

MT ROUSE NEWS & VIEWS



*From all of us, to all of you,
Wishing everyone a wonderful 2022.
May all your problems be small ones,
And all your wishes come true.*

On that note, just be careful what you wish for!



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Sometimes I stare at a blank page and ... get up and go for a walk.



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Riddles to ponder

1. You can carry it everywhere you go, and it does not get heavy. What is it?
2. I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of them self I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down. What am I?
3. You live in a one story house made entirely of redwood. What colour would the stairs be?
4. How do you spot a modern spider?
5. I'm as small as an ant, as big as a whale. I'll approach like a breeze but can come like a gale. By some, I get hit, but all have shown fear. I'll dance to the music, though I can't hear. Of names, I have many, of names I have one. I'm as slow as a snail, but from me, you can't run. What am I?
6. What is more useful when it is broken?
7. What comes once in a minute, twice in a moment, but never in a thousand years?

Around Penshurst

Changes on the Mount

If you are wondering where this gate is you might like to take a stroll, or a drive, up Waller Road to the entrance of the Mount and you will see that someone has taken down the old Mt Rouse sign (that was wearing away in the middle) and replaced it with a new fence and what we think is a place for a sign. As the Council hasn't mentioned it to the PPA we are wondering if it was a Christmas present that they simply ran out of time in creating. I am sure we will find out eventually.

In the meantime, watch this spot.



VDC CLOSED IN JANUARY

The Volcanoes Discovery Centre will remain closed until the end of January.

The VDC had been due to re-open on December 27 after a four month closure, but its management committee decided there was too much uncertainty over the looming Omicron strain of Covid 19.

Committee member, Brian O'Brien, said the huge surge of Covid cases in the last two weeks had led the committee to postpone re-opening.

"Most of our volunteers are over 60 so there is a need to protect them as much as possible from infection," he said.

"Covid has now come to Southern Grampians Shire in a big way. We had only two cases in 18 months but have had 207 in the past week.

"We have to be as cautious as possible when we see such frightening numbers just locally. The management committee will review its decision at the end of January."



Sometimes I stare at a blank page and ... think I should exercise more.

Let's have a great year .. Make 2022 special for everyone



First off the rank ...

Australia Day 26th January

8.30am in the Penshurst Botanic Gardens

Music

Discussions

Lions Club Bbq

Treasure Hunts

Games for the kids



Commonsense applies. Everyone welcome.

Penshurst Art Exhibition 2022

Penshurst Memorial Hall, 21 Martin Street.

Judges – Roger Edwards & Associate

Opening Night - Friday 18th March

Entry \$15.00 per person

Includes a light supper and entry all weekend.

Exhibition Open all weekend

Entry – Adults \$5.00 13 + Gold Coin Under 12's free.

For more information on Entering your work in the competition

go to www.penshurstartexhibition.org.au or

ring Tom 0488 557 345 & Ama 0402 870 738



Penshurst Progress Association

ABN 35 622 662 815

COVID rules apply

Committee of Management:

Ama Cooke – Chairperson

Tom Cooke - Vice President

Josh Hewitt - Treasurer

Don Adamson

Next Meeting - Wednesday 19th January 2022 Topic: Australia Day

7.30pm - Supper Room, Penshurst Hall

Good morning, how are you?

Wiser heads have prevailed and so the AGM is being moved to the 23rd February. We will be having a brief Community meeting on the 19th January, Covid permitting, to discuss the plans for Australia Day. We had seven nominations for Citizen of the Year, thank you everyone.

Speaking of which ..

Australia Day and all its trimmings. For our new residents: We gather in the carpark of the Botanic Gardens at 8.30am to celebrate being Australian with a song. You'll find it on the back of the forms that will shortly arrive in your letterbox. First we have the flag raising ceremony, then the song/s. The Lions Club are, once again, cooking a delicious brunch for us. We are grateful to Paul Sutherland for providing the music to Advance Australia Fair and other songs and our speaker is Daryl Nagorcka from the Mt Rouse & District Heritage Society. All of these activities (do I want to do a treasure hunt?) are provided by our volunteers, which is a very important concept to consider. You see, thanks to Covid some people found being at home very easy, and others got cabin fever when they could not go out. I'm one of the former, which made going back out into the various projects a bit of a challenge .. But I have.

