

MT ROUSE News & Views



Community Newsletter

Museum Victoria at the Penshurst Hall



Story page 3

Thank you to Florence Collins for sponsoring our colour front page.

Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogresss.org.au

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke & Jeff Jellie

Next Meeting - Wednesday 28th August 7.30pm Penshurst Memorial Hall

Good afternoon everyone, it's Saturday, and this is the last newsletter for our year 6. I usually write this editorial on Monday, but I am noticing, that with a touch of the sun, we are all popping up looking for, and forward to, Spring. Many years ago an angel that I knew told me that the weather was now seven weeks out of alignment. In layman's terms, it meant that Mid Winter was really seven weeks earlier than its current date, or so it seemed, in the town of Armidale NSW where my children and I lived with my mother at the time. The other day I was sitting on the back verandah with the now elderly lady and we were discussing how we could both 'smell' Spring. It wasn't really a smell, but more of a touch of some change in the air that told us that the year had crossed from the gentle dark into the light of new growth, and the rose in our front verandah garden started popping out buds, just to prove the point. Truthfully, I am not a gardener, but the buds weren't there until a few days ago, and now the weeds have been given a warning .. they are coming out!

Change comes to all of us, whether we want it or not, and so I am hoping that the start of this spring season will bring lots of people the joy and happiness they deserve, and the peace and healing that all of us need - at home where our hearts are, across the world, and in this small part of Australia that is the town and district of Penshurst Victoria.

Wishing you all a great fortnight, Ama Cooke.

The Volcanoes Discovery Centre is Calling For Community Support & Assistance

On the weekend of Sept 7 & 8, the VDC will be having a working bee to finish planting out the rock garden. We are calling for people in the community to come and help with moving scoria and soil as well as planting plants. Anyone willing to assist with any of these tasks would be warmly welcomed. A BBQ lunch each day as well as morning and afternoon tea will be provided. If you can help for one hour or several, we look forward to seeing you there! Please see next fortnight's newsletter for times, etc. Thank you.

Image credit dandelion_tea @pixabay



Museum Victoria at the Penshurst Hall

On Wednesday, 10 July Greater Hamilton Library and Museum Victoria put on a School Holiday Program at the Penshurst Hall.

Museum Victoria setup their exciting showcase to explore Australian animals, megafauna, dinosaurs, and fossils.

This free event was a fascinating showcase suitable for kids aged 3 and up.

The Hamilton Mobile Library was also there to offer their free service which is available to Penshurst fortnightly.

If you would like to pop down and have a look, Ann will have the mobile library parked outside the Penshurst Hall on the 15th & 29th August from 3 – 4pm, and from there on in fortnightly.

Thank you to the Southern Grampians community who came together to support the Greater Hamilton Library outreach program, another booked out event.



TOID4198 CAUTION
KEEP OUT OF REACH OF CHILDREN
READ SAFETY DIRECTIONS BEFORE OPENING OR USING
FOR ANIMAL TREATMENT ONLY

RiST
RURAL INDUSTRIES SKILL TRAINING

Agricultural Chemical Users Course

Accredited Short Course

Upskill your knowledge of legislation, safety and best practice when handling or applying chemicals. Upon successful completion of this two-day course, participants are issued with a Chemical Users Certificate (Valid for 5 years) and are eligible to apply for the Agricultural Chemical User Permit (ACUP). Delivered with AusChem Victoria accredited trainers

REGISTER NOW

**19 & 20 August 2024
Hamilton VIC**

More Info
Freecall 1800 883 343
info@rist.edu.au
www.rist.edu.au

For eligible participants, this training is delivered with Government funding

“Tell me and I forget, teach me and I may remember, involve me and I learn.”

