

# *MT ROUSE News & Views*



*Community Newsletter*

## **Penshurst Bowls Club**

Another great day on the green

Story page 3



Pictured left—right: Di Brody, Kay Satchell & Robyn Donovan (Hamilton),  
Runners up: Ken Woolley, Thelma Hogan & Ian Robertson (Heywood).



Country Women's Association of Victoria Inc.

We are holding an Information Night for anyone  
interested in joining a

**NEW Branch of CWA  
in PENSHURST**

Tuesday 22<sup>nd</sup> October 2024 7.30pm

St Joseph's School Community Room

Supper Provided

All Welcome

For more information contact:

Janette O'Keefe on 0427 677 121

Carolyn Knight on 0400 656 426

**Penshurst Bowls Club**

Another great day on the green



The Penshurst ladies ran a wonderful tournament on 10th October under beautiful skies with a slight breeze. Full rinks with sixteen teams of triples.

We welcomed teams from Grangeburn (4), Hamilton (3), Port Fairy (2), Coleraine, Dartmoor, Heywood, Balmoral, Portland Memorial, Koroit & Macarthur.

Winners of the day were Di Brody's team from Hamilton with four wins. Five teams vied for runner up with three wins, on a count back Heywood won that with +29 shots up.

We would like to thank our generous major Sponsors of the day;

Springfield Southdown Stud (Kinnealy family) & Kalenea Poll Merino Stud (Mibus family). Other sponsors were Mandy's Hair Design, Penshurst Bakery & our own members.

Other winners were: Spider Roll Lesley Beaton's Coleraine, nearest the Dutch. Chick Trotman Balmoral, Phantom Team: lead, Suzanne, Grangeburn, Second, Lesley Grangeburn & Skip, Raelene Grangeburn.

The generous raffles were won from Hamilton (2) Port Fairy (2) Grangeburn (3), Heywood, Portland Memorial & Coleraine.

Our many thanks to our local members for their catering & setting up the green.





## Community Information Session

Discover more about the wide range of services we offer at our Penshurst Campus

Join us for an informative session to learn more about the wide range of services Western District Health Service (WDHS) provides to the Penshurst and District community

Discover how these services can benefit you or your loved ones and have your questions answered by our dedicated team

**THURSDAY OCTOBER 24**  
**11AM - 12 NOON**

**Morning tea provided**  
Penshurst Campus, Cobb St

RSVP for catering purposes appreciated but not essential

**(03) 5552 3001**

### FIND OUT ABOUT

- Telehealth appointments
- Physiotherapy
- Continence services
- Diabetes education
- Home Care Packages



Good morning everyone,

It's Tuesday, the sun is shining, but there are no guarantees of fair weather continuing, nor my patience as the cat glares at me from the top of the desktop box of my computer. It's one of her favourite spots when I steal 'her' chair to sit here and do the copious amounts of computing work that my various projects require. I answered a survey from a research company yesterday, asking about my take on the whole 'sewerage project' that we had go through the town over the last couple of years. The questions were fair, and my answers fairer. It gave some people a chance to dream, and dashed the dreams of others. Then follows my own questions of what will happen next, knowing that so many of the

septic systems are not compliant with the EPA standards now that there's no sight of sewerage in the immediate future. I am sure the Council will get around to telling us sometime in the future.

I've been privileged to meet a few of the new candidates for Councillor and wish all of them well. The job is harder and a lot more complicated than many people realise. Have you voted yet? The sooner the better. The first year we arrived Tom and I didn't vote in either the Shire we came from, or this one. The fine then was \$100 each, until we explained to them their own mix up, which had landed us in limbo. They didn't comment, but the fines disappeared. It amuses me that its \$99 now, one of the few items that have gone down in price in the last twelve years. In the meantime, the Council is in a form of lockdown for the election period, so we have still not received any feedback on the projects that the PPA has been working on - the Napier Waller Green Space being high on my list. We provided drafts of the information boards (history of Peshurst, history of Napier Waller, town and area maps, local attractions) many months ago, and have chased them up regularly, but the only answer is silence. The other project on our list is the new barbecue building in the Gardens, promised to us in the last financial year. Brian, Don and I went to a Councillor information session to talk about it, as they requested. We've been told it's on their 'to-do' list, as are the other six items we gave them, for the town's benefit, although none appeared in this financial year's shire budget. The gates enhancing the entrances to the Gardens took about 30 years, I'm told. They appeared on our watch, as did the stairs up the mountains, but them being there doesn't tell the tales of all the progress association committees that went before them, advocating for them, or in some cases, yelling. Being part of the progress association is a challenge, but definitely worth it.