One thing that a lot of us are worrying about is that so many of our groups and associations are run by volunteers. The abovementioned problem means that the numbers of people coming back to their previous volunteer roles is not as high as it used to be. Without an influx of old and new volunteers some of our groups

may well disappear. This has been the case with the RSL.

People seem to think that it's a lot of work being part of a group of volunteers. That depends on how much time and effort you want to put into it, and it can also be a lot of fun. I particularly enjoy my roles in the Progress Association and the Hall. So many lovely changes in that building, and so many more planned. And then there's the fun and games working with other groups to create the Mervyn Napier Waller Green Space. Just before Christmas we (PPA) attended a meeting of the Lions Club, Historical Society and a representative from the Council, who offered us funding to move the Lions Kiosk .. or in this case, remove it .. and have it replaced by a brand new covered seating area at the back of the block. It will become the information bay, highlighting the town and the history of MN Waller. At present we are working on an updated proposal for garden designs etc across the block, and when completed, the gardens will provide a lovely place to stop and rest, drink coffee (or whatever) and just enjoy the weather. There will be gardening involved. We thank the Penshurst Public School for their donation of wood for the garden edges. And there's more to come. Watch this space ...



Ama Cooke Chairperson PPA

5576 5270

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Thursday

Friday &

every second

Saturday

10am - 2pm

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For appointments please ring

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Sometimes I stare at a blank page and ... get
up and do some cooking.

Caramut and District Garden Club

Strelitzia. *Bird of Paradise* As can be seen from the photo, the Strelitzia forms a very large clump with the flowers looking like the head of a bird. They come from South Africa and are related to the banana plant. Strelitzias like full sun or part shade and prefer well-drained soil enriched with organic matter and dryer conditions in the cooler months. The plant was in the garden when we bought the place and I only mulch with plant material. The only water it gets is from the rain.



New plants can be produced by dividing a clump. I had a go once from another plant which needed removing. I was unable to get any roots. It was hard work for no result. My notes suggest a crowbar, but I think a small front end loader would work best. They can also be propagated from seed or suckers in spring. I think it would be more successful and less work to buy a plant than trying to propagate your own.

As we have had very little rain for the last couple of months, the garden will be looking very dry as the sub moisture will also be very deep. If we get heavy rain, well established plants will bounce back. Thankfully, most Australian natives, larger succulents and cactus can survive without any watering. Naturally, it is best to keep the water on the garden as much as possible. Vegetables particularly will require more water than the flower garden. On the hot days, pumpkin plants would best be covered to stop the leaves from burning. Don't forget to water the pot plants.

Some Quotable Quotes

- The greatest natural resource that any country can have is its children. - Danny Kaye
- God doesn't have to put his name on a label in the corner of a meadow because nobody else can make meadows. - Cecil Laird
- One of the best things people can have up their sleeves is a funny bone. - Richard L. Weaver II
- To err is human - and to blame it on a computer is even more so. - Orben's Current Comedy
- Be like a postage stamp - stick to one thing until you get there. - Josh Billings
- If people concentrated on the really important things in life, there'd be a shortage of fishing rods. - Doug Larson
- A cliché is only something well said in the first place. - Bill Granger
- Memories are the key not to the past, but to the future. - Corrie ten Boom

On a lighter note

It is good to know that the police were at work in Penshurst on the weekend, even if it did give the editor a heart attack when the couple were cruising slowly up Ritchie Street, towards Yatmerone, only to suddenly notice the flashing lights behind them. Thankfully there was no Christmas cheer in the car and, after a nice chat, everyone went on their merry ways. Happy New Year everyone.



**Penshurst
Remedial Myofascial Clinic**

NOTICE

The Remedial Myofascial Clinic
will be SHUT from

Friday the 14th of January

allowing attending therapists time to receive
and recover from the
Covid Booster Vaccination.

The estimated COMMENCEMENT date
will be

Friday the 11th of February

We will start taking 2022 appointment
inquiries from Tuesday the 1st of February.

M : 0400 819 408

Opening Hours:

Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday - 8.00am - 2.00pm

Sunday - CLOSED



Amanda & Cam Wilson

0439 941 942



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You gotta love Penshurst wildlife.