– Benjamin Franklin



Penshurst Post Office

31 Martin Street

Postal Services

Cards and Gifts

Stationery and Office Supplies

Collectables

Books

Craft Supplies

Tech Accessories

Bank @ Post



Post Office Boxes available

Caramut and District Garden Club - Cobra Plant

Janet Shalders

I can find no information about this plant, not even its botanical name. It seems to grow like a weed at home, dying down in the summer time, grows and flowers to a height of about 30 cms thriving on neglect. I grow it under shrubs, in the open, shade or sun. As far as I can see, it has no pests but it is great in the winter when nothing much is out. It has rhizomes similar to an Arum lily and will grow from pieces very readily, increasing in numbers very quickly. Its flower heads look like the head of a cobra, hence its name.



The Woolsthorpe Hotel has been booked for our AGM for 12pm Tuesday 13th. August. The Hotel is only opening for us (it closes for lunch in winter) so we must have a minimum of 20 people for them to agree to open and cater for us. Therefore, please let Marita know that you will be there. We will have the meeting there first, rather than the Woolsthorpe Hall as the Hall is too cold. There will be no competitions this month.

A Garden – One of a vast number of free outdoor restaurants operated by charity-minded amateurs in an effort to provide healthful, balanced meals for insects, birds and animals.

Do you love life? Then do not squander time
for this the stuff that life is made of!

Benjamin Franklin

Jokes that might get you in hot water.



How does the moon take a bath?
It has meteor showers!

I can't find my scrubber in the shower. It's aloof-ah

I tried giving my cat a bath and it sucked ... I couldn't get the fur off my tongue for a week.

When is it appropriate to sleep in a bathtub? When you're feeling drained.

My doctor told me to drink two glasses of red wine after a hot bath ... But I can't even finish drinking the hot bath.

I just got a new bathtub. But we don't have to get into that right now.

Where does the Japanese mafia take a bath? In a yakuzzi.

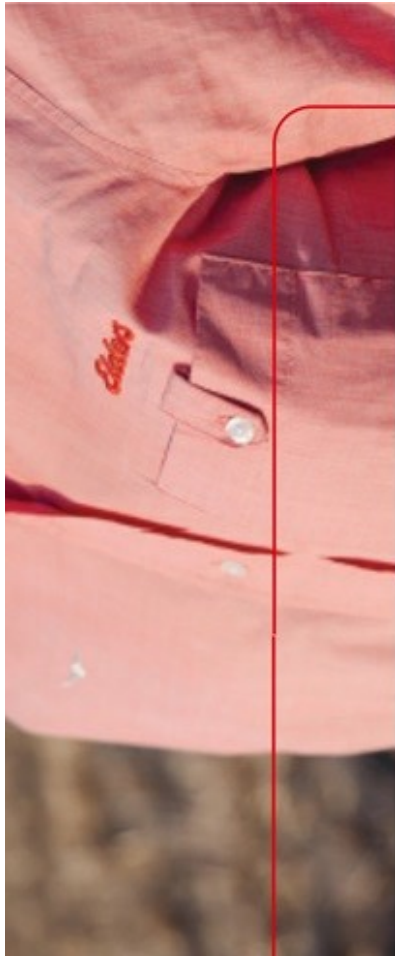
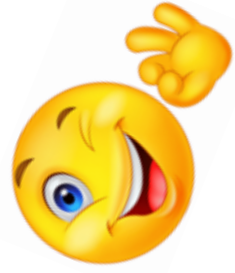
A friend of mine was taking a bath when he realised he wasn't a very good burglar.

Wife and I returned to find our bathtub overflowing...

I turned to her panicked face, "Oh, dam it".

Saw a sign for bath plugs.

I didn't know that was electric!



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 Malseed 0407 782 286

Jordy Anthony 0407 649 925

Dillon Dawson 0438 054 593

Steve McLeod (Agent) 0419 836 203

STUD STOCK

Ross Milne 0408 057 558

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

Steph Brownrigg 0410 977 490

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





“To do things to the very best, you often have to do things differently”

I forget where I got this intriguing little quote from. Someone wise and profound no doubt. It’s one of those one liners that draws you in and makes you think. But the more you think about it, the more challenging it becomes. Let me explain.