Have a great fortnight, Ama Cooke PPA

## Peshurst Progress Association

ABN 35 622 662 815

president@peshurstprogresss.org.au

### *Next Meeting -*

*Wednesday 23rd October 2024*

*Peshurst Memorial Hall, Supper Room*

*Everyone welcome*

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Brian O'Brien - Secretary

Don Adamson - Treasurer

Tom Cooke & Jeff Jellie

Nothing is so strong as gentleness,  
nothing so gentle as real strength.  
Never be in a hurry; do everything  
quietly and in a calm spirit.  
Do not lose your inner peace for  
anything whatsoever, even if your  
whole world seems upset.

St Francis of Assisi



**MEDIA RELEASE**  
SOUTHERN GRAMPAINS SHIRE COUNCIL



11 October 2024

### The JAM returns – Youth Music’s Loudest Night!

The JAM is back, and this year’s gig promises to be the most exciting event of 2024!

The JAM is an annual music event showcasing emerging bands and artists from the budding youth scene in the Southern Grampians Shire. If you’re a fan of undiscovered talent, crushing riffs and electrifying performances, the JAM is your chance to see local young musicians blow the roof off the Hamilton Performing Arts Centre on Friday, 25 October 2024.

This isn't just another gig, this night is by young people, for young people, with five incredible local acts ready to tear up the stage with full sets, giving you an all-access pass. With established local artists like Twisted Hearts and emerging talent like Unorthodox, The Placeholders and more, the audience can look forward to a phenomenal night of entertainment.

“The energy and enthusiasm these young musicians bring is incredible,” said Tony Doyle, CEO Southern Grampians Shire Council. This event fills a huge gap in the local scene—it’s a chance for up-and-coming rock and alternative artists to show what they’ve got. Of course, we have traditional events like the Eisteddfod or the superb local school musicals, however the JAM fills a niche for a heavier, more rock atmosphere,” Mr Doyle continued.

“The JAM provides a showcase for young talent looking to take the next step in their musical journey. Artists have the opportunity to prepare a full length set and to perform for a paying audience with media in attendance. This event is all about finding your sound and showcasing your talent on a professional stage, and we can’t wait to see where these young acts go next. Artists are provided with an industry quality showreel of their performance, starting these young acts on a strong footing for a career in the music industry.

We’re really proud to be able to provide unique opportunities like this for young people in the Southern Grampians Shire, thanks to funding from the Victorian Government’s FReeZA program” concluded Mr Doyle.

Tickets are just \$12, so grab yours now from the Hamilton PAC or online at [hamiltonpac.com.au](http://hamiltonpac.com.au).

This is an all-ages, FReeZA funded event which means strictly no smoking, vaping, drugs, or alcohol. Ages 16 and under must bring an adult chaperone.

Media inquiries: Ashlea Sealey, 0499 807 922, [comms@sthgrampians.vic.gov.au](mailto:comms@sthgrampians.vic.gov.au)



And they gave us a box of matches...

In August of this year, 3 primary school aged girls were stabbed in Southport England. Social media, the source of all wisdom and font of all knowledge, told us that the perpetrator was of particular ethnic origin and practiced a particular faith. Social media also gave out his name. All three bits of information were completely wrong. But the rioting began and more lives were mused.

I always swore that I would never have a relationship with social media, but then COVID happened and I was dragged yelling at the top of my lungs, into the world of the screen. It took me cups of tea, double choc Tim Tams and countless hours in front of the flickering light of the Computer to work it all out. I even engaged the help of local friendly geeky people to come to my aid. They were swift, patient and kind.

I learnt that social media can be used for great good. In fact some of you right now might be reading this on a social media platform. I shall always be grateful for allowing the screen to get the message out there.

Some people meet on social media and form long lasting, happy healthy relationships which bring them great joy. They annoy and enrich each other over many years.

But sometimes this platform can be hijacked to perpetuate falsehood and cause undue harm and hurt. Just ask the Merseyside police and then ask their loved ones about the unseen cost to those on the front line.

Sometimes I compare social media to a box of matches. Here you go. Here is the equipment for light, cooking and warmth. It's going to be great. You'll love it. It will change the way you live. It will change the world. And it did.

### Two quick things about holidays.

I'm not sure what your experience of holidays is like, so I only offer you some reflections from my own experience.

The first thing I would want to say about holidays is that they are surreal. In the time leading up to the vacation you wonder what it will be like. Will the flight be on time, what will the food be like, will the weather be tropical? You sort of can sense it, almost smell it, taste it, but it is not the same reality as actually being there.

