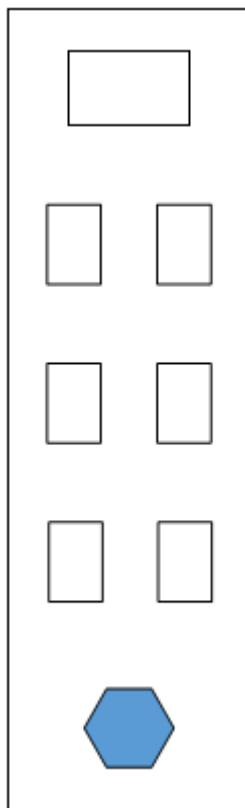
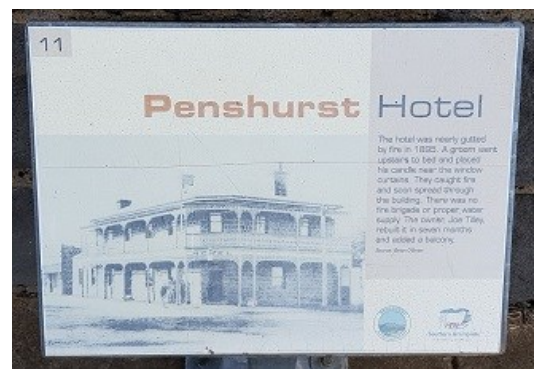


MT ROUSE NEWS & VIEWS

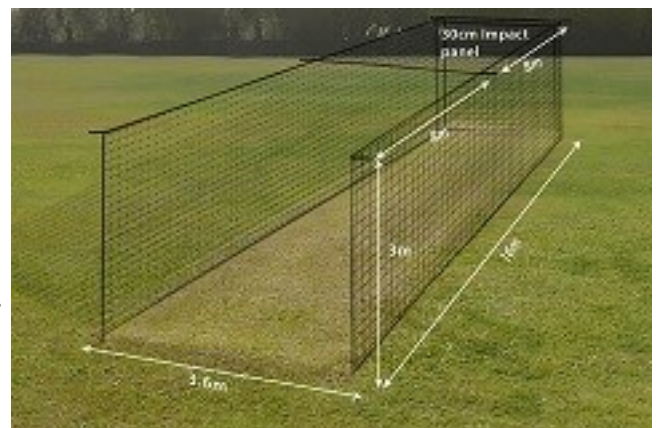


What do these items have in common?

They are all projects of the Progress Association as we begin the 2022 year. And they are all collaborations between various committees and groups in Penshurst.

You guys should be so proud of yourselves.

Thank you to everyone who is working to keep things real in Penshurst.



Ooops there's a gap ...

What can we fill this space with as the year progresses?

Join us at the AGM on the 23rd February and have your say. Penshurst belongs to all of us.

Penshurst Progress Association

AGM

February 23rd, 7.30pm

At the Penshurst Memorial Hall

Everyone welcome.

Business: To elect a new Committee of Management

Community Meeting to follow

Come to the meeting and catch up on all the activities and projects we have planned

Be part of the future of our town.



Greater Hamilton Library

Mobile Library
Will be visiting Penshurst
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3.00 - 4.00pm

Outside the Hall in Martin St
Date for February 2022:
3rd & 17th

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Opportunity to Reflect on Fire Safety Plans....

The recent January fires very close to Penshurst certainly provided a shock, especially given the multiple number of outbreaks that were burning at once to the North, West and South of the township, sparked by lightning strikes. Only two of those fires were considered significant with aerial support used to suppress these fires in the stone country, however so, the risk was definitely there and a reminder that the fire season is upon us.

Fire fighting crews did a fabulous job at getting on top of those fires and as they review the incident and consider what worked well and what they can learn from the events, we too as community members, can use this experience to reflect, review and learn from our individual situations - so we can be better prepared for the rest of the fire season.

I invite you to consider the following questions:

Where were you when the incident occurred?

On the
road

At
home

Out of
town

?

How did you know what was happening? How did you keep informed?

Neigh-
bour

VicEmergency
App

Your senses
– looking
for/smelling
smoke

?

*How did you react? How did you keep yourself as calm as possible?
What was helpful?*

I was nervous
but just
enacted our
fire plan

Couldn't
think as
fear took
hold

Keeping
connected to
others & up
to date
information

?

Continued page 4



Opportunity to Reflect on Fire Safety Plans.... 2

What did you have organised?

I had our
emergency
kit ready

Remove
firewood
from under
verandah

Backup
computer

Consider
multiple
places I could
evacuate to
with different
road closures

What If...