“To do things to the very best” This sounds terrific and something we should aspire to. We all want to do things as effectively, efficiently and as smoothly as possibly. All jolly good.

But the second part of the quote is the bit that smacks you over the head with an iron skillet.

“You often have to do things differently”. And here’s the uncomfortable bit. It begs the question ... am I *really* prepared to do things differently? Am I willing to sacrifice my comfortable routines to learn a different way of doing things? You see the problem.

Learning to do things differently means letting go of things that are snug and embracing the unfamiliar, trusting that this is going to be better. And learning new things is challenging and you make mistakes. The so-called ‘learning curve’ is often drawn at an angle of no less than 45%. Do I really want to try and scale that?

But there’s something else going on here as well. To do things differently means that you have to admit, maybe even publicly, that you weren’t doing things the right way or the best way. You confess that you are fallible and not perfect. The good news is that doing things differently and hopefully better, is a dazzling sign of always being willing to grow, develop and flourish. And that is worth all the angst and the hard slog of doing things differently and therefore better.

“Battery Low”

I can get around the lake about 5 mornings out of the seven. Sometimes the weather is calm, crisp and delicious. Others it’s rough and tumble. Sometimes I get around swiftly, particularly when its Parkrun on a Saturday morning and other times it's a very slow shuffle.

One of the things that helps is music that I play into my ears from a shuffle. The songs are familiar . Some jouncy and others melodic.

When I turn the shuffle off I will occasionally get a little voice which simply says ‘Battery low’. That’s it. Just two simple little words. We ignore this phrase at our own peril and the peril of those who are close to us. When I hear this warning I know that I have to recharge the shuffle to help me shuffle.

I couldn’t honestly tell you how frequently this little voice whispers into my ear. It’s just sort of there when I least expect it. I can’t actually see or discern how low the battery is. It's not like a phone. I rely completely and utterly on this little voice.

I reflect that I am often like this with my own ‘inner battery’. I have only the flimsiest of signals to let me know that my own ‘battery’ is running low and I need recharging. i.e. Take some gardening / cardigan leave. When was the last time I had a proper day off, some of my annual holiday. Kept a ‘sabbath’.

It’s hard for preoccupied clergy (and maybe you) to hear that little voice. To catch those two simple words. It’s terrifyingly easy to spend most of our time rushing and filling the space with noise, in fact any sound, except that little voice that simply reminds us. ‘Battery low’.



STAINED GLASS
and
STITCHES

Anglican
Christ Church
Gray Street
Hamilton

Thursday August 15th
Light Lunch at 12 noon
in church hall
(Canon Julien Centre)

Followed by display of
QUILTS AND STITCHERY
in Church.

STAINED GLASS WINDOWS
DISCUSSION

STORY TELLING IN
LADY CHAPEL

"HIGH TEA" STYLE AFTERNOON
TEA TO FOLLOW IN HALL

Admission \$20

Quilt Raffle \$2

Tickets available from:

Judy 0428 712 591 Shirley 0478 940 724 Alex 0411 758 405



Scan QR Code for more details

Leanne Cottrill
Remedial Massage Therapist
mobile 0407835479
13 French Street Peshurst 3289
36A Thompson Street Hamilton
3300
<https://body-balance-on-french.au3.cliniko.com/bookings>



Penshurst Store



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.**

**Phone orders and payments
are welcome.**

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday - 8.00am - 2.00pm

Sunday - CLOSED

Café/Bakery

110 Bell Street, Peshurst

penshurststore@gmail.com

Becoming a Lifeguard

Southern Grampians Shire Council is looking for individuals to join our team of seasonal lifeguards. We would greatly appreciate your help in sharing this opportunity with your club, particularly those aged 16, senior 18 and above. Are your players looking for a fulfilling and rewarding career path? This opportunity offers casual and seasonal positions that can lead to part-time or full-time employment.