When you are actually there, on holidays and the weather is a sumptuous 20 degrees, when you are sipping a work of art, chilled beverage, at the pool side, when you are checking out the menu of the cheeky little restaurant you intend to patronise, it's almost like you have to pinch yourself and ask "Is this real?" And then when you are home, the suitcase is unpacked, the email inbox is crammed, you look back and it all just seems like a lovely dream. In Intangible, sigh worthy and surreal.

The other thing, about holidays and this is the life changing, life saving bit, is that holidays are essential. I have watched with some sadness a number of different folk from different walks of life think that they are OK. They're not actually. Their 'inner fuel tank' is much more depleted than what they thought.

The consequences to themselves, to their workplace and to their loved ones can be quite noticeable and long lasting.

So whatever system you have for your holidays, make sure that you take them, plot for them, relish and ravish them. They are called 'holy days' for good reason and they are just as important as our knock about days of work.

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**

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**Penshurst's News Agency**

“Chop your own wood and it will warm you twice.” Henry Ford

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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**

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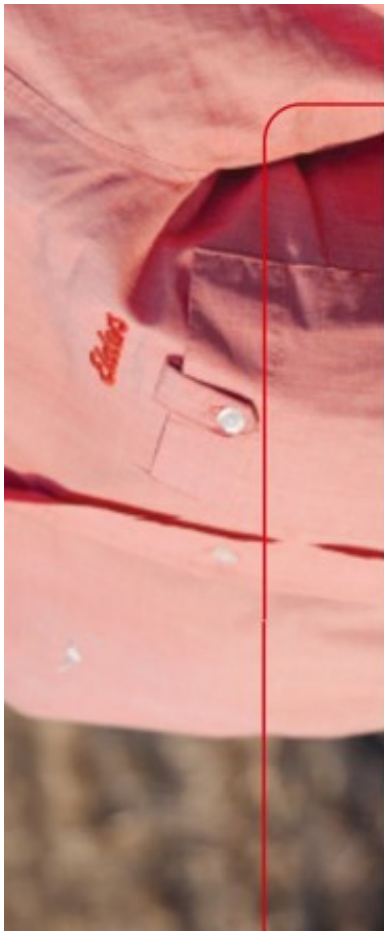


[https://people.bu.edu/wildman/WeirdWildWeb/jokes\\_sayings.htm](https://people.bu.edu/wildman/WeirdWildWeb/jokes_sayings.htm)

**Ten Words that Don't Exist but Should...**

Parents need more words to describe the weird things that happen to them on a regular basis. Here are some suggestions.

1. AQUADEXTROUS (ak wa deks'trus)adj. Possessing the ability to turn the bathtub faucet on and off with your toes.
2. CARPETUATION (kar pet' u a shun)n. The act, when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.
3. DISCONFECT (dis kon fekt') v. To sterilize the piece of candy you dropped on the floor by blowing on it, assuming this will somehow 'remove' all the germs.
4. ELBONICS (el bon'iks) n. The actions of two people manoeuvring for one armrest in a movie theatre.
5. UNDUST (un dust'n). The small line of debris that refuses to be swept onto the dustpan and keeps backing a person across the room until he finally decides to give up and sweep it under the rug.
6. LACTOMANGULATION (lak' to man gyu lay' shun)n. The act of manhandling the "open here" spout on a milk container so badly that one has to resort to the 'illegal' side.
7. PEPPIER (peph ee ay'n). The waiter at a fancy restaurant whose sole purpose seems to be walking around asking diners if they want ground pepper.
8. PHONESIA (fo nee' zhuh)n. The affliction of dialling a phone number and forgetting whom you were calling just as they answer.
9. LATTEBLOW (la tay' blow)v. Unintentional expulsion of milk through the nose during a laugh.
10. TELECRASTINATION (tel e kras tin ay' shun)n. The act of always letting the phone ring at least twice before you pick it up, even when you're only six inches away.



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**Penshurst Hair Design**



**Opening Days**  
**Tuesday,**  
**Thursday**  
**Friday &**  
**every second**  
**Saturday**  
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**By Appointment**

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**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, Penshurst**

**penshurststore@gmail.com**

## A PAGE TO SHARE RECIPES

**Italian-Style Lemon Chicken**

Prep Time 5 mins    Cook time 10 mins    Serves 6

From taste.com.au

## INGREDIENTS

3 (about 250g each) Chicken Breast Fillets, halved horizontally	1 tomato, finely chopped
100g butter, chopped	1 red onion, finely chopped
2 garlic cloves, crushed	1/3 cup pimento-stuffed olives, thinly sliced
1/4 cup (50g) drained baby capers	50g fetta, crumbled
Zest and juice of 3 lemons	1/2 cup flat-leaf parsley

## METHOD

## Step 1

Place 1 piece of chicken between 2 sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 1.5cm thick. Repeat with the remaining chicken. Season well.

