Year 4 Edition 5 20th October 2021

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc



Slow Dancing around Penshurst

Sorry, I couldn't resist the title. I do feel like dancing, and we frequently talk about bringing dances back to town, although this process of updating and renovating the Hall is going to be a long term and expensive one.

It began with the painting of the foyer, much delayed by COVID arriving. After a couple of years of conversations, discussions and wanting to tear my hair out, this week we finally received planning approval to move ahead with replacing the first of the windows in the building, beginning with the Supper Room and the two small windows on the storage room on the opposite side of the building. The next step will be finding grants to either resurface or repair (or both) the floor in the main hall, or replace the large windows on that side. We also need new fridges, replacement curtains on the stage and the back wall (including replacing the sound muffling board under that huge curtain as its falling into pieces now). Then there's the painting inside the main hall, which will require scaffolding, and the supper room, which will only require either ladders and extenders on the rollers we use to paint the walls.



So while it seems like a small step to replace the supper room windows, its been long overdue and we (the committee of management) are delighted to finally see it done.

The Hall is open for business for everyone, within COVID guidelines, and we look forward to times returning to whatever the new normal will be.

MT ROUSE NEWS & VIEWS

Ambulance Victoria



Penshurst Branch

Locally our branch is crewed by Ambulance Community Officers (ACO) who are local residents. Currently we have three ACOs available to cover shifts. If you are interested in becoming an ACO or would just like some additional information about what being an ACO involves, please email penshurst teamleader@ambulance.vic.gov.au for additional information.

CPR & AED
Awareness



Shocktober is a month-long campaign to highlight the importance of knowing where Automated External Defibrillators (AEDs) are located and to ensure that all AEDs are made publicly accessible and registered through Ambulance Victoria (AV).

Do you know how to perform CPR? Or how to use an AED?

You can learn from home by watching paramedics Jess and Luke in this video https://youtu.be/cymYMAa9Wrg

Know where your nearest AED is

CPR and defibrillation are critical for survival – for every minute that CPR is delayed, survival decreases by 10 per cent.

There are currently two AEDs registered in Penshurst:

- Penshurst Post Office, 31 Martin Street (available 24/7)
- Penshurst Football Netball club, 60-72 Thackery Street

AV would also like to encourage businesses and schools that own an AED to ensure it is registered via the AV website and made publicly accessible so Triple Zero (000) call-takers can direct people to it in an emergency. To register an AED, go to:

https://www.ambulance.vic.gov.au/community/community-partnerships/register-my-aed/

Someone nearby might need CPR: Can you help?

Become a GoodSAM Responder.

If you are willing and able to do hands-only CPR, you can save a life. All you need to do is register as a GoodSAM Responder at https://www.goodsamapp.org/AV & download the free GoodSAM Responder app from either the Apple App Store or Google Play Store.

GoodSAM Responders must be over 18 and own a smartphone.



Register as a GoodSAM Responder and you'll join thousands of Victorians ready to save a life.

You will only be alerted if you are nearby the person in cardiac arrest. You will be given the location of the emergency, and/or the location of the closest Automatic External Defibrillator (AED), if available.

You can literally re-start their heart and save a life.

MT ROUSE NEWS & VIEWS

Penshurst Progress Association



ABN 35 622 662 815

COVID rules apply

Committee of Management:

Ama Cooke – Chairperson Mark Dalla Costa – Secretary Tom Cooke - Vice President Josh Hewitt - Treasurer Don Adamson



Next Meeting: Wednesday 27th October

NEW TIME 5.30pm - Supper Room, Penshurst Hall

At 7.00pm on Wednesday 27th .. Yes, the night of the PPA meeting, senior staff from the SGSC are coming to talk to us about the

- RLUS (Rural Land Use Strategy)
- Small Towns Strategy
- Waste Strategy
- Planning enquiries in general

Before that meeting we will have the usual PPA gathering.

