasing awareness and encouraging early action, the Health Station supports individuals to make informed decisions about their health. The self-service station provides a comprehensive, medical-grade health check, including blood pressure and heart rate, weight and body mass index (BMI), body composition, and a type 2 diabetes risk assessment using the AUSDRISK tool.

Results can be viewed immediately on screen and accessed later via the SiSU Health mobile app.

“This free service is part of Council’s ongoing commitment to improving community health and wellbeing, making it easier for residents to access preventative health information in a convenient and supportive environment,” Cr Heslin concluded.

Council are proud to partner with SiSU Health, Latrobe Health Services, Diabetes Australia, and the Shane Warne Legacy organisation to bring this service to the community.

For updates on Council projects and community initiatives, visit Council’s website or sign up to the monthly eNews.

### FREE FLU VACCINATIONS FOR YOUNG CHILDREN

Southern Grampians Shire Council remains dedicated to supporting families as they protect their most vulnerable members. This flu season, Council is offering under 5’s free flu vaccinations encouraging parents to take steps to protect young children from influenza.

Southern Grampians Shire Council Manager Community Wellbeing Susannah Milne emphasised that influenza can pose significant risks for young children, especially those under five years of age, who are more likely to experience complications and require hospital care.

“The influenza vaccine is safe, effective and comes at no cost for children aged six months to under five years.”

“Peak flu season is generally June - September, vaccination anytime from April is recommended to cover you through this period,” Ms Milne concluded.

#### Clinic dates and times:

Monday 11 May: 9:30am – 2:30pm

Tuesday 26 May: 1:00pm – 3:00pm

Tuesday 23 June: 9:30am – 12:00pm

Bookings are essential. Please contact the Maternal and Child Health team on 5551 4360 and let them help you secure your appointment.

Southern Grampians Shire Council Mayor Dennis Heslin supports the ongoing efforts of Council’s Maternal and Child Health program.

“Our program continues to thrive, with 657 children enrolled in the most recent figures, a testament to the dedication of our exceptional staff,” said Cr Heslin.

By vaccinating your children, you’re helping to protect your family, and others in our community who may be more at risk. Let’s work together to keep our children and our Shire safe and healthy this flu season.

For further information, please visit [health.gov.au/flu](http://health.gov.au/flu).

**MEDIA RELEASE**

SOUTHERN GRAMPPIANS SHIRE COUNCIL

**Your Council  
Your Community****COUNCIL'S DRAFT 2026/27 BUDGET OUT NOW FOR COMMUNITY FEEDBACK**

Southern Grampians Shire Council has released its 2026/27 Draft Budget, Long Term Financial Plan and Pricing Register for community feedback following the May Council meeting.

Council's annual budget process includes the development of our 2026/27 Budget as well as our Long-Term Financial Plan (LTFP) for 2026-2027 to 2026-2036. It has been completed following extensive community engagement, and prepared under a robust financial framework.

The Draft Budget details a substantial commitment of more than \$17 million in capital works, complemented by funding for key community-identified initiatives, grant programs and major Council projects, representing a strong investment in the shire's future.

The organisation's financial focus remains operational efficiency and cost reduction to enable greater investment in community infrastructure and services. This can be seen in the consecutive record years of capital program delivery over the last three years. This includes new and upgraded assets across all classes including buildings, roads, playgrounds, and sporting facilities. Southern Grampians Shire Council Mayor Dennis Heslin said the budget reflects a carefully considered approach, balancing essential investment with long-term financial sustainability, amid a challenging operating environment.

"The 2026/27 budget has been developed in a difficult economic environment, as we seek to maintain service levels and valued community facilities in the face of rising cost pressures, inflation, global uncertainty and ongoing government cost-shifting," said Cr Heslin.

"We believe this Budget demonstrates our ability to fund major projects of regional significance, the renewal of existing assets and the continued delivery of services to the community, despite these challenges."

Informed by 23 submissions from the Southern Grampians Community, alongside Councillor and officer input, the budget continues to deliver on the objectives and actions in the 2025-29 Council Plan, with some important projects on the horizon for the upcoming financial year.

Budget highlights:

Council has proposed a 2.75% rate increase, consistent with the rate cap set by the Minister for Local Government, down from 3% in last year's budget. This will see \$26.264 million collected in rates and charges.