By joining the aquatic industry, they can start their journey as a lifeguard.

Lifeguards play a vital role in ensuring the smooth operation of the Hamilton Indoor Leisure and Aquatic Centre, as well as our Council's outdoor pools. Their primary responsibility is to safeguard the well-being of all pool patrons through surveillance, supervision, first aid, and aquatic rescues. This role allows individuals to make a positive impact in their community while working in a dynamic and supportive environment. The lifeguard position also provides flexibility and the chance to develop skills that can lead to further opportunities within HILAC or SGSC.

Applicants need to obtain the following certifications:

- Pool Lifeguard Certificate \$340.00
- Level 2 First Aid \$190.00

Working with Children Check employee copy \$131.60

Successful applicants who fulfill their work obligations throughout the full summer period (November to March) will be eligible for reimbursement of all costs associated with the qualifications required for the position. Please find attached flyer with further information.

The link is now live to place in applications [Leisure Services Officer Lifeguard | Southern Grampians Shire Council \(applynow.net.au\)](https://www.applynow.net.au) . Group Hire session one will be held on Friday the 13th of September, following the first full lifeguard course held at HILAC on **31/8/2024 - 1/9/2024**

Feel free to contact us for further details.

Regards,

Quinlan Donehue
Senior Aquatic Officer

83 - 93 Shakespeare St. Hamilton 3300
Locked Bag 685, Hamilton 3300
Ph: 03 5551 4300
QDonehue@sthgrampians.vic.gov.au



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



Penshurst Hair Design



Opening Days

Tuesday,
Thursday
Friday &
every second
Saturday
10am - 2pm

By Appointment

For appointments please ring

Mobile: 0417 511 177



DAN TEHAN MP
FEDERAL MEMBER FOR WANNON

*Working
for
Wannon*

Local Call 1300 131 692

190 Gray Street Hamilton 3300

www.dantehan.com.au

dan.tehan.mp@aph.gov.au

DanTehan

DanTehanWannon



A PAGE TO SHARE RECIPES

Italian Chicken Rice Bake

Prep Time 15 mins Cook time 50 mins Serves 4

From taste.com.au

INGREDIENTS

2 tbsp olive oil
 2 chicken breast fillets (or 4 chicken thigh fillets)
 1 brown onion, finely chopped
 3 garlic cloves, crushed
 275g (1 1/4 cups) medium-grain white rice
 170g (3/4 cup) drained semi-dried tomatoes, chopped

375ml (1 1/2 cups) Chicken Stock
 300ml thickened cream for cooking
 60g baby spinach leaves
 100g (1 cup) pizza cheese
 Basil leaves, to serve

METHOD

Step 1

Preheat oven to 190C/170C fan forced.

Step 2

Heat 1 tbsp oil in a frying pan over medium heat. Cook the chicken for 3 minutes each side or until golden brown. Transfer to a chopping board to cool slightly. Add remaining 1 tbsp oil to the pan. Cook the onion, stirring, for 5 minutes or until soft and golden. Add the garlic and rice. Cook, stirring, for 30 seconds. Transfer to an 8-cup-capacity ovenproof dish.

Step 3

Chop the chicken into bite-sized pieces. Transfer chicken and tomatoes to rice mixture in dish and stir to combine. Add the stock and cream to the frying pan and bring to a simmer over medium heat. Pour over the rice mixture. Season and cover dish tightly with foil. Bake for 30 minutes or until rice is tender.

**Chilli Hot Chocolate**

Prep 10mins Cook 15mins Serves 2

Ingredients

3 cups milk
 1 cinnamon stick
 1 long red chilli, cut into thirds
 150g Dark Chocolate, chopped
 Whipped cream, to serve
 Ground Cinnamon, to serve

Step 1

Heat the milk, cinnamon stick and chilli in a saucepan over medium-high heat for 6-8 mins or until boiling. Set aside for 10 mins to infuse.