As numbers in the Hall will be limited (we can have 20) we are requesting a small gathering to attend so I would appreciate if you would **RSVP your interest by Monday next week. Email or phone is fine.** An online/virtual session will be available for those not able to attend. Suggested dates available are 7, 8, 9, 15 or 18th November but the staff are flexible and prepared to work with and around your already other scheduled meetings and dates. The Workshop will be 1.5hrs duration approx.

I have let Jane Coshutt know that the PPA is interested but if you want to join an online session you can contact her yourselves on 5573 0444.

Next - Thank you to everyone who signed the Petition to help us convince the Council that we want to relocate the Place of Last Resort. The turnout has been marvellous and many people have expressed their support of the idea. We'll advise everyone of the mile stones as we achieve them.

Have you decided who to choose as our Citizen of the Year? The nomination form will appear attached to the next newsletter.

I was just thinking that if we have enough people who have had both their COVID jabs then we should be able to have the Christmas Market/party this year. COVID rules applying, it can still be a lot of fun. I'll start investigating it next week. If anyone would like to help, it would be appreciated. Ring me.

Thanks to COVID lockdowns, the AGM for PPA has now moved to the first meeting in January. It was to be in November, which is why I mention it.

What happens at a Progress Association Meeting.

We arrive. We sign in through the QR code, we say hello to the other people. The meeting is called to order and we go through the Agenda catching up on any changes, discussing issues as we go along and then moving Motions, if required, until we get to 'New Business', where anyone can broach a topic they have in mind. It might sound long and boring, but its usually short, fast, noisy and fun. Everyone is welcome to comment on any issues on the table, and discussions can go off topic, which often lead to good ideas and plans for the future. **5.30 tonight**.

Wishing everyone a wonderful and safe fortnight,

Ama Cooke Chairperson

MT ROUSE NEWS & VIEWS

5576 5270

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

Open 7 days

Opening Hours:

Monday · Friday

7am - 8pm

Saturday

9am-7pm

Sunday

10am - 6pm

80 Bell Street, Penshurst



Sandwiches & lunch packs available

Order your meat, fresh fruit & vegetables
by phone for collection at your convenience

Groceries - Bread - Frozen Foods Beer - Wine - Spirits

Penshurst Hair Design



Opening Days

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

By Appointment

For appointments please ring

Mobile: 0417 511 177



Mind-bending Riddles

- 1. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
- 2. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
- 3. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
- 4. A woman shoots her husband, then holds him underwater for five minutes. Next, she hangs him. Right after, they enjoy a lovely dinner. Explain.
- 5. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
- 6. What disappears as soon as you say its name?
- 7. What are the next three letters in this combination? OTTFFSS

MT ROUSE NEWS & VIEWS

MEDIA RELEASE

SOUTHERN GRAMPIANS SHIRE COUNCIL



13 OCTOBER 2021 SOUTHERN GRAMPIANS RURAL LAND USE STRATEGY OUT NOW FOR COMMUNITY EXHIBITION

Council's first Rural Land Use Strategy (RLUS) developed to address current and emerging rural land use issues is now out for community exhibition. RLUS proposes a clear framework created with a strong strategic vision and recommendations to guide future scheme amendments, whilst ensuring the planning scheme remains effective for now and into the future.

Southern Grampians Shire Council Mayor Bruach Colliton said RLUS provides a strategic direction for land use within the Shires farming zone and will assist Council to identify rural land use issues across the region. "The Strategy aims to address a number of key issues including the retention of land for sustainable food and fibre production, the diversification of rural land use, maintenance of residential growth in townships, and the protection of the environment and land. "The development of RLUS will allow Council to better manage planning decisions while not only focussing on the agriculture and forestry industries, but the promotion of new opportunities in areas like rural tourism, and any emerging issues created from fragmentation of farmland and conflicts in land use. "Residents are invited to have a read through the document and provide your feedback on what really is a vital Strategy for the future of our region," concluded Cr Colliton.

The Rural Land Use Strategy is the first of its kind for Council and is supported by other key Council documents including the Council vision (SG2041), Small Town Strategies (in preparation), Structure Plans, Planning Scheme, and Natural Assets Strategy (in preparation). Future planning scheme amendments may also be generated from RLUS where the existing policy settings and standards found in the planning scheme are no longer relevant or appropriate.