The \$17.245m capital works program will mean wide-ranging benefits for the community and includes:

- \$6,744,000 for the roads program
- \$1,900,000 for the maintenance and renewal of outdoor swimming pools
- \$350,000 for work on HILACs Court One
- \$106,000 for the footpath program
- \$100,000 for required work on the spillway at Lake Hamilton
- \$100,000 for the 2026/2027 Stormwater program
- \$70,000 for the purchase of library books
- \$50,000 for playground renewal and

MEDIA RELEASE

SOUTHERN GRAMPPIANS SHIRE COUNCIL



Your Council  
Your Community

**DRAFT BUDGET (continued)**

Initiatives and community projects funded include:

- Progression of three major projects (New Hamilton Gallery, Library and Community Hub and CBD Streetscape)
- Upgrades to sound and ticketing systems at Hamilton PAC
- Cavendish and Coleraine Structure Plan Implementation into the planning scheme
- Economic Development Strategy
- Renewal of athletics facilities at Mitchell Park
- Masterplan for Wannon Falls Scenic Reserve
- Rainwater harvesting project at HILAC and Hamilton Showgrounds, subject to a grant
- Renewal of Church on Brown Street for Youth and Community use
- Support for Live4Life Southern Grampians
- Fencing of northern side of the Cavendish playground

The municipal waste charge will increase this year from \$430 to \$472. This increase is required due to rising costs associated with the ongoing fuel crisis and escalating service estimates. Council's waste service remains cost-neutral, meaning all charges only recover the cost to deliver the service to the community. Several initiatives have been included in the budget to ease the cost of waste removal including weekly FOGO collection in Spring, free green waste drop-offs, two green waste vouchers per household, and the out of zone service for eligible households.

The 2% early-payment discount will be removed in the 2026/27 Budget. Council has thought deeply about the impact of this decision. However, it is no longer sustainable to offer this discount in a rate capping environment. Pensioner concessions remain unaffected.

Dog and cat registration fees will rise, largely as a result of recent changes in State Government fees. The *Domestic Animals Act 1994* requires Councils to pay the Treasurer a fee for every registration or renewal collected for a cat, dog, or domestic animal business. This fee has now risen to \$9.00 per registration up from \$4.64 last year which cannot be absorbed by Council.

Parking metres in Hamilton CBD will also see a moderate rise from \$1.20 to \$1.50 per hour marking the first price increase for parking in eight years.

This budget has been prepared in line with the *Long-Term Financial Plan 2024-2034* which focuses on concentration on limiting expenditure growth, delivering a surplus in nine of the 10 years, with borrowings to largely be repaid within that timeframe.

"I encourage all Community members to review the Draft Budget, Long-Term Financial Plan and Pricing Register and provide feedback prior to 27 May 2026," Cr Heslin concluded.

To view the Draft Budget 2026/27, Long-Term Financial Plan and Pricing Register visit Council's website. Hard copies will be available to view at Council's Brown Street Office and the Hamilton Library.

5576 5270

Friendly faces and helpful staff ...

**Penshurst Liquor & Grocery Store**

Open 7 days

**Opening Hours:**

**Monday - Friday**

7am - 7pm

**Saturday**

8am - 6pm

**Sunday**

8am - 5pm

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**

Penshurst's News Agency

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

**Treat yourself to a Second Wind by  
Evolve North coffee and Snug As A Bug  
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**



**Penshurst Store**



**Amanda & Cam Wilson  
0439 941 942**

Café/Bakery

110 Bell Street, Penshurst

penshurststore@gmail.com

## A PAGE TO SHARE RECIPES

***Crispy Mongolian Pork & Rice***

Prep Time 10 mins    Cook 15 mins    Serves 4

**INGREDIENTS**[www.taste.com.au](http://www.taste.com.au)

- 3 green shallots
- 60ml (1/4 cup) Shaoxing (Chinese cooking wine)
- 2 garlic cloves, crushed
- 2cm-piece fresh ginger, grated
- 2 tbsp dark soy sauce
- 60ml (1/4 cup) hoisin sauce
- 1/2 tsp Chinese five spice powder
- 2 tsp sesame oil
- 800g Australian Pork Mince
- 400g frozen vegetable stir-fry mix
- 2 x 250g pkt microwave jasmine rice, heated

**Method**

- Step 1 - Cut white and light green sections of green shallots into 5cm lengths. Thinly slice dark green sections diagonally.
- Step 2 - Combine Shaoxing, garlic, ginger, soy sauce, hoisin and five spice powder in a jug.
- Step 3 - Heat a wok or large, deep frying pan over high heat. Add oil and swirl to coat. Add pork and cook, breaking up mince with a wooden spoon, for 6-8 minutes or until pork is browned and crispy. Add vegetable stir-fry mix and cook, stirring, for 5 minutes or until vegetables are almost tender. Add white and pale green shallot and hoisin mixture, and cook, stirring, for 1-2 minutes or until combined and slightly softened.
- Step 4 - Divide rice and pork mixture among serving bowls. Sprinkle with dark green shallot sections, to serve.