## Step 2

Heat a large flameproof roasting pan over high heat. Melt 20g of the butter in the pan. Add the chicken to the pan and cook for 2 mins each side or until the chicken is golden brown and just cooked through. Transfer to a large heatproof plate and cover with foil. Reduce heat to medium.

## Step 3

Place remaining 80g butter in the pan and cook, stirring, for 2-3 mins or until the butter melts and is golden brown. Add the garlic and capers to the pan and cook for 1 min or until the capers are crisp. Add the lemon zest and lemon juice and stir to combine. Return the chicken and any juices to the pan. Cook, turning occasionally, for 2 mins or until the chicken is cooked through and the sauce thickens slightly.

## Step 4

Meanwhile, place the tomato, onion, olive and fetta in a bowl and gently toss to combine.

## Step 5

Sprinkle the chicken with the tomato mixture and parsley and serve immediately.



### 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 Post Office



31 Martin Street

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Mount Rouse Puzzler

**Across:**

3: Not willing to say everything that you know about something.  
 4: To form an opinion or give an answer about something when you do not know much or anything about it.

7: To gain or get something usually by effort.

11: Afraid in a way that makes you unable to do what is right or expected.

14: The period during which a king or queen rules.

18: The process of making products by using machinery and factories.

19: Opposite of frown.

20: Tending to ask questions.

21: Not easy to find or get.

23: The soft, movable part in the mouth that is used for tasting and eating food and in human beings for speaking.

24: Costing a lot of money.

**Down:**

1: Light coloured timber.

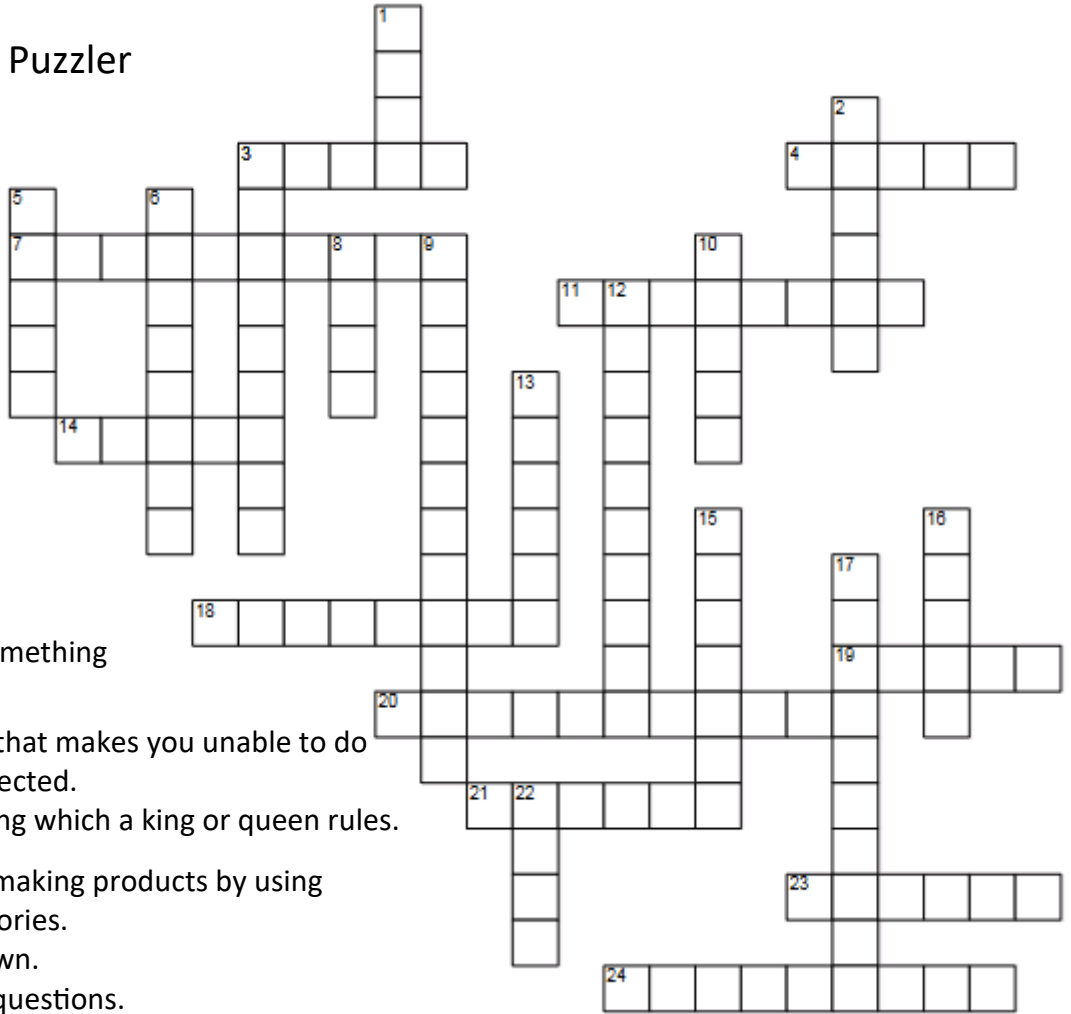
2: A colour that is between red and blue.