The study area has incorporated all land within the Farming Zone, Rural Conservation Zone and Rural Activity Zone. The Rural Living Zone has not been included in the scope of the Strategy.

RLUS will remain out for public comment for the duration of 60 days. Community members can find more information and provide feedback online at www.sthgrampians.vic.gov.au/ haveyoursay or via the online form here. Hard copies are also available at Southern Grampians Shire Council Customer Service Centres. Feedback closes 6 December 2021.

Media Enquiries: Alison Quade | 0429 601 208 | aquade@sthgrampians.vic.gov.au

111 Brown Street, Hamilton 3300 | Locked Bag 685, Hamilton 3300 Telephone: (03) 5573 0444 | council@sthgrampians.vic.gov.au | www.sthgrampians.vic.gov.au

MT ROUSE NEWS & VIEWS

Opening Hours:

Monday to Friday 7.30am - 3.00pm Saturday 8.00am - 2.00pm Sunday Closed



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 a ROX coffee or Hot Chocolate and browse our everchanging giftware and local produce.

Phone orders and payments most welcome.

Café/Bakery 110 Bell Street, Penshurst penshurststore@gmail.com

RAM SHEARING

Providing a specialised Mobile Ram Shearing Service using the latest livestock handling systems.

Phone Allan 0434 505 409



etc.)

Answers to Riddles: 1. A map. 2. The letter R. 3. All the people were married. 4. She took a photo of him and developed it in her darkroom. 5. Four sisters & three brothers. 6. Silence. 7. E N T (Each letter represents the 1st letter in the written numbers: One, Two, Three, Four, Five, written numbers:

CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214 DB-U 5109

112 Bell Street Penshurst Vic 3289

PAGE 7 MT ROUSE NEWS & VIEWS IN THE GARDEN IN OCTOBER - Quackers for Snails

I have been busy in the vegie garden, fencing in the open ends of the space, primarily to keep the night marauders out - wallabies from the mountain, they are very partial to young and tender zucchini, cucumbers, and beans. We also have a possum problem and combating them will come next. The other huge problem this year is the staggering number of snails in the yard - on most of the fence posts, tree trunks and wooden edging on the raised garden beds.

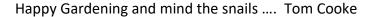
I remember the huge problem we had with snails on the mature apple trees at Wiadrowski's orchard on the other side of Melbourne costing thousands of dollars per year for snail bait - plus the man-hours to place the bait around the butt of every mature tree in the orchard. Then when there was a ban on



duck shooting we suddenly had a thousand or more of them on the irrigation dam and roaming the orchard gorging on snails.

There you have it, organic snail control by quackers. We never used snail bait again in the years following, just the resident quackers. So I am thinking one or two ducks for the vegie garden would be a great idea.







Last fortnight's crossword answers - Across: 4. Spell, 6 pencil, 7 cross, 9 flippery, 10 designation, 12 apple, 14 symphony, 15 tick, 16 inspiration, 18 nibble, 21 organic, 23 natural, 24 pen. **Down:** 1 wake, 2 nonsense, 3 aspiration, 5 desperation, 8 spin, 11 inflammatory, 13 ostrich, 17 neutral, 19 orange, 20 wiggle, 22 stone.

MT ROUSE NEWS & VIEWS



Mobile Library Will be visiting Penshurst

every Thursday fortnight 3.00 - 4.00pm

Outside the Hall in Martin St

Dates for October: 14th, 28th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

LIKE US ON FACEBOOK
GREATER HAMILTON LIBRARY



- Agronomy Services
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- Seed and Fertiliser Supply
- Crop and Pasture Protection Products
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- General Merchandise
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Western AG Hamilton

T: 03 5579 5900

Tim Wilson - 0429 168 020

Western AG Willaura

T: 03 5354 1585

Glen Gray - 0439 541 036



Penshurst Remedial Myofascial Clinic

The Remedial Myofascial Clinic

Opens October 1st

Friday Saturday Sunday Monday

Remedial Myofascial new cost will be \$80 per treatment.