**Chocolate Tiramisu**    Prep 6h 25mins    Serves 12

- 500g cream cheese, softened
- 150ml espresso coffee, cooled
- 100g dark chocolate, melted and cooled
- 1/2 cup (80g) icing sugar, sifted
- 1 x 250g packet Arnott's Choc Ripple biscuits
- Step 1 - Line the base and sides of a 24cm x 10cm loaf tin with non-stick baking paper, allowing overhang on all sides. Place the cream cheese, 100ml of coffee, chocolate and icing sugar in a bowl and, using a hand-held electric beater, beat until smooth.
- Step 2 - Dip biscuits in the remaining coffee. Arrange 5 biscuits in a single layer in the base of the tin, trimming to fit if necessary. Spoon over 1/4 of cheese mixture and smooth. Repeat layers of biscuit and cheese mixture making sure to finish with a layer of cheese mixture on top. Roughly crush remaining biscuits and crumble over top of final cheese mixture layer. Cover and refrigerate for 6 hours or overnight. Remove and cut into 2cm thick slices to serve.





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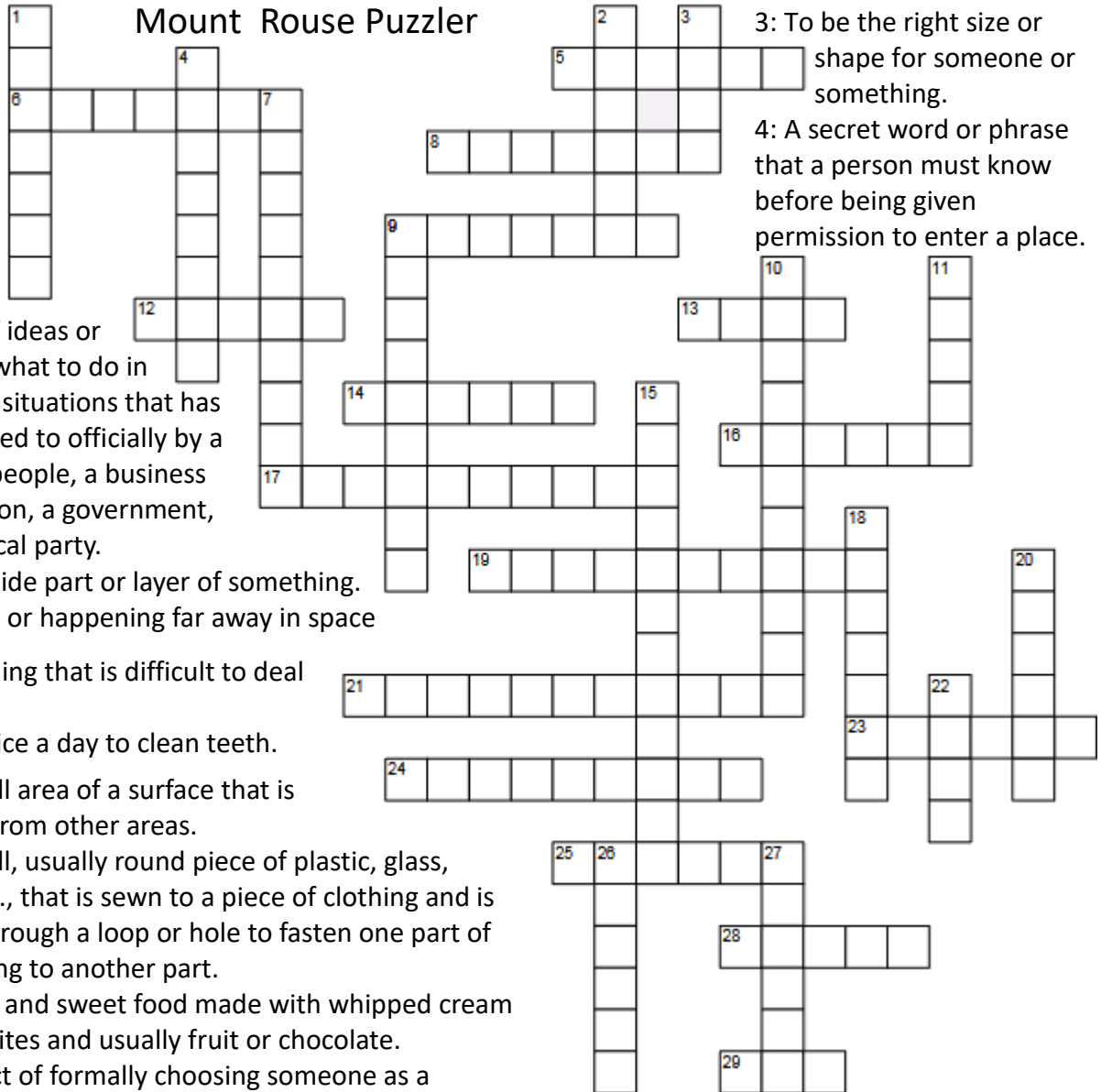
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**Crossword answers last fortnight: Across:**  
 4 testing, 7 emphasis, 8 grounds, 10 worksheet,  
 13 poetry, 15 polyarcy, 16 code, 18 sinister,  
 20 whole, 21 easier, 22 sorosis, 23 guest,  
 24 scheme. **Down:** 1 matrix, 2 magnality,  
 3 praise, 5 crampon, 6 bump, 9 reconcile,  
 11 separation, 12 nymphcan, 14 illapse,  
 17 elephant, 18 splurge, 19 curvet.