Scenario planning – considering different ways an event could play out is a valuable way to consider what could happen, think through what options may be available and how we could act differently depending on the situation.

The Fire Danger Rating was 'High' for January 13th, but what if the FDR was at Very High, Severe, or Extreme? ..What if the scenario escalated? Perhaps the aerial bombers were not available, power went out and the Emergency Warning had escalated from Advice level?

These are the various scenarios worth thinking about so that contingencies can be built into your survival plan.



ADVICE

- An incident is occurring or has occurred in the area
- Access information and monitor conditions.



WATCH AND ACT

- An emergency is developing nearby.
- You need to take action now to protect yourself and others.



EMERGENCY WARNING

- You are in imminent danger and need to take action now.
- You will be impacted.



Opportunity to Reflect on Fire Safety Plans.... 3

What were your next steps?



For further information or to discuss your fire plan contact Jo Vigliaturo – CFA

joanne.vigliaturo@cfa.vic.gov.au 0408544670



Right: A screen shot of a mobile phone's VicEmergency App later that night on January 13th

Valentine's Day 14th February

Can you find all the words in the following paragraph? Sixteen unused letters form four words.
Answer on page 7.

V A L E N T I N E S D A Y T O
5 O U H E C U P I D N A M O R
T L P T H O N C L O V E I S I
H F E S T I V A L O M O R F G
H E R O C E N T U R Y S A W I
A S C F V D E H O O F T E N N
F E A E R E W O U I N E H T A
T L L O O M T L T C A R D S T
E P I H U A H I A B U T R N E
R U A W P N E C D N I F A T D
W O D E T C I P E D E A H O N
I C O T N I A S P A I R E D A
T L O T T E R Y L M O D N A R
H T G O D H N A M O R E R O F
I T S H C R U H C Y A D T H E

Valentine's Day originated from the Roman festival of Lupercalia. Couples were randomly paired up with a lottery. In the 5th century, the Catholic Church named the day after a saint but it's hard to find out who he was. On cards, Cupid the Roman god of love is often depicted. Janet Shalders 14.2.22



Penshurst Progress Association

ABN 35 622 662 815

COVID rules apply

Committee of Management:

Ama Cooke – Chairperson 0402 870 738

Tom Cooke - Vice President

Josh Hewitt - Treasurer

Don Adamson

president@penshurstprogresss.org.au

Next Meeting - Wednesday 23rd February 2022 AGM & Community Meeting
7.30pm - Supper Room, Penshurst Hall

Good evening, have you had a good day?

On Australia Day, while Tom and I awaited our COVID test results, the Council awarded me a "Southern Grampians Shire Council Community Recognition Award".

What I would like to do is thank everyone involved in putting my name forward. I can't tell you how deeply touched I was, and still am, just thinking about it. The tentative date for the BBQ is Saturday 26th March, for lunch, cooked to perfection by our Penshurst & District Lions Club. What we would like to see is all the groups, clubs and associations in town who are looking for volunteers, setting up a table, preferably with leaflets that people can take home and think about (if you need to, talk to PPA about really cheap printing), after saying hello and having a

chat with the many new faces we are hoping will attend.

It is there that the town will acknowledge our own Citizen of the Year, and then the thought arises .. Are there any other people here in town (and around us) who deserve to be recognised on that day? How about creating a "Penshurst & District Community Recognition Award"? We acknowledge only one person each year, chosen from among many (there were seven people nominated for this year). Wouldn't that be a lovely way of saying thank you! Come on folks, here's your chance. Ring or email me, or come to the AGM. I'll be bringing it up at the meeting.

Be safe and stay well,
Ama Cooke Chairperson PPA

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

Caramut and District Garden Club

Hopefully the very hot weather is behind us although February can still be hot. There are always jobs that can be done in the garden, whatever the month and February is no exception.

Fuchisias can be pruned and fed. They also require deep watering to keep them looking their best. Trim, mulch and feed roses for a flush of autumn blooms. Cut off a little all over the bush trying to make the cut just above a healthy bud. Cut stems as if you are putting in a vase. Gladiolus corms can be lifted as the leaves begin to fade, storing in a cool dry place. I'm a lazy gardener and leave mine in the ground.



Dahlias and Chrysanthemums are best staked as this keeps them from sprawling all over the ground. I must admit, I have most of my chrysanthemums sprawling on the ground. They still flower well. Pinching out main shoots will enable your plants to have more flowers.

