

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

VDC wins shire's Best Regional Business Award

Penshurst's Volcanoes Discovery Centre won a major award at the Southern Grampians Shire's business awards last Friday night.

Before a packed PAC crowd of 150 people and 27 businesses, the VDC won the best regional business award which was sponsored by Bendigo Bank.

The VDC was also a finalist in another two business award categories - the tourism and community enterprise sectors.

Accepting the award on behalf of the VDC, new management committee president, Paul Callander, said the award was the result of hard work from volunteers over the 16 years since the VDC opened.

Mr Callander said there had been some scepticism when it was established in 2003, with some councillors at the time claiming the centre would have a short life of a couple of years.

However, he said it was the determination of volunteers to make a success of the centre which had seen that dire prediction not eventuate. (continued page 2)



Winners are grinners. Members of the VDC management committee (from left), Brian O'Brien, Jill Mibus Paul Callander (president) and Barry Schurmann receive Southern Grampians Shire's Regional Business award from Debbie Lang representing sponsor, Bendigo Bank, at a ceremony in Hamilton last Friday night.

VDC wins shire's Best Regional Business Award (continued)

Mr Callander told the crowd the VDC wasn't just a good thing for Penshurst but made the town much better known across the State and even interstate and overseas, from visitors who pass through its doors. Schools were also an important source of income and some from Melbourne and Geelong were now regular visitors, with repeat visits over many years.

Retiring managing committee president, Brian O'Brien, said after the awards ceremony that it had been a great night for the VDC with not just the win in regional business sector, but also as a finalist in the tourism and community recognition sectors.

"Personally, I thought our strongest chance was for the tourism award," Mr O'Brien, who wrote the applications for the awards, said. "I thought we were going to go home empty handed even though we had made two finals on the night. But then came the announcement we had won the best regional business award which will be an immense fillip to our attempts to market ourselves better and more broadly."

Mr O'Brien said the VDC was unusual among the many business vying for the shire awards because it would be one of the few who relied totally on volunteers. The wide appeal of the VDC has seen centre volunteers now come from Dunkeld, Hamilton, Tarrington, Macarthur and Port Fairy as well as Penshurst and District.

"We have now gone past the 2000 visitor mark annually, and the VDC has contributed significantly to Penshurst as the town's sole stand-alone tourist attraction. The establishment of a bakery and wine bar and more B&B's have been a boost to the town's tourist potential, which is starting to look quite promising," he added.

DEADLINE FOR SUBMISSIONS - 2nd November 2019

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 : Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com

N E W S L E T T E R F R E E E V E R Y F O R T N I G H T

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<http://www.penshurstvictoria.com.au/Penshurst&20Newsletter.html>

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Friends Group Celebrates 10 years of Achievement

Almost 70 people joined with the Friends of Yatmerone Reserve to celebrate its first 10 years on Saturday 12 October.

Consistent with the Friends aims to build on the region's environmental knowledge and understanding, the celebration included a series of authoritative speakers who presented at the Penshurst Hall followed by an informative field tour of the 13-hectare wetland reserve.

Friends Chair, David Munro, said the Group was thrilled with the attendance and the quality of presentations.

The speakers were very engaging and those attending were privileged to be so well informed on a range of important issues. We aim to build an understanding of the local ecology and support its protection and enhancement and these speakers certainly helped us achieve that today.

Everyone was glued to their seat as each speaker gave interesting insights backed by scientific evidence.

"It was great to see the Mayor of Southern Grampians Shire Council together with Councillor Katrina Rainsford and CEO of Glenelg Hopkins CMA, Adam Bester, in attendance. We have had excellent support from these and other organisations in the past and look forward to their support for the local environment and the Yatmerone Reserve in the future", said David.

The first speaker Dr Rod Bird, gave a detailed history of the wetlands in south west Victoria, their diminishing numbers, their environmental values and the role they play supporting migratory and other birds including brolga and many species of ducks. Rod provided a detailed description of the importance of the ecologies of Lake Linlithgow and surrounding lakes and called for all levels of Government to recognise their environmental values and restore their sanctuary status. He explained the impact of duck shooting disturbing migratory birds as they fed in preparation for their long return journeys to the northern hemisphere.