Mount Rouse Puzzler



**Across:**

- 5: A set of ideas or a plan of what to do in particular situations that has been agreed to officially by a group of people, a business organization, a government, or a political party.
- 6: An outside part or layer of something.
- 8: Existing or happening far away in space
- 9: Something that is difficult to deal with.
- 12: Do twice a day to clean teeth.
- 13: A small area of a surface that is different from other areas.
- 14: A small, usually round piece of plastic, glass, metal, etc., that is sewn to a piece of clothing and is pushed through a loop or hole to fasten one part of the clothing to another part.
- 16: A cold and sweet food made with whipped cream or egg whites and usually fruit or chocolate.
- 17: The act of formally choosing someone as a candidate for a job, position, office, etc.
- 19: To recognize how good someone or something is and to value him, her, or it.
- 21: Currently popular.
- 23: A waxlike substance produced inside the ear.
- 24: Extremely important and necessary.
- 25: To read or write laboriously, letter by letter.
- 28: An injury that is caused when a knife, bullet, etc., cuts or breaks the skin.
- 29: A valuable stone that has been cut and polished for use in jewellery.

**Down:**

- 1: A movement of your body (especially of your hands and arms) that shows or emphasizes an idea or a feeling.
- 2: A long journey to a distant or unknown place especially over water or through outer space.

- 3: To be the right size or shape for someone or something.
- 4: A secret word or phrase that a person must know before being given permission to enter a place.

- 7: A look on someone's face.
- 9: The act of putting harmful materials into the air, soil, or water.
- 10: Not causing any physically unpleasant feelings.
- 11: Being barred and forced to leave a group or place.
- 15: Believing in the value of established and traditional practices in politics and society.
- 18: To become healthy after an illness or injury.
- 20: By use of the hands.
- 22: A thin, flat, and often rectangular piece of plastic, metal, wood, etc., that has a low rim and that is used for carrying things.
- 26: To place in a pouch sewed into a garment.
- 27: To sleep lightly especially for a short period of time.

# DAN TEHAN

FEDERAL MEMBER FOR WANNON



*My office can assist you with information about Federal Government services including:*

- ✔ Centrelink
- ✔ National Disability Insurance Scheme (NDIS)
- ✔ Pensions and My Aged Care
- ✔ Medicare
- ✔ Australian Taxation Office (ATO)
- ✔ Veterans' Affairs
- ✔ Immigration, citizenship and passports
- ✔ Australia Post
- ✔ Telecommunications (broadband and mobile coverage)



Please fill out my 30 second survey

*Dan Listens, Dan Cares, Dan Delivers!*

Hamilton: 190 Gray Street, Hamilton VIC 3300  
 Warrnambool: 158 Koroit Street, Warrnambool VIC 3280

☎ 1300 131 692 ✉ dan.tehan.mp@aph.gov.au  
 🌐 dantehan.com.au 📘 DanTehanWannon 📷 dantehan

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



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- After lease treatments
- Wasps