Step 2

Strain into a clean saucepan, discarding solids. Heat over medium heat for 3-4 mins or until hot (don't boil). Reduce heat to low. Add chocolate and whisk until smooth. Pour into glasses. Top with a dollop of whipped cream and sprinkle with ground cinnamon.

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

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

CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214

DB-U 5109

**112 Bell Street
Penshurst Vic 3289**



- Agronomy Services
- Farm Production & Planning Management
- Seed & Fertiliser Supply
- Crop & Pasture Protection Products
- Animal Health & Nutrition
- General Merchandise
- On Farm Deliveries

Western AG's core objective is to provide high quality production advice and to supply competitively priced inputs to assist clients to grow the business profitably.

Western AG Hamilton - T: 03 5579 5900

Tim Wilson (Branch Manager) 0429 168 020

Matt Barber (Senior Agronomist) 0488 298 170

Damien Goodman (Agronomist) 0427 159 462

Geordie Elliott (Nutrition & Production) 0438 874 587

Meg Todd (Animal Health) 0437 772 861

Western AG Willaura - T: 03 5354 1585

Glen Gray - 0439 541 036

Mount Rouse Puzzler

Across:

2: The Latin name for the biggest island and smallest continent.

5: Having the colour of the clear sky.

7: The regular upward and downward movement of the level of the ocean that is caused by the pull of the Sun and the Moon on the Earth.

9: A very large sea mammal that breathes air through a hole at the top of its head. (plural).

10: Of, relating to, or living in salt water.

12: A hard material formed on the bottom of the sea by the skeletons of small creatures.

13: A sea creature with a long body and ten arms situated around the mouth.

14: A small grey whale that has a long nose.

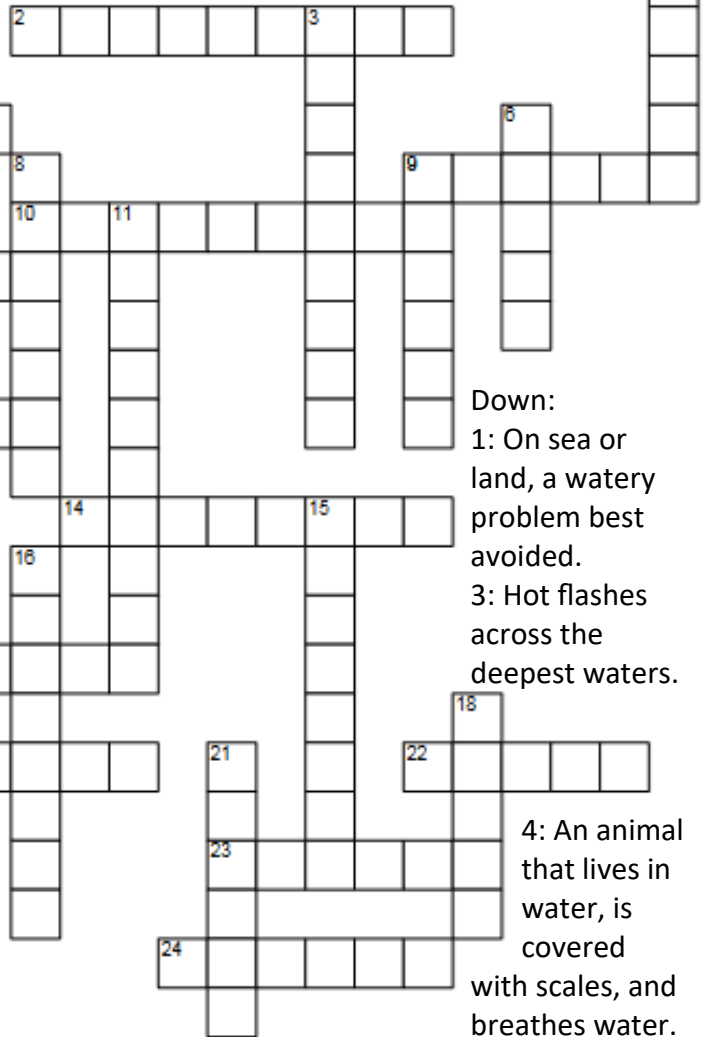
17: A violent tropical storm or wind in which the air moves very fast in a circular direction.