Following Dr Bird, Gunditjamara elder, Denis Rose, gave a detailed history of the successful drive to achieve world heritage listing for the Budj Bim lava flow with its outstanding Aboriginal cultural heritage values including the world's most ancient aquaculture sites. Denis gave a thorough explanation of the various steps taken over more than 10 years to achieve the world heritage listing and a detailed description of the eel farms constructed within the lava flow more than 6000 years ago, the stone houses and aboriginal lifestyle prior to European occupation.

Following Denis Rose, the keynote speaker Dr Birgita Hansen from Federation University, presented a detailed outline of the global Latham's Snipe Project which is surveying the flight patterns and lifestyles of this small bird which migrates annually from northern Japan and Russia to south-east Australia including south west Victoria and specifically Port Fairy and Penshurst. Birgita



The Key Note speaker, Dr Birgita Hansen from Federation University addresses the gathering

Friends Group Celebrates 10 years of Achievement (continued from page 3)

detailed the flight patterns of the birds, the survey methods, their habitats and loyalty to the same sites each year, the threats of urban expansion citing Port Fairy as an example, and the behavioural differences when breeding in Japan compared to its summer experiences here in Australia. Dr Hansen was able to announce a small paddock in the Penshurst urban area as a site of national significance following a siting of at least 18 birds as part of the September survey conducted by the Friends of Yatmerone Reserve.

The informative day climaxed with a field walk through the Reserve. People were able to marvel at the transformation of what once was a cow paddock and is now a wetland with a wonderful array of



A section of the audience listening to the guest speakers

animals and invertebrates. Dr Lachlan Farrington from Nature Glenelg Trust was able to give those in attendance a snapshot of the diversity within the wetlands. With a jar attached to a nylon stocking Lachlan was able to retrieve and display the Western Swamp Cray, Dwarf Galaxia fish, Dragonfly nymph and different species of tadpole. Birdwatchers within the group were able to observe nesting Swamp Hen, Spoonbills, Pacific Heron, Ibis, Swans and their offspring, the soaring Black Falcon and a myriad of small birds that have returned because of the extensive planting of indigenous vegetation over the last 10 years. More than once Lachlan commented on the wealth of biodiversity in this wetland.

David Munro said that the Friends Group was proud of its achievements and looked forward to the next 10 years with enthusiasm in the knowledge that there are so many people interested in and knowledgeable about our local ecology.



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A PAGE TO SHARE RECIPES

The following recipe is perfect for when it gets warmer

Chicken and Vegetable Frittata

Serves 6

INGREDIENTS

10 eggs	1 cup shredded cooked skinless chicken
600 ml thickened cream	60 g baby spinach leaves, torn
½ cup (50 g) Parmesan Grated	250 g tub Ricotta
1 garlic clove, crushed	200 g punnet red grape tomatoes, halved
1 spring onion, finely chopped	Salad, to serve, optional
Salt, to season	

METHOD

Step 1 Preheat oven to 160°C / 140°C fan-forced. Grease a 1.25 litre (5 cup capacity) round pie dish or ovenproof fry pan.

Step 2 Whisk the eggs, cream, parmesan, garlic and onion in a large jug. Season with salt, as desired. Scatter chicken and spinach over base of prepared dish. Pour over the egg mixture. Dollop with large spoonfuls of ricotta. Top with tomatoes.

Step 3 Bake for 50 minutes or until just set in the centre and golden on top. Set aside for 10 minutes to cool slightly. Cut into wedges and serve with a salad if you like.