In the early morning, can you call 2.00am morning, there is the sound of a war – thunderous crashes and bangs, the screeching of irritated furry entities, echoing across the bedroom, right though the wall. Now I could understand if the sound was bellowing through the window, given the big walnut tree (a great place for climbing by entities of many different kinds), but no, its slipping through the back door .. left slightly open, but locked, as a retreat for the dangling cat when it all gets “just too much”.

“Too much” should be her nickname, particularly when she’s pacing on the windowsill outside the study window, rattling each of the screens and going “meeeeoooo” in her very brief and quiet way. And she doesn’t stop until one of us, usually me, gets up and lets her in the front door. Oh yes, the cat rules the house, but I think the possums rule the cat – although she does try to defend her territory (the entire yard plus the houses next door and over the back fence), which she shares with a variety of native animals .. including the recent wallaby who bounced over the five foot fence, from a dead stop to a dead stop .. take a breath .. and back over again when he realised that Tom and my brother David (visiting for Christmas) were both standing in the vegie garden he intended to raid, in daylight. Many a vegetable .. particularly the tomatoes in the side garden .. have disappeared down that gullet.

The possum house that Tom built in the backyard has been the residence of bush rats, crows, the cat, among other beings and bugs .. basically ‘everything but possums’, says Tom. The intention was good, but they prefer the open drawer at the top of a very high cupboard on the verandah ..



where, if we return to the story of the week (all week) they have been arguing as to who, of the five of them, is going to remain in the box. You gotta love Penshurst wildlife.



p.s. we won’t mention the booming koala that used to harass the dogs two doors up. The family moved.

Ama

One of the bouncing villains in our yard.

Last month's crossword answers - Across: 4 cannon, 8 limpid, 9 adventure, 10 seldom, 12 renew, 13 sleeveless, 14 cricketer, 16 diary, 18 cracked, 20 bookmark, 21 whopper, 24 present, 25 behind. **Down:** 1 plaque, 2 faded, 3 solution, 5 lubricate, 6 blissful, 7 jasmine, 11 restoration, 15 candlewax, 17 risky, 19 wastrel, 22 olive, 23 spring.

GREATER GRANTS

Round Two **2021 - 2022**



APPLICATIONS OPEN:

Tuesday 18 January 2022 at 9:00am

Apply online:

www.sthgramplans.vic.gov.au/grants

Applications close:

Friday 18 February 2022 at 4:00pm

More information:

greatergrants@sthgramplans.vic.gov.au
or call 5573 0444

Image: The Hamilton Spectator Group



Answer to Cypher Machine Puzzles - "If you have learned to dance in the rain, life will become a little bit sweeter" ... and ... "A kind heart is more important than a clever mind".

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.

The free-ing of Covid 19, Delta and Omicron.

In December 2021 the authorities told us we could 'free ourselves' from what seemed endless advice to lock down and follow specific public restrictions each time there was a Covid outbreak in our state.

We started to feel we were at a turning point in this pandemic. Many of us headed to visit family, and friends to enjoy the Christmas New Year holiday break. It was a joyous time, particularly when we spent time with people we may not have seen over the past 2 years.

As we celebrated New Year and the beginning of 2022 covid re-appeared and we started to realise how easy the virus, in it's different forms, could catch up with our communities, no matter how careful we had been over the last 2 years.

Now we are a living with the virus, and without the daily government advice we have to be more self governed on how we manage ourselves, our families and communities.

Managing Covid in community should start at home and we should be preparing our young children for their first vaccination meant to take place before school starts; while at the same time making sure we are arranging the booster shot for our adult family members, hopefully within 4 months of their original vaccination. (Latest information on the 08/01/2022)

The previous two doses of COVID-19 did provide very good protection, up to 80 %, which meant if we were so unfortunate to catch the virus it would be a milder version. Most of us had our injections 6 months ago. The authorities claimed resilience of the vaccination would slowly drop from the 80% over the 4 to 5 months after the first vaccination.

Having the booster shot will make sure the protection from the first two doses can be restored in most of us back to an 80% resilience or give us an even stronger and longer lasting outcome. This will help, hopefully, in preventing more serious illness and may even slow the spread of the virus.