Note: this is conditional on Covid restrictions in Victoria on the 1st of October.

They are also a registered NDIS provider.

91b Bell Street Penshurst Victoria 3289 M: 0400819408

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A PAGE TO SHARE RECIPES

Vegan Buffalo Wings

Prep Time 1 hour - Cooking Time 16 mins - Serves 6

INGREDIENTS - 8 servings

1 cup self-raising flour1/4 cup cornflour2 tsp garlic powder1 1/2 tsp sweet paprika

1 tsp sea salt

1 1/4 cups chilled soda water Vegetable oil, for deep-frying

1.4kg cauliflower, trimmed, cut

into small florets

3/4 cup maple syrup

2 tbsp Sriracha chilli sauce

125g can chickpeas

1/2 tsp garlic powder 1 tsp Dijon mustard

2 tsp white wine vinegar

1/2 cup vegetable oil

1 tbsp finely chopped fresh chives

METHOD

Step 1 - Make Egg-free Aioli: Drain chickpeas, reserving liquid. Place garlic powder, mustard, vinegar, 8 chickpeas and reserved chickpea liquid in a small food processor (see note). Process until smooth. With motor operating, gradually add oil in a slow, steady stream until light and creamy. Transfer to a small serving bowl. Stir in chives and season with salt and pepper.



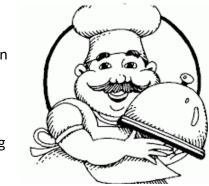
Step 2 - Place flour, cornflour, garlic powder, paprika and salt in a large bowl. Whisk to combine. Make a well in centre. Slowly pour in soda water, whisking to form a smooth batter.

Step 3 - Pour enough oil in a large saucepan until 1/3 full. Heat over medium-high heat until hot. Working in batches, dip cauliflower in batter, allowing excess to drain off. Add to oil. Cook cauliflower for 3 minutes or until golden. Using a slotted spoon, transfer cauliflower to a large wire rack set over a large baking tray to

drain. Repeat with remaining cauliflower and batter.

Step 4 - Combine maple syrup and chilli sauce in a small saucepan over medium heat. Cook, stirring occasionally, for 3 minutes or until simmering. Simmer for 30 seconds. Remove from heat.

Step 5 - Working quickly, place cauliflower in a large heatproof bowl. Pour over sauce mixture. Toss to coat. Transfer to a serving dish. Serve immediately with aioli.



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Rural Real Estate

Simon Cullinane, a fourth generation farmer with over 20 years Real Estate experience. has joined Elders Hamilton.

Simon is fully licensed and an experienced professional who knows rural properties.

Elders Rural Real Estate specialise in national and international marketing along with solid support networks built by Elders from a strong foundation making them 1st choice for selling rural properties.

Elders Real Estate

Elders Hamilton 100 Portland Rd, Hamilton Vic 3300

P. 03 5551 5700 M. 0429 988 043 simon.cullinane@elders.com.au

> "Count your age by friends, not years. Count your life by smiles, not tears." John Lennon



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













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

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Twomey Family and Kolor Station

With thanks to the author Philip Doherty of the Mt Rouse & District Historical Society for this article.

John Joseph Twomey, his wife Margaret and six children arrived aboard the Royal Consort in 1844. It seems another three children were still in Ireland. John Twomey was listed as a labourer on the ship records but this maybe so he could qualify for a free passage - labourers being in much demand. Little is known of the Twomey's first years on the Port Phillip district of NSW (as Victoria was known then).



The first record of the Twomey farming enterprises is in 1852 when John Twomey Jr took over the lease of the Old Stockyard run from William Buckley (later transferred to John Snr). John Twomey Jnr bid for £420 per annum for eight years was accepted for the vacated run known as Kolor which had been surveyed out of the Aboriginal Protectorate. John Snr's daughter Honara arrived aboard the Argyle in 1853. The eldest daughter Katherine stayed in Ireland.