Will keep and is perfect to serve cold on a hot day

**Curiosities about Australia**

- The Australian Alps get more snow than the Swiss Alps
- 90% of Australians live on the coast
- Tasmania has the cleanest air in the world
- The Great Barrier Reef is the largest eco system in the world
- Australia has over sixty separate wine regions
- Fraser Island is the largest sand island in the world
- The Nullarbor Plain contains the longest straight section of train track in the world
- The Great Ocean Road is the world's largest war memorial
- 80% of the animals in Australia are unique to Australia

LETTERS TO THE EDITOR

In this section we welcome your comments and views. If you have good news or a burning issue please send a letter to the Editor at : mtrousenewsletter@gmail.com.

The Editor reserves the right to decide on which letters will be published and whether to precis longer submissions.

Dear,

First off, let me start by saying that it's okay to feel like you aren't doing as well as you are supposed to. So if you need to take a second to breathe, to cry, to put your head down, stare out a window or go for a walk. Do that, without distractions. Thank God (or the sky, or the deity of your choice) for everything that you are fortunate with, take a look at all the beautiful things around you, and be stress free for just a moment.

Figure out what you can change, and what you cannot. Most importantly, accept what you cannot change. Become at peace with it, even if just for a few minutes. Say a prayer for your restless heart to be comforted and practise gratitude – take a moment each day to focus on five things you are grateful for, and write them down, for the moments when it's hard to remember.

When you decide that you are ready to face the things that you can change, do it with 100% commitment. That doesn't mean 100% perfection. It's important to know the difference. Start by making a plan. Write it down in a planner, memorize it, put it on a Post-It on the mirror, do whatever makes it the easiest for you. Think through your plan logically, take into consideration your strengths and weaknesses. Remember to do the hard things first once in a while, the relief is sweet in the end. Make a checklist, use an App, tell your best friend about it so they can keep you accountable too. You are ready. You are smart. You are beautiful.

If you ever feel that you are at your lowest point, just remember the only place that you can go is up. Find reassurance in the weakness. The best is yet to come.

Don't take pity on yourself. Instead, work harder to make your situation better.

Be happy. There are so many things to be thankful for.

Ask when you need help. No one can read your mind.

Time won't stop for you. Worrying and stressing is simply a waste of time.

Nothing will change your situation more than changing your attitude. Perspective is everything. Be thankful for your struggles, because there is a lesson to be learned in the end of it.

Be strong and know that you are in God's hands. Everything will work out. It may not be today or tomorrow, but eventually the pieces will fall into place and you will understand why the battle was worth it.

You can conquer anything you put your mind to. So breathe, take a minute, re-evaluate, and grow.

Love,
Me



Penshurst Progress Association

ABN 35 622 662 815

Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Vice President – Tom Cooke

Treasurer – Marjorie Dalla Costa

Mary Stewart

Nigel Pyne

Don Adamson

Next Meeting: Wednesday 23rd October, 7.30pm in the Supper Room, Penshurst Hall.

Marking Time & Place

Congratulations to the VDC crew for their diligence and hard work that helped them win the Best Regional Business Award last week. It's good to know that small town businesses are recognised for their achievements.

You will have noticed that the second entrance to the Gardens has been completed and the Council is about to commence work on the corner wall at Chesswas & French Streets. **This is the last call for anyone who wishes to put some items into the time capsule.** It will be buried at the foot of the new wall once it is completed.

Congratulations to the Penshurst Campus of WDHS for another successful year, and to Cheryle Casey for 30 years service which was marked at the Year in Review gathering on 8th October.

A sign has been in the windows of the Takeaway and Supermarkets asking if any group would like to take over the lease on 98 Watton Street. As

there has been no response, I will be tabling a motion at the Progress Association's meeting tonight to return the building to the Council's responsibility.

October in Penshurst is one of my favourite months. You can never tell exactly what the weather will be, usually moment to moment. The cats might not dance in the rain, but I have been known to.

Wishing everyone a wonderful fortnight.

Ama Cooke



Dance in the rain. Not.

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Dunkeld & District **Community Bank®** Branch

Little Blue Towels

Bendigo Bank have supported The Otis Foundation since 2008. The organisation supports breast cancer retreats and to assist in it's ongoing support, have again introduced Little Blue Towels for purchase. At just \$7, these 100% re-purposed, lint free and super absorbent towels, are a great buy. They are perfect for cleaning, fishing, camping etc, with all proceeds supporting the OTIS foundation.