Booster doses are free for everyone.

Contact your GP, Pharmacy or community vaccination facilities to organise booster appointments.

Wishing everyone the best for a safe and well 2022.

Eleanor

Note : The above information is only the authors consideration of the current pandemic situation.

A PAGE TO SHARE RECIPES

Rhubarb cakes with orange syrup

Prep Time 30 mins - Cooking Time 25 mins

INGREDIENTS - 6 servings

2 rhubarb stalks
100g butter, chopped, at room temperature
100g (1/2 cup) caster sugar
1 tsp finely grated orange rind
2 eggs
200g (1 1/3 cups) self-raising flour
125ml (1/2 cup) milk

2 tbsp finely chopped toasted pistachios

Orange syrup

100g (1/2 cup) caster sugar
125ml (1/2 cup) fresh orange juice
1 tsp finely grated orange rind

METHOD

Step 1

Preheat the oven to 180C/160C fan forced. Grease a 6-hole 180ml (3/4 cup) Texas muffin pan. Line the base of each hole with a circle of baking paper. Cut each stalk of rhubarb into 3cm lengths. Cut each piece lengthways into quarters. Arrange 6 rhubarb pieces in the base of each muffin hole to make a star shape.

Step 2

Use electric beaters to beat butter, sugar and orange rind in a bowl until pale and creamy. Add eggs, 1 at a time, beating well after each addition, until combined. Sift flour over mixture. Gently fold until combined then add milk. Fold until combined.

Step 3

Spoon cake mixture into prepared muffin pan. Bake for 20-25 minutes or until a skewer inserted into the centre comes out clean.

Step 4

Meanwhile, to make the orange syrup, combine all the ingredients in a small saucepan over medium-high heat. Cook, stirring, until the sugar dissolves. Bring to the boil. Cook, without stirring, for 3-4 minutes or until syrup thickens slightly. Remove from heat and set aside.

Step 5

Line a wire rack with baking paper. While cakes are still in the pan, pierce several times with a skewer then drizzle with half the hot syrup. Set aside for 10 minutes to soak. Turn onto prepared rack. Serve warm cakes, rhubarb-side up, drizzled with remaining syrup and sprinkled with pistachio.



Something for the children to enjoy

**How to make a Caesar Shift
Cypher Machine.**

The Caesar Shift cipher is named after Julius Caesar, as he used this cipher to encrypt messages. However, it isn't a very difficult cipher to figure out and thus messages sent with this cipher did not stay secret for very long.

With the Caesar Shift cipher, each letter of the alphabet is "shifted" some fixed number. The shift is named a "ROT," which stands for "rotation."

For example, with a ROT1 shift A becomes B, B becomes C, and so on. With a ROT13 shift, on the other hand, A becomes N, B becomes O, C becomes P, etc. To decode a message sent using the Caesar Shift cipher the person must be aware what shift has been used.

What you need is two circles of cardboard made to look like the two at the side here, and one split pin. The white circle with the letters must be 2cms larger than the coloured one. Place the coloured one over the white, centre it, and push the split pin through (turning the circle over to bend the legs of the pin outwards to secure the circles together. Then decide what message you will send to your friends.

Using ROT 7 can you translate this message.

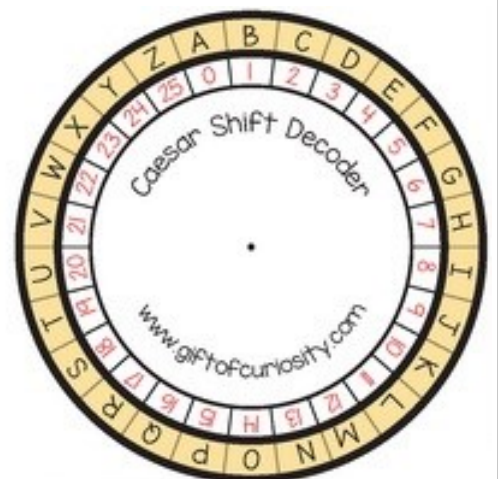
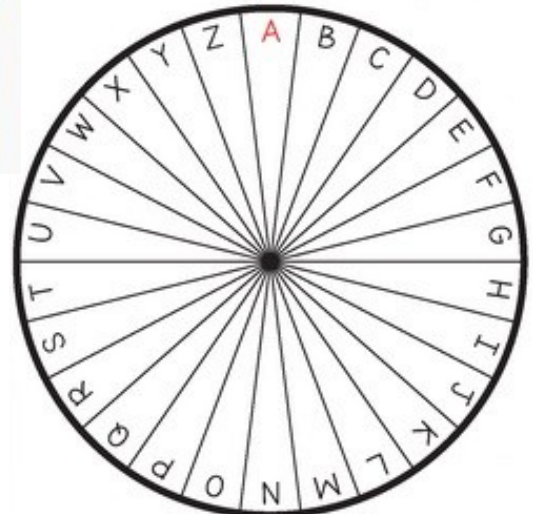
"OM FVB OHCL SLHYULK AV KHUJL PU AOH YHPU,
TPML DPSS ILJVT L H SPAASL IPA ZDLLALY."