19: Of, relating to, bordering on, or near the Pacific Ocean.

22: A mixture of salty water used especially to preserve or add flavour to food.

23: To save someone or something from danger or harm.

24: The bow and arrow sea around some of Australia.



Down:

1: On sea or land, a watery problem best avoided.

3: Hot flashes across the deepest waters.

4: An animal that lives in water, is covered with scales, and breathes water.

5: An area covered with sand or small rocks that is next to an ocean or lake.

6: A pattern or cycle of movement in the water.

8: Pieces of land surrounded by water.

9: Ancient boats long and deep away from shore.

11: Illuminated tall buildings near the coast or shore.

15: A very large piece of ice floating in the ocean.

16: A marine fish, aka globefish.

18: Having the colour of the outer edge of sea and land.

20: The land along or near a sea or ocean.

21: Related to the sea or sea transport.

Answers to last fortnight: **Across:** 1 advance, 4 thrust, 5 white, 7 queen, 8 occasion, 11 fork, 12 salesperson, 13 sock, 15 odyssey, 17 discount, 21 trait, 23 snarl, 24 compliance, 26 heel. **Down:** 2 notebook, 3 matter, 6 information, 9 consideration, 10 look, 14 equip, 16 snail, 18 theatre, 19 liability, 20 complex, 22 trance, 25 mole.

Community Meetings

Boram Boram Cemetery Trust

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

Caramut & District Garden Club

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

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room 1.30 pm.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm.

Penshurst Social Support Group

- WDHS meets every Thursday; for Exercise, Activities, Outings and General chit chat. Join us for lots of fun & laughter, Sheppard Centre, - Penshurst Hospital. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mount Rouse & District Historical Society

- Meetings - 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. New members are most welcome. Contact the Secretary 0408 360 801.
- 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



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 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. Phone Jenni 0409 962 969

Penshurst Senior Citizens

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

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

5pm Mass 4th Sunday each month

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

St Andrew's Uniting Church Penshurst

2nd & 4th Sunday

11am Service

St Joseph's Catholic Church Penshurst

1st Sunday No Service

2nd Sunday Mass 8.30am

3rd Sunday Lay Service 8.30am

4th Sunday Mass 8.30am

5th Sunday Mass 8.30am

For the kids

Odd creatures found in our Oceans

Do not pick this one up!!