Footy Colours Day Breakfast

Thank you to all those who attended our Footy Colours Day Breakfast recently. We all enjoyed a lovely breakfast, while at the same time supporting Kids with cancer, with all those in attendance donating to the cause. We were able to contribute \$195 to the foundation, thanks to your support.



Footy Tipping Fun

Our 'free' AFL grand final footy tipping competition was again widely supported. Many customers tried their luck at picking the winning team and margin. Belinda Walsh was the lucky winner, selecting Richmond by 39 points, the closest to the correct winning margin. Belinda was away on holidays following the grand final, but received a Bendigo Bank cooler bag as the winner of the competition.



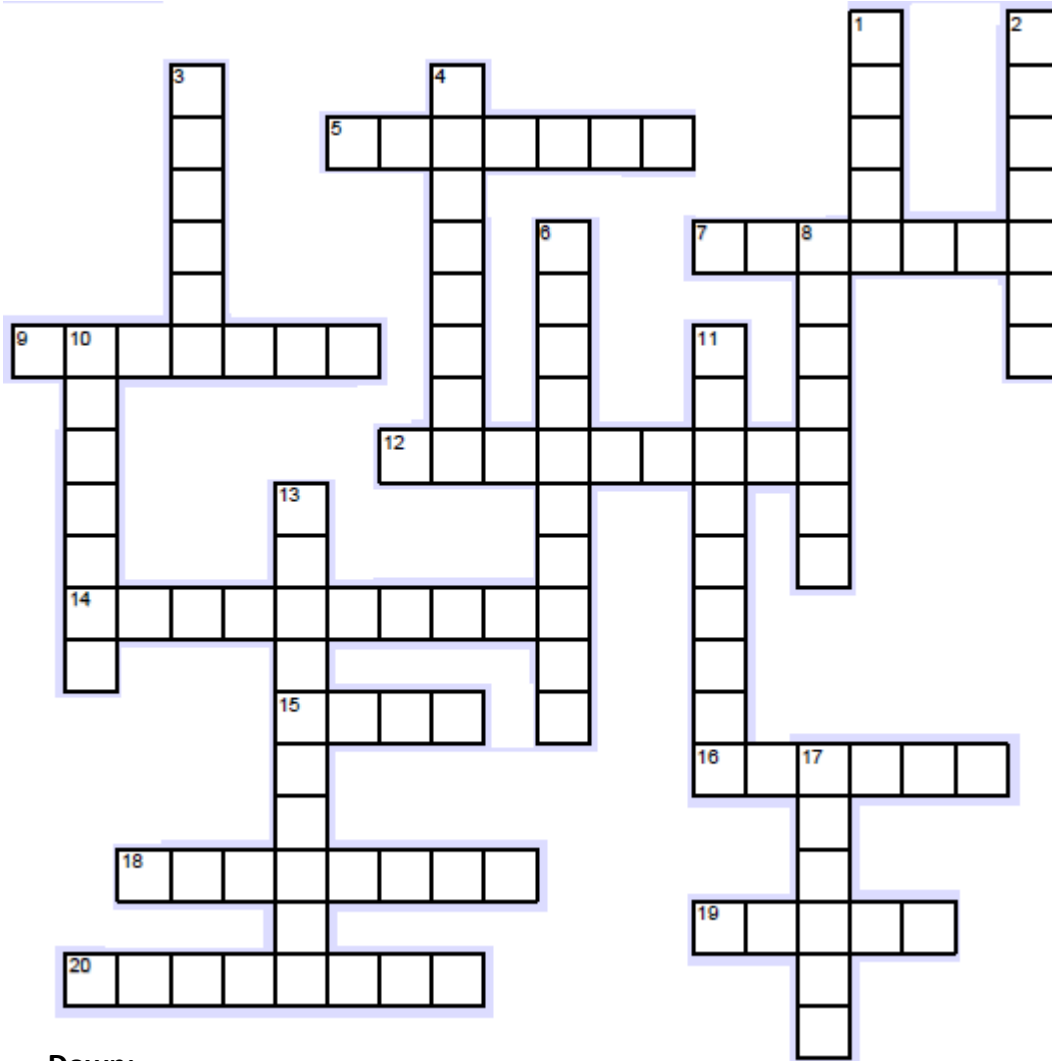
Second dividend to be paid

Grampians Regional Community Enterprises is pleased to announce payment of our second shareholder dividend. The unfranked dividend of \$0.04 per share will be paid on the 1st december 2019, with a record date of 31st october 2019.