**TREVOR HIRST 0439 375 445**  
 trevor.hirst@outlook.com

**Coastal PEST MANAGEMENT**

**TREVOR HIRST 0439 375 445**  
 trevor.hirst@outlook.com

Acrostics by Puzzle Baron

Key: Last Name and Source

Puzzle #W188OL

1	B	2	I	3	D	4	A	5	D		6	G	7	I	8	J	9	C	10	H	11	B	12	G		13	H	14	E		15	E	16	I	17	M	18	I			
19	A		20	M		21	A	22	D	23	G	24	B		25	C	26	A	27	N	28	G	29	N	30	I	31	C	32	A		33	K	34	G	35	J	36	E		
37	D	38	L			39	K	40	F	41	H	42	N			43	B	44	J			45	H	46	N			47	E	48	G	49	K	50	D	51	C	52	I	53	F
		54	E	55	L	56	B	57	K	58	E	59	C			60	J	61	K	62	L	63	C	64	F	65	E	66	F	67	J			68	K	69	H	70	M		
71	H	72	K	73	D	74	B	75	N	76	D	77	J			78	F	79	J			80	N			81	C	82	N	83	E	84	D			85	E	86	L		
87	C	88	M	89	A	90	C	91	L	92	E	93	N	94	C	95	F			96	M	97	L	98	N	99	C	100	E	101	N										

A 21 4 19 26 89 32  
Almost all

H 69 41 10 13 71 45  
Largest city in the West Indies

B 43 24 74 56 1 11  
Producing no fruitful result

I 18 7 30 16 52 2  
Be that as it may (2)

C 87 63 9 90 31 51 99 94 25 81 59  
In a sacred manner

J 77 35 67 79 8 60 44  
Log out (2)

D 3 76 37 22 5 73 50 84  
Gave another exam to

K 72 61 57 39 49 33 68  
"\_\_\_ Jazz" (song from Chicago) (2)

E 65 83 54 58 92 14 47 100 15 85 36  
Tendency

L 91 55 38 86 62 97  
Made a mistake

F 95 66 78 53 64 40  
Quidditch's flying golden ball

M 88 17 96 20 70  
Party announcement via computer

G 48 28 23 34 6 12  
Intoxicated

N 101 42 80 27 75 82 29 98 93 46  
Extreme hunger

For the young and young at heart

Jokes for kids to share

What is a pizza's favourite type of jokes?  
Cheesy ones!

What's the most expensive fish called?  
A goldfish.

What is a little bear with no teeth is called?  
A gummy bear!

What's an alligator in a vest called?  
An investi-gator.

What did the Dalmatian say after she had a huge meal?  
That hit the spot.

Why do so many fish live in salt water?  
Because pepper water would make them sneeze.

**Community Calendar & Contacts****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 Gail 0419 510 364

**Penshurst Hospital**

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Residents, Relatives & Carers group, 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 VDC 2026 Meeting Dates: Bi-monthly 2nd Tuesday commencing: 10 March, 12 May, 14 July, 8 September, 10 November and 8 December.
- New members welcome.

**Lions Club of Penshurst & District**

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm. Venue TBA penshurst.vic@lions.org.au
- **Volcanoes Discovery Centre** Open every Friday 11 - 3pm, Weekends & School Holidays 10 - 4pm. New volunteers always welcome. Contact President Jo Vigliaturo 0408 544 670.

**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/>

If you would like to chat to a local ACO, please email [penshurst.teamleader@ambulance.vic.gov.au](mailto:penshurst.teamleader@ambulance.vic.gov.au)

**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

**PPA (Penshurst Progress Association)**

- 4th Wednesday of every second month at 7pm (Jul, Sep, Nov, Jan, Mar, May) – Community meeting at the Memorial Hall  
Committee meetings – as required

**COMMUNITY MARKETS**

Sunday 3 May, 11 October & 13 December

**CWA**

4th Tuesday of the month at 7pm.  
In the senior citizen Clubrooms.  
No meeting in December

**SENIOR CITIZENS CLUB**

Meets at the Club rooms in Bell Street.  
Bingo last Tuesday each month. 1.45pm.