3: Worried.

5: To begin or create something that is meant to last for a long time.

6: To cause someone to be unable to see for a short time.

8: An object that floats on water in a lake, bay, river, etc., to show areas that are safe or



dangerous for boats.

9: Extremely loud or harsh.

10: A small electronic device that beeps or vibrates and shows a telephone number for the person carrying the device to call.

12: Very bad or wrong in a way that causes anger.

13: Neat, stylish, and attractive.

15: To fight with someone especially as a sport by holding them and trying to throw them to.

16: An outlaw and a reddish bird.

17: Too eager to help or obey someone important.

22: An outer piece of clothing that can be long or short and that is worn to keep warm or dry.

Crossword answers from last newsletter: **Across:** 2 cousin, 4 silver, 6 veteran, 9 graphic, 11 dull, 14 printer, 15 owe, 16 pierce, 19 feeling, 20 tough, 22 cheap, 23 loose, 24 revive. **Down:** 1 urgency, 3 scan, 5 settlement, 7 gradual, 8 blink, 10 pocket, 11 devoted, 12 miracle, 13 fetch, 17 silage, 18 bubble, 21 order.

## Community Meetings

### Boram Boram Cemetery Trust

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

### Caramut & District Garden Club

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

### Penshurst Hospital

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

### Penshurst Social Support Group

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

### Mount Rouse & District Historical Society

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

### Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February at Volcanoes Discovery Centre 7.30 pm. New members welcome.

### Lions Club of Penshurst & District

- 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm at Penshurst Memorial Hall, 21 Martin Street. penshurst.vic@lions.org.au

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



**AmbulanceVictoria**

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

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

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

### Penshurst Bowls Club

- Pennant Season (October - February) meets 1st Thursday at 7.30pm Alaister 0427 555 973
- Off Season 1st Tuesday at 7.30pm.

### Penshurst Pony Club Rally

- 1st Sunday each month. Phone Jenni 0409 962 969

### Penshurst Senior Citizens

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

## Penshurst Church Services

### Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

### Penshurst Anglican Church

5pm Mass 4th Sunday each month

For further details contact  
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

w h m b u f f a l o z o a  
 m e s o o g n o m e n n s  
 o w r o t r i l b e e u s  
 r y d h r n d r c b m c u  
 n d t d s e a t a a g s a  
 f r i n e v c h t f f p q  
 i a a n t e l o p e f t m  
 e p o r c u p i n e o e e  
 e o c c r o c o d i l e e  
 e e y d p s a n e y h e r  
 e l p p o a a r d v a r k  
 u l i o n g o h t r a w a  
 c h e e t a h c r r h e t

Can you find all these African animals in this puzzle. Do you have a favourite one?

- |           |              |
|-----------|--------------|
| Antelope  | Giraffe      |
| Elephant  | Rhinoceros   |
| Lion      | Hippopotamus |
| Hyena     | Aardvark     |
| Leopard   | Mongoose     |
| Cheetah   | Shrew        |
| Crocodile | Meerkat      |
| Buffalo   | Porcupine    |
| Zebra     | warthog      |

What is the difference between the Indian and African elephant?



**African elephants have fuller, more rounded heads. The top of the is a single dome whereas Asian elephants have a twin-domed head with an indent in the middle.** The lower lips of the two species also differ, being long and tapered in Asian elephants and short and round in Africans. Colour our beautifully decorated drawing. Which type of elephant is it?

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 26th October 2024**

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

**Editor : Ama Cooke**

All correspondence to:  
mtrousenewsletter@gmail.com

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

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Community Newsletter**

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For more information  
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**Mobile Library**

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3.00 - 4.00pm

**Outside the Hall in Martin St**

Dates for  
October 24th &  
November 7th & 21st

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