Without your support our branch would not exist and our local communities would not have a locally owned Community Bank which provides banking services, local employment and funds to community projects.



Mt Rouse Puzzler - Just how puzzled can you get



Across:

5: A magical bird in ancient stories that lives for 500 years before it burns itself to death and then is born again from its ashes.

7: A piece of cloth that hangs down from above a window.

9: Space where you put things when they are not being used.

12: A system that uses wires and radio signals to send sounds (such as people's voices) over long distances.

14: uncertain

15: Unable to be found.

16: To get free from something.

18: A cloth case that is filled with material and used as a bed.

19: A woman who is thought to have magic powers.

20: Of, relating to, or made in your own country.

Down:

1: A piece of text, a formal suggestion, or a drawing in its original state.

2: A series of actions that are done by the police in order to catch criminals.

3: A piece of equipment used for climbing up and down, that consists of two vertical bars and many short ones.

4: carries water from high to low

6: A wild and natural area in which few people live.

8: To move in one direction, hit a surface, and then quickly move in a different and usually opposite direction.

10: Vehicles moving on a public highway.

11: The ability to speak or write well and in an effective way.

13: A type of tree that grows naturally in Australia, fodder for drop bears.

17: An action or way of behaving that is usual and traditional among the people in a particular group or place.

Answers to last fortnight: Across: 5 picturesque, 8 consideration, 13 wisdom, 14 licence, 15 much, 16 label, 18 fodder, 19 thoughtful, 20 bell. Down: 1 easy, 2 cryptozoology, 3 description, 4 among, 6 arithmetic, 7 timeless, 9 introduction, 10 mythology, 11 simple, 12 lecture, 17 loose.



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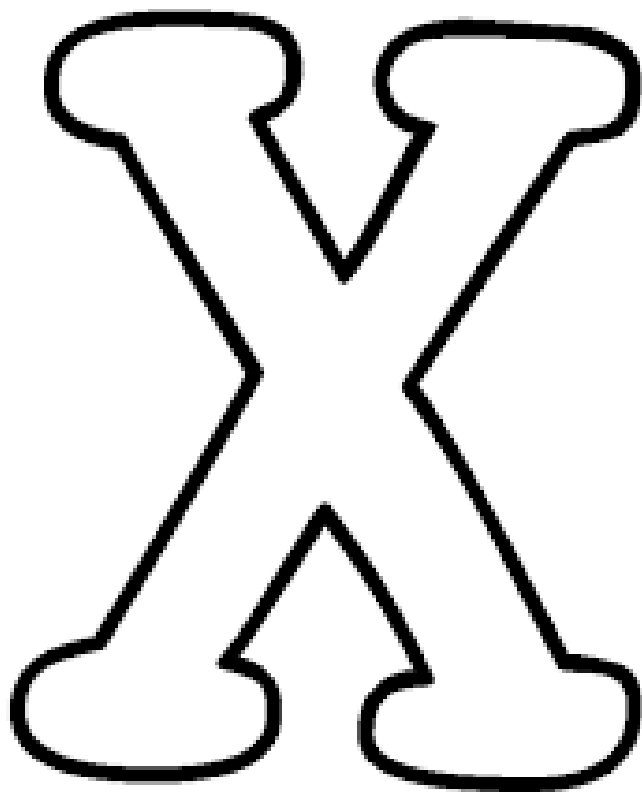
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A PAGE FOR THE CHILDREN

Diving, climbing, growing, flying with the letter X



Your imagination can be a wonderful thing. Given a blank space in which to create, or a simple idea to follow, what sort of picture would appear from your pencils, pen or paint?