**UKULELE GROUP**

Meets every Sunday at the Senior Citizens from 2pm until 3pm - Contact Paul 0402 902 013 for more Information

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

# What's On Around Mt Rouse - MAY / JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>03</b> <b>PENSHURST COMMUNITY MARKET</b> Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm <b>Pony Club Rally</b> Ukulele Group 2-3pm	<b>04</b> Penshurst Shed 10am-4pm <b>Bowls Club Meeting 7:30pm</b>	<b>05</b> Penshurst Primary Sports Pavillion 5pm	<b>06</b> <i>Newsletter Edition 18</i> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>07</b> WDHS Social Support Activity Group 10am <b>Mobile Library 3-4pm</b>	<b>08</b> Volcano Discovery Centre 11am-3pm	<b>09</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm <b>BOMBERS HOME GAME</b>
<b>10</b> <b>MOTHERS DAY</b> Catholic Church Mass 8:30am Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm Uniting Church Service 11am <b>Ukulele Group 2-3pm</b>	<b>11</b> Penshurst Shed 10am-4pm <b>Caramut &amp; District Garden Club 10am</b> Friends of Yatmerone 7:30	<b>12</b> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>13</b> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>14</b> WDHS Social Support Activity Group 10am	<b>15</b> Volcano Discovery Centre 11am-3pm	<b>16</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm
<b>17</b> Catholic Church Lay 8:30am Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm <b>Ukulele Group 2-3pm</b>	<b>18</b> Penshurst Shed 10am-4pm Hospital Combined Church Service 11am PENSHURST BOOK CLUB 2PM <b>Lions Club Meeting 7:30pm</b>	<b>19</b> Penshurst Primary Sports Pavillion 5pm	<b>20</b> <i>Newsletter Edition 19</i> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>21</b> WDHS Social Support Activity Group 10am <b>Mobile Library 3-4pm</b>	<b>22</b> Volcano Discovery Centre 11am-3pm	<b>23</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm <b>BOMBERS HOME GAME</b>
<b>24</b> <b>Town Garage Sale</b> Catholic Church Mass 8:30am Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm Uniting Church Service 11am <b>Ukulele Group 2-3pm</b> HISTORICAL MEETING 2PM Anglican Church Mass 5pm	<b>25</b> Penshurst Shed 10am-4pm <b>BINGO @Senior Citz 1:45pm</b> Country Womens Association(CWA) 7pm	<b>26</b> Penshurst Primary Sports Pavillion 5pm <b>PPA Meeting 7pm</b>	<b>27</b> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>28</b> WDHS Social Support Activity Group 10am	<b>29</b> Volcano Discovery Centre 11am-3pm	<b>30</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm
<b>31</b> Catholic Lay Service 8:30am Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm <b>Ukulele Group 2-3pm</b>	<b>01</b> Penshurst Shed 10am-4pm <b>Bowls Club Meeting 7:30pm</b>	<b>02</b> Penshurst Primary Sports Pavillion 5pm	<b>03</b> <i>Newsletter Edition 20</i> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>04</b> WDHS Social Support Activity Group 10am <b>Mobile Library 3-4pm</b>	<b>05</b> Volcano Discovery Centre 11am-3pm	<b>06</b> <b>Courthouse Open Day</b> <b>9:30am-12:30pm</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm
<b>07</b> Lutheran Church Tabor 10am Volcano Discovery Centre 10am-4pm Uniting Church Service 11am <b>Ukulele Group 2-3pm</b> Catholic Church Mass 8:30am <b>Pony Club Rally</b>	<b>08</b> King's B'Day Penshurst Shed 10am-4pm <b>Caramut &amp; District Garden Club 10am</b>	<b>09</b> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>10</b> YOGA @ Penshurst Primary Sports Pavillion 5pm	<b>11</b> WDHS Social Support Activity Group 10am	<b>12</b> Volcano Discovery Centre 11am-3pm	<b>13</b> Penshurst Shed 10am-4pm Volcano Discovery Centre 10am-4pm <b>BOMBERS HOME GAME</b>

Mt Rouse News & Views  
Community Newsletter

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**Mt Rouse Community Newsletter Inc**

ABN 95 801 619 635

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Submissions: 46 Watton Street.

**DEADLINE FOR CURRENT SUBMISSIONS -  
Saturday 30th May 2026**

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**

0402 870 738

All correspondence to:  
mtrousenewsletter@gmail.com

Also available in colour online at  
<https://mtrousenewsletter.org.au/index.html>

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**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 8.30 am

3rd Sunday Lay Service 8.30 am

4th Sunday Mass 8.30 am

5th Sunday No Service



**Mobile Library**

Will be visiting Penshurst  
every Thursday fortnight

3.00 - 4.00pm

**Outside the Hall in Martin St**

21 May, 4 & 18 June

**Phone: 5573 0470**

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