In 1859 Denis Twomey, the 5th son of John and Margaret, died aged 24. Another son Timothy was with his father at the Old Stockyard and Daniel was in partnership with John Jnr at Kolor. Records show that they had both signed a petition for a Police Station in Penshurst in 1860. Edward, the youngest son was also now buying land with his brothers in the Parish of Yatchaw East and Langulac.

The 1862/3 Shire of Minhamite records show that Edward, John and Daniel had bought 4695 acres in the Parish of Langulac expanding Kolor south. The following year John Twomey Jnr. was elected to the Mount Rouse Council.

The Shire of Mount Rouse first ratepayers' book 1864 records J. & E. Twomey owning land in Yatchaw East, John and Daniel Twomey owning Kolor 10837 acres valued at £1500 and Timothy owning 1079 acres at Yatmerone.

Then tragedy struck in 1865 as John Jnr went missing from the ship Edina traveling from Warrnambool to Melbourne. John left a widow and four children. The children had all been born at Kolor Mount Rouse. It appears that John's widow Mary and the surviving partner in Kolor, Daniel couldn't agree on a settlement so they ended up in court:

Continued in the next newsletter

The Mt Rouse & District Historical Society is open from 9.30am - 12.30pm on the 1st Saturday of each month at the old Court House next to the Post Office in Penshurst. Visitors are welcome.

For any enquiries contact Brian O'Brien on 0437 844 586.

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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 –
 PENSHURST Campus. Please contact Fiona
 Social Support Group Coordinator on
 03-5551 8381 Or @ WDHS on 55518683

Mt Rouse & District Historical Society

- <u>Courthouse</u> 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 557 12145.

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 & 3rd Tuesday each month at 8 pm at RSL 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
- Book Club, 2nd Tuesday each month at Senior Citizen club rooms. 2.00pm

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

MT ROUSE NEWS & VIEWS



Hamilton Gallery has reopened!

Entry is free 7 days a week, and there are two wonderful exhibitions currently on display showing some of the most remarkable items from the Gallery's collection, specially curated into two unique experiences:

1. HG:60 Hamilton Gallery celebrates their 60th anniversary!

- Nine of Australia's best scholars, curators and academics have examined and researched four key collection areas to curate *HG:60*; European Art, Decorative Arts, Australian Art and Asian Art.
- HG:60 also includes a collection publication and event series including an intended Symposium, conservator talk and gala dinner.

As varied as it is impressive, the HG:60 exhibition includes paintings, ceramics,

sculptures, glass, porcelain, works on paper and other astounding treasures ranging from the 2200-2000 BCE earthenware 'Jar (guan) Machang Phase', to recently acquired works such as Rew Hank's masterful linocut titled 'Playing for Keeps'.

Other highlights of the exhibition include the original scoring book of Aboriginal Cricketers in England from 1868 and a small replica of one of the Pietro Tacca's 'Fountains of the Sea Monsters', a fountain reclaimed from Kiama, the Grassdale family home of Herbert and May Shaw, whose bequest initiated the gallery.

Forever Spring: The Art of Flowers - guest curated by Hamilton local, Katherine McDonald, this collection exhibition explores Oriental and Western flower images from the seventeenth century to the twenty-first century, covering ceramic, glass, metalwork, painting, print and textile traditions.



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PENSHURST MENS SHED

We are closed due to COVID restrictions

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

New members will be welcome

Covid rules apply.

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

Mark Dalla Costa

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 — 30th October 2021

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

FREE NEWSLETTER EVERY
FORTNIGHT

Also available in colour online at

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

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"If I send my prayer as a text message, will I get a faster reply?"

Around the Churches

"Please Father Oulton. What will heaven be like?" This question was frequently asked when I was a school chaplain for a few years. Initially I would try to come up with the right answer, which invariably was the wrong answer, because I didn't know the answer.

You can say things like, "It will be far better than we ever expected and of course, Gran and Gramps will be there;" After that it gets tricky. I learned too late to retort with "Now Johnny, that's an interesting question; Why do you ask?" And then the real story would come tumbling out.