Letter X could be a cross, or the 'x' that marks the spot on your pirate's map.

You could be looking down at an x-wing jet plane, or the foundation of a raft that will travel on stormy seas.

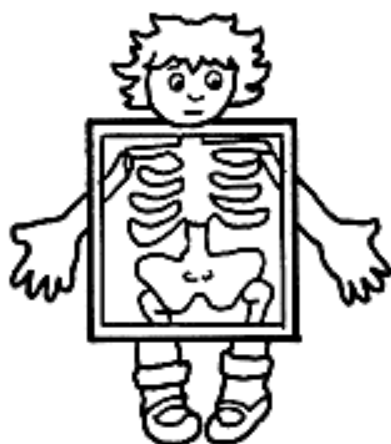
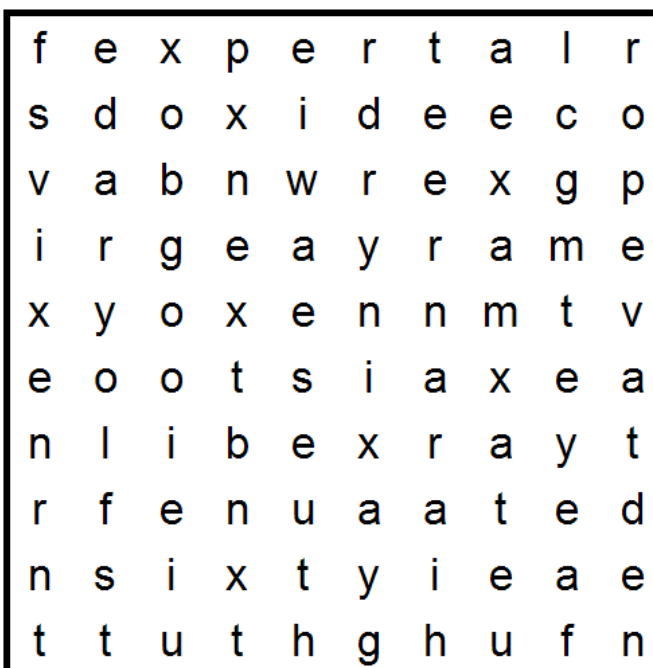
Can you draw pictures in the letter that tells your family what you dream of?

Here are some words with 'x' in them. Can you find them in the word search?

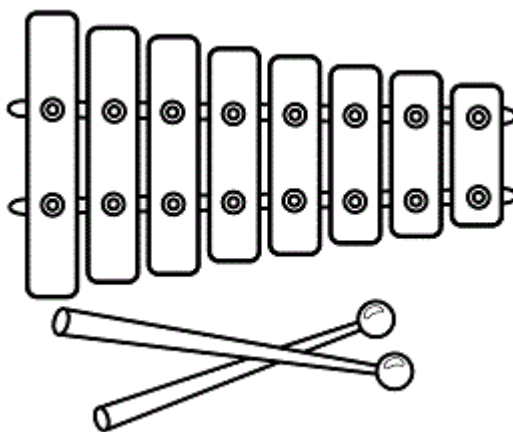
axe
ibex
oxide
xray

exam
next
sixty

expert
oxen
vixen



Have you had an x-ray for a broken bone?



xylophone

Can you name this musical instrument?





SOUTHERN
GRAMPIANS SHIRE
COUNCIL

**YEAR IN
REVIEW**
2018/19

Wednesday 30 October
6.00PM
Hamilton Gallery, 107 Brown Street,
Hamilton

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Riddles

1. The more you take, the more you leave behind. What am I?
2. What has many keys, but can't even open a single door?
3. You pick it, you peel the outside, you cook the inside, you eat the outside, and throw away the inside. What am I?
4. What English word has three consecutive double letters?
5. A sphere has three, a circle has two, and a point has zero. What is it?
6. I am big on Saturday and Sunday. Small on Tuesday, Wednesday, and Thursday. I'm not on Monday or Friday. What am I?
7. What starts with a T, ends with a T and has T in it?