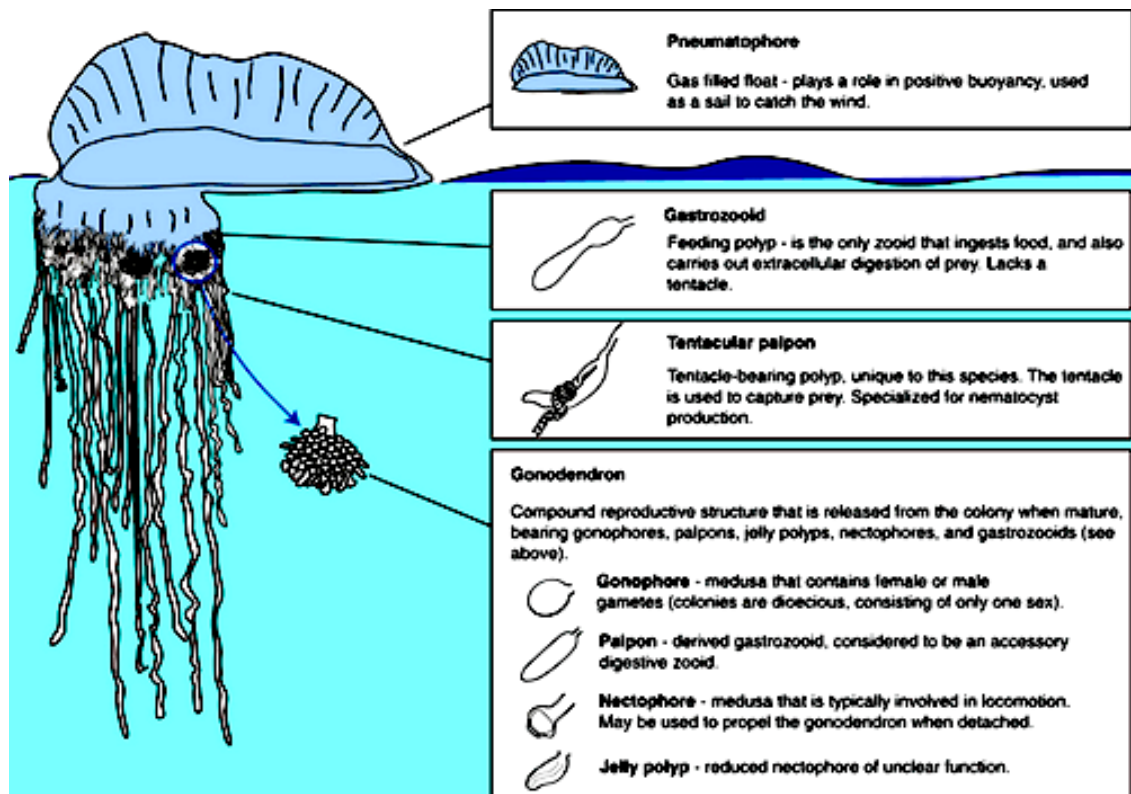
The Portuguese man o' war (*Physalia physalis*), also known as the man-of-war or bluebottle, is a marine hydrozoan found in the Atlantic Ocean and the Indian Ocean. It is considered to be the same species as the Pacific man o' war or bluebottle, which is found mainly in the Pacific Ocean. The Portuguese man o' war is the only species in the genus *Physalia*, which in turn is the only genus in the family Physaliidae.

The Portuguese man o' war is a conspicuous member of the neuston, the **community of organisms** that live at the surface of the ocean. It has numerous microscopic venomous cnidocytes which deliver a painful sting powerful enough to kill fish, and even, in some cases, humans. Although it superficially resembles a jellyfish, the Portuguese man o' war is in



fact a siphonophore. Like all siphonophores, it is a colonial organism, made up of many smaller units called zooids. Although they are morphologically quite different, all of the zooids in a single specimen are genetically identical. These different types of zooids fulfill specialized functions such as hunting, digestion and reproduction, and together they allow the colony to operate as a single individual.

https://en.wikipedia.org/wiki/Portuguese_man_o%27_war



I don't think I would want to make jelly out of this one.

Mt Rouse News & Views
Community Newsletter

Published by
Penshurst Progress Association Inc

ABN 35 622 662 815

**“Mt Rouse News & Views Community
Newsletter”**

is the registered business name of the
Penshurst Community Newsletter

Registered Address: 21 Martin Street,
Penshurst 3289

**DEADLINE FOR CURRENT SUBMISSIONS -
Saturday 17th August 2024**

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

Editor : Ama Cooke

All correspondence to:
mtrousenewsletter@gmail.com

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

**Newsletter Advertising Rates
(Per Issue, includes GST)**

Full page B&W \$22

Full page colour \$25

1/2 page \$12

1/3 page \$8.80

1/4 page \$6.60

Business Card \$4.40

Our newsletter is free thanks 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 \$25 per page per issue.

All profits earned by advertising in this
newsletter help the Progress Association
achieve and support community projects.

For more information
contact Ama 0402 870 738



Mobile Library

Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm

Outside the Hall in Martin St

Dates for August 15 & 29

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

**LIKE US ON FACEBOOK
GREATER HAMILTON LIBRARY**