Any congested clumps of bearded iris can be lifted now by putting the spade under them. Discard any old rhizomes, leaving the healthiest ones for replanting. Bearded iris rhizomes keep growing out with the new growth on the edge. Cut back the leaves to about 15cm and replant in fresh soil with some compost. Add a little lime (about a handful per square metre). Leave the tops of the rhizomes just showing as they like to be baked in the sun. But don't let them dry out. Working in the cooler parts of the day, strike leafy cuttings of shrubs such as camellias, azaleas, rhododendrons, daphne, or buddleia.



The cabbage family which includes cabbage, brussel sprouts, broccoli, cauliflower, or bok-choy are said to have cancer-inhibiting properties. If

planted now they will be ready in winter. Dig in some compost and manure, add a couple of handfuls of blood and bone and perhaps a little lime. Happy eating in winter.



The next meeting of the Garden Club is Tuesday 8th February (or has been) at the Penshurst Senior Citizens clubrooms at 11 am. The bloom for the month was a rose.

2000 year-old Dates. Back in the 1960s, the excavations at Masada found date seeds from the time of the Roman conquest of the fortress (72-74 CE). The seeds were planted in 2005. The grove began bearing fruit in 2020, producing a variety of date not tasted for millennia. Remarkably, these trees are a mix of both male and female plants, allowing for pollination.

Gardening Riddles

1. What would be a gardener's favourite Beatles song?
2. Why did the gardener change his mind about gardening even though he wasn't fond of it?
3. Why does Elton John not like Iceberg lettuce?
4. What would make up a gardener's favourite design of trousers?
5. Which rock song did the gardener listen to while plucking herbs?
6. How would trees calculate a square root problem?
7. Why did the gardener decline the job offer?

5576 5270

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Penshurst's News Agency



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Thursday

Friday &

every second

Saturday

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**A THOUGHT: Work Together**

Be of one mind, united in thought and purpose. The Bible.

There's a legend about some quail that nested in a forest. The birds were happy there except for their enemy, the quail catcher. He would imitate their all, and then when they gathered together he'd throw a net over them, stuff them into his hunting basket, and hustle them off to market. Finally a wise old quail said, "Brothers and sisters, I have a cunning plan. When the quail catcher throws his net over us, we should all put our heads into one section of the net together and start flapping our wings. That way we can lift it as one and fly off with it." The birds all agreed and, when they did exactly that the next day, they were able to make a successful escape. When the quail-catcher's wife asked him, "Where are the quail to take to market?" he replied, "When they all got together there was no stopping them!"

Instead of being critical of those leaders in the various volunteer groups, if all worked together and pulled their weight, just think of all the improvements that would be seen in Penshurst and each person would know that they had contributed to the pleasure of a happy community.

Harvest Festival

There are many wonderful things about celebrating a Harvest Festival. We do this each year at St. Peter's Glenthompson and all are invited. Folk bring their produce and we gather together to celebrate that when so many have so little, we have so much to share and celebrate. The bounty is then auctioned off and there is wine, mirth, joy, giggles and food.

I look forward to this annual event for many reasons, not least of all because it gives me an opportunity to engage with people in an informal setting.

But there are other reasons.

In an era where we have succumbed to the false gods of data, fear and division, we have this refreshing expression of collegially. We learn again that we have more in common than what separates us. We are better than the deep divisions of suspicion that sometimes make us grumpy and irritable and which turned the humble loo roll into a deity to bow down to and fight over.

So we gather and give thanks. We come to be nourished not just from the generous bounty of the earth and produce of the kitchen and juice of the grape and the delectable things that emerge from the oven. But we are nourished most effectively from the jocular and engagement one with another.

We do not worship the God of data and death. Instead we look into each other's eyes. We hear the unprovoked and uninhibited laughter. These are our 'hymns'. We join in with and celebrate with the God of the party. The God of abundance. The God who calls us to look not only at what we generously have on our table, but also to reach out to those who have never known any of these things.

Fr. David Oulton droulton72@gmail.com

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



**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

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A PAGE TO SHARE RECIPES

Lemon - Thyme Chicken

Prep Time 20 mins - Cooking Time 30 mins

INGREDIENTS

500g green beans, trimmed	750g boneless, skinless chicken
12 sprigs fresh thyme, divided	breasts
2 tbsp. olive oil, divided	1 lemon, halved
salt and pepper	
1/2 cup grated Parmesan, divided	Serves 4
1 x 14-oz can artichoke hearts, halved and patted very dry	

METHOD

Step 1:

Heat oven to 220°C. On a rimmed baking sheet, toss green beans and 6 sprigs thyme with 1 Tbsp oil and 1/4 tsp each salt and pepper, then toss with 1/4 cup Parmesan.