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“Predicting rain doesn't count. Building arks does.” — **Warren Buffett**

PLACES OF INTEREST IN PENShurst

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Yatmerone Wildlife Reserve

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Penshurst Church Services

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MONTHLY MEETING DATES

- Book Club, 2nd Tuesday each month at Senor Citizen club rooms. 2.00pm
- Caramut & District Garden Club, 2nd Tuesday monthly at 10 am. See Garden Notes for venue.
- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Courthouse open 1st Saturday each month 9.30 am to 1230 pm.
- Friends Yatmerone Reserve, 2nd Tuesday each month at Volcano Centre 7.30 pm. New members welcome.
- Indoor bowls 2 pm every Monday at Senior Citizens. All Welcome.
- Lions, 1st & 3rd Tuesday each month at 8 pm.
- Mt Rouse & District Historical Society, 4th Sunday in January, March, May, July, September and November, 2pm at Court House. Phone 557 12145.
- Penshurst Bowls Club, 1st Tuesday each month at 7.30 pm.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room, Penshurst Hospital at 1.30 pm.
- Penshurst Playgroup meets every Monday morning 9.10 am—11.30 am at the pre-school in Watton street. Everyone most welcome. (No playgroup in School holidays)
- Penshurst Pony Club rally, 1st Sunday each month.
- Penshurst Senior Citizens meet last Tuesday monthly, 4 pm at club rooms in Bell Street. Novelty Bingo, last Tuesday of month Feb—Nov at 2.15 pm. Cards & social afternoon, 2nd Wednesday monthly at 2pm
- Penshurst Urban Fire Brigade, 2nd Monday monthly at fire station.
- Residents, Relatives & Carers Group, 3rd Thursday of the month, 1.30pm in the Nursing Home Dining Room.
- RSL meets 1st Thursday of February, April, July & October at 6.30 pm at RSL Hall, Ritchie Street.

Would you like your group listed here, contact Mark on 0409192612 or email mtrousenewsletter@gmail.com

Penshurst Memorial Hall



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TAIL END TALES

Small Bird Highlights Penshurst as a Place of National Significance



Latham's Snipe

With at least 18 birds sighted in one empty quarter acre block near the township's centre, Penshurst in south west Victoria, has reached national significance in the global survey of the migratory patterns of the small bird, the Japanese (Latham's) Snipe.

The Japanese Snipe flies from northern Japan to Australia annually and settles in south eastern Australia during the Spring Summer period before flying back to the northern Hemisphere to breed.

Its presence in Penshurst and Port Fairy has been commonly known but there is now an

international survey to determine and better understand the numbers and migratory habits of this fascinating bird. Local members of the Friends of Yatmerone Reserve in Penshurst have surveyed the township in early Spring and confirmed the plentiful numbers in the township and its surrounds.

Dr Birgita Hansen who is leading the international survey in Australia presented a detailed description of the bird's amazing migratory journey at the celebration of 10 years of voluntary achievement at Yatmerone Reserve in Penshurst. Birgita described how the bird flies at speeds averaging more than 90 kilometres an hour across the Pacific Ocean to reach Australia, and returns along the coast line of northern Australia and through the highlands of New Guinea.

The bird roosts and feeds in grassy and muddy paddocks in south west Victoria. It feeds at night within close distance of its roosting site and is not easily seen unless flushed out. The birds are loyal to the sites they are familiar with and return to the exact same site annually. Birgita gave evidence of the threats of urban development in Japan and Australia but was also able to provide evidence of hope with the presence of high numbers of the species on Russian islands north of Japan.

We know some of the locations and there are probably many others we don't know of. The Friends group aims to expand its survey areas in a hope to help the global survey build on its knowledge of what is now a bird of scientific interest in the small town of Penshurst.

Thought for the day

"Peace is not made at the council table or by treaties, but in the hearts of men. "

Herbert Hoover