Some folk of more mature years have not been shy in positing the same question and I think a healthy interest in the afterlife is a good thing - after all, everyone is going to find out one day. Sometimes I have replied with things like "You know that marvellous cup of coffee you had in that funny little cafe that made everything else seem bland..."

"You know how the Master made that 120 gallons of really good red wine at the wedding reception... and how you found that special bottle to share with that very special someone..."

Or

"You know how you looked into their eyes and all of sudden everything was perfect and nothing else mattered. Everything was just as it should be and you didn't want the moment to end ... ever... and then you kissed, and somehow everything just got even better?"

You can see how my answers have slipped and shimmied all over the years as I have tried to find a parable that speaks the unspeakable.

My latest answer is this. "Heaven is when you arrive at that special incredible place and you know that you are home even though you have never been there before".

Fr. David Oulton droulton72@gmail.com

Or

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

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MT ROUSE NEWS & VIEWS

Brown Land Snail

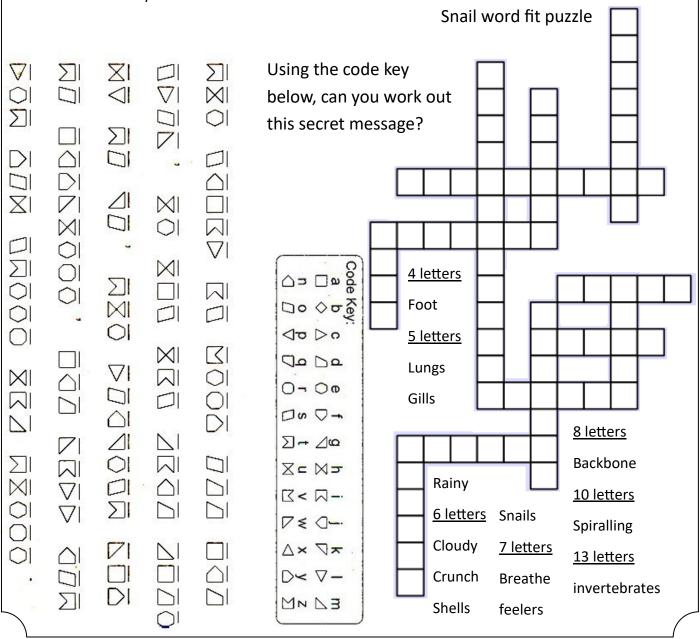
A page for the children to enjoy



Snails

Snails are invertebrates, which means they do not have a backbone. These animals move around on a single muscly "foot" and carry their home (shell) on their backs. They

retreat inside their shells at the first sign of danger. Snails are found on land and in the sea. The seashells found on beaches across the world are mostly the empty shells of sea snails. Some types of snail that live in the water have gills to help them breathe, while others have lungs and have to come to the surface to breathe. Because land snails need to stay moist in order to survive, they are usually most active at night or when its cloudy or rainy. In dry conditions, snails can stay inactive for a long time. One snail displayed in a museum, thought to be dead, started moving out of its shell after several years hidden inside.



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Becoming a lifeguard you will learn great new skills:

- Resuscitation (CPR)
- Oxygen Supplemented Resuscitation
- Aquatic Spinal Injury Management
- Aquatic Surveillance and Rescue techniques
- Communication
- Leadership
- Working in a team environment
- Effective supervision
- Level 2 First Aid

What formal qualifications do I need to become a lifeguard?

- Pool Lifeguard
 Certificate (two day weekend course, including online training)
- Level 2 First Aid (day course)
- Working with Children Check (if over 18) (Online application)

How do I obtain my lifeguard qualification?

Courses are being hosted at the Hamilton Indoor Leisure and Aquatic Centre on:

 Saturday and Sunday, 13 - 14 November 2021

These classes run between 9:00am - 5:00pm both Saturday and Sunday. The cost is \$300 to book. You will find a course at the following website

https://training.lsv.com.au/