Step 2:

Nestle artichokes onto pan, cut sides down, and roast on bottom rack in oven until golden brown and tender, 10 to 12 minutes.

Step 3:

Meanwhile, heat remaining Tbsp oil in a large oven-safe skillet on medium. Season chicken with 1/4 tsp each salt and pepper and cook until golden brown on bottom, 3 to 4 minutes. Flip chicken over and cook 2 minutes more.

Step 4:

Add lemon, cut side down, and remaining 6 thyme sprigs to skillet. Transfer skillet to oven along with vegetables and roast until chicken is cooked through, 9 to 10 minutes more.

Step 5:

Toss remaining Parmesan with artichokes and green beans, then serve with chicken.



Answers to Riddles - 1. Lettuce Be. 2. Because the plants grew on him. 3. Because he is more of a Rocket Man. 4. Ones with turnips all over the trousers. 5. 'Sweet Chive o' Mine'. 6. They will use log-arithm. 7. Because the celery was very low.

Something for the children to enjoy

Here's a challenge to help you develop your skills. Writing is an art form that requires practice. When I was younger I would use words instead of drawing pictures. A story doesn't have to be long, it's just a chance for you to understand what you think about any subject. What is the favourite thing you want to write about?

30 DAY WRITING CHALLENGE FOR KIDS

Draw a map of your dream bedroom. Label 12 items you've included	Write a very scary short story 	Write the first half of a story for a family member or friend to finish	Write outdoors 	Write a short story or poem inspired by today's weather
Write a letter to the main character of the last book you read	Write a recipe for the most delicious ice cream sundae	Create a poster sharing ideas for being kind to others	Write a silly story about a talking animal	Write instructions explaining how to play an outdoor game
Make a list of the top 10 books you've ever read 	Write a story featuring a rollercoaster	Write a list of 101 things that make you feel happy	Create a paragraph in response to; If I Were My Teacher...	Create a comic strip or graphic novel 
Write a story featuring your oldest toy	NAME Write an acrostic poem	FREE CHOICE Write for 15 minutes without stopping	Plan your dream vacation 	Write a BIG list of words starting with the first letter of your name
Write a tongue twister using lots of words with the same beginning sound	Create a secret code and write coded messages	Write a thank you note 	Write a story about two characters from different books meeting each other	Write about a time you felt super excited!
If you opened a restaurant, what food would you serve? Create a menu	Write a letter to a friend or relative 	Create a series of quiz questions about a topic of interest	Write a list all about YOU	Write a review of the last movie you saw

Mt Rouse Puzzler

Across:

3: A place where birds rest or sleep.

4: Someone who predicts things that will happen in the future.

5: To press into a flat or flatter shape.

7: Such as might well happen, or be true.

8: To supply with water by using artificial means (such as pipes).

10: The 100th anniversary of something (such as an important event).

13: Of or relating to an entire nation or country.

15: Of or relating to plants or the study of plants.

18: Hanging from a turkey's neck, or an Australian tree.

21: A special kind of clothing that is worn by all the members of a group or organization.

22: To provide (someone with a place to stay for a short period of time.

23: Number of things or events related to each other.

Down:

1: The science and practice of caring for forests.

2: Relating to or expressed in a system of counting based on the number ten.

3: An act of politely or formally asking for something.

12: To accept or tolerate delays and frustrations.

14: To throw with a quick, light motion.

16: A place or position.

17: The house of a minister.

19: A long, narrow open container for animals.

20: A pale yellow food containing a lot of fat that is made from cream.

Last fortnight's crossword answers - Across: 2 cosmic, 5 eskimo, 6 mammoth, 11 homespun, 12 discharge, 14 solar, 15 turntable, 17 repeating, 18 cascade, 22 restitution, 24 traction, 25 reel. **Down:** 1 borrow, 3 miracle, 4 highlight, 7 raisin, 8 conversation, 9 spin, 10 escape, 13 syllable, 16 diplomatic, 19 clap, 20 explode, 21 beautiful, 23 telephone.

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— Walt Disney.

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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.

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

PENSHURST MENS SHED

We are in the process of completing the extensions and will be holding a meeting to elect a new committee as soon as possible.

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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DEADLINE FOR SUBMISSIONS – 19 February 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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[http://www.penshurstvictoria.com.au/Penshurst&20Newsletter.html](http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html)

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