Then using only the numbers and letters on the colour wheel, translate this.

"0 10,8,13,3 7,4,0,17,19 8,18 12,14,17,4
8,12,15,14,17,19,0,13,19 19,7,0,13 0 2,11,4,21,4,17
12,8,13,3"

(Answers page 13)

Now you can use this wheel to send secret messages to your friends.



Riddles Answers - 1. Your name. 2. Age. 3. What stairs? You live in a one-storey house. 4. She has a Web Site. 5. I am a shadow. 6. An egg. 7. The letter "m".

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Sometimes I stare at a blank page and ... get
up and play with the cat.

How do you inspire yourself to be creative?



DAN TEHAN MP
FEDERAL MEMBER FOR **WANNON**

As your representative in the Federal
Parliament, listening to your views
about our local area is my priority.

Please do not hesitate to contact
me if I can be of assistance:

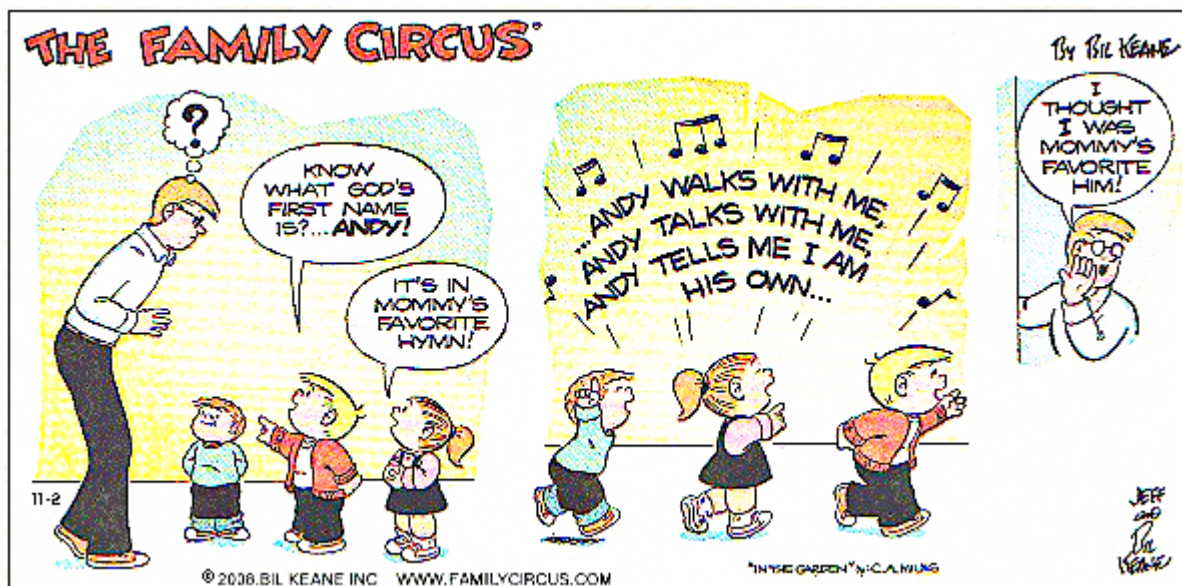
190 Gray Street, Hamilton or
1300 131 692



1300 131 692 dan.tehan.mp@aph.gov.au dantehan.com.au

DanTehanWannon dantehan

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



So we close the door on 2021. For most of us it was a complex year as we grappled with the swift changes and different faces of people behind the masks. It was a year that stretched us in ways that are not clear to us yet. My guess is that it will take five years of living with COVID before we can look back with any clarity and hindsight to see what 2021 really was like.

Now it would be easy to slam the door shut on 2021 and say 'Toodle oo', 'Good bye', 'Good Riddance,' or another choice of words which is best left omitted here. But there were some good things. People fell in love, got married, had children, nurtured pets and chose to forgive. And there were other things as well. The things we learnt that aren't so palpable. So before we close up on 2021 perhaps we might look back and reflect on these things.

We learnt that we could be resilient people. Well, we had to be didn't we? We learnt that we could be flexible and when the challenges came and socked us in the right eye and then the left, we learnt that we could be quite magnificent. We learnt that it was OK to ask someone much younger to help us with our phone and that there was no shame if we didn't get it right the first time. Many of our contemporaries were going through exactly the same torment. Asking for help can actually be quite liberating and that to be able to help or listen, is always an enriching experience.

So by all means close the door on 2021 as you should, but be sure to take these hard earned lessons with you into the room we will call 2022.

Fr. David Oulton - droulton72@gmail.com

**We welcome articles for inclusion here from any of the churches that
service the Penshurst region**

Community Meetings

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 at Sheppard Centre - **COVID Permitting**. Western District Health Service – PENSURST Campus. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mt Rouse & District Historical Society

- Courthouse open 1st Saturday each month 9.30 am to 12.30 pm.
- Meeting 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. Phone Phil 0458 766 250.

Friends Yatmerone Reserve

- Meeting 2nd Tuesday every second month, commencing February 2021 at Volcano 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, Ritchie Street. penshurstlions@gmail.com

Penshurst Bowls Club

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



AmbulanceVictoria

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

Ambulance Victoria is regularly looking for local ACOs. If you are interested in becoming an ACO or would like further information, please email penshurst.teamleader@ambulance.vic.gov.au

Penshurst Pony Club Rally

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

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 Book Club - Meets 2nd Tuesday each month at 2pm at Senior Citizen club rooms (Winter) and Rurik's Shed (Summer). Contact Ruth Pihl 0490418313

Penshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

4pm Mass 4th Sunday each month

For further details contact Janet Kelly on 5576 5247

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

Across: 5: A flat, round cake of a savoury ingredient served with vegies in a bun.

8: Response or angle greater than 180 degrees.

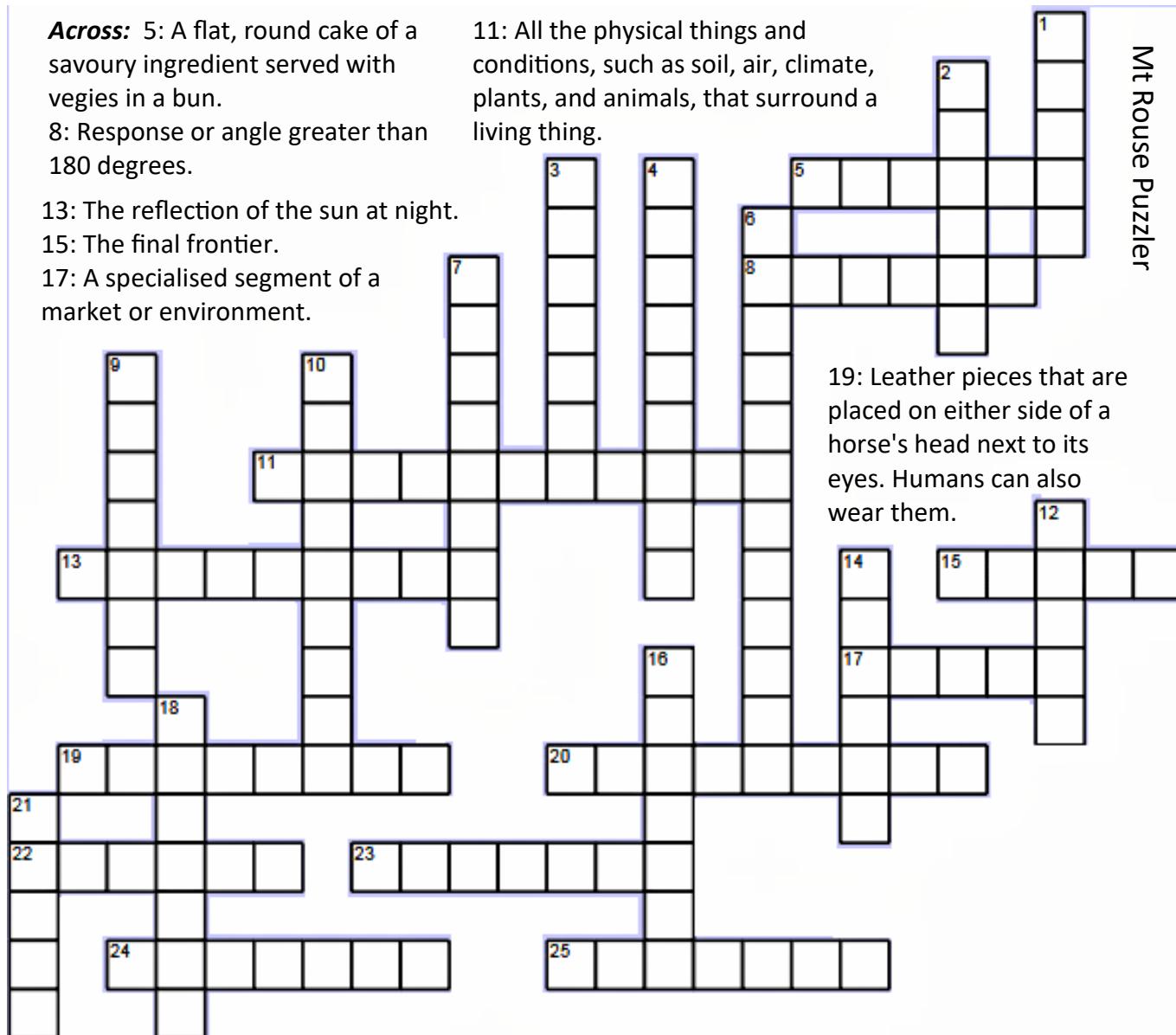
13: The reflection of the sun at night.

15: The final frontier.

17: A specialised segment of a market or environment.

11: All the physical things and conditions, such as soil, air, climate, plants, and animals, that surround a living thing.

19: Leather pieces that are placed on either side of a horse's head next to its eyes. Humans can also wear them.



Mt Rouse Puzzler

20: Possibility that someone might get hurt or injured.

22: A place of many tables and stalls.

23: A raised area on the skin that contains clear liquid as a protection.

24: Not supporting either side of an argument, fight, war, etc.

25: Picture a balcony or upper floor extending from the back or side wall.

Down: 1: Beyond or extreme.

2: Small squeaker. No, not that small.

3: A place or system in which something (such as an old-fashioned idea) continues to survive.

4: The emotion that comes from achieving a challenge.

6: The art or science of designing and creating structures.

7: A hard, strong blended material used for building.

9: The study of past events.

10: Quick to respond to slight changes, signals or influences.

12: A small role in a movie or a broach.

14: Load it, point it and hope it does not go off, particularly in historical locations.

16: A person or thing used as a standard or comparison for checking results of a survey or experiment.

18: A relish or difficult situation.

21: Little in size, or insignificant or unimportant.

Answers to last month's crossword on page 8

PENSHURST MENS SHED

We are in the process of completing the extensions and will be opening again next year.

New members will be welcome and a new committee will be required.

Covid rules apply.

Newsletter: If you have any stories you would like to share events, stories and ideas, please contact Ama by phone or email.

mtrousenewsletter@gmail.com

Ama Cooke 0402 870 738

Penshurst's Website

Have you visited the Penshurst website yet?

Not only is the site full of valuable information, but there are links to many of the important organisations within our town.

Would you like to add a link to your website? Email president@penshurstprogress.org.au

Visit our site

**www.penshurstvictoria.com.au
and let us know if you have
any comments.**

Editor

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Registered Address: 46 Watton Street, Penshurst 3289

DEADLINE FOR SUBMISSIONS — 22nd January 2022

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

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