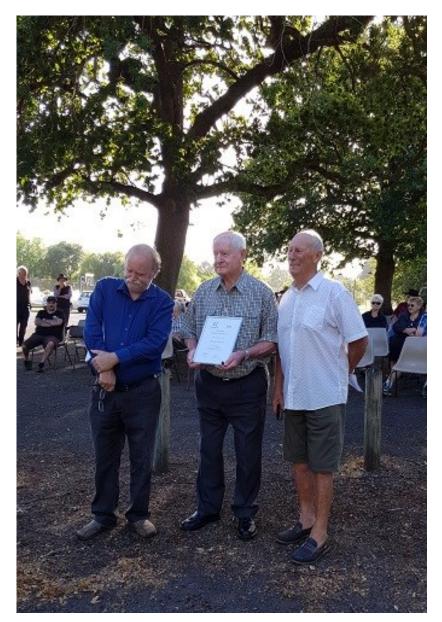
MT ROUSE NEWS & VIEWS



Australia Day 2023



Congratulations Peter Brown, an award well deserved.

PAGE 2 MT ROUSE NEWS & VIEWS

Penshurst Progress Association

ABN 35 622 662 815

president@penshurstprogresss.org.au

Committee of Management: Ama Cooke – Chairperson 0402 870 738 Brian O'Brien - Secretary Don Adamson - Treasurer Tom Cooke, Sue Jellie & Jeff Jellie

Next Meeting - Wednesday 22nd February 2023 7.30pm Penshurst Memorial Hall

Good morning everyone,

At the last Progress Association meeting Eda Williamson, a Community Engagement Officer from the SGSC, came to visit, as she will continue to do as often as we invite her. It is great to see the Council's renewed interest in our town. We gave her a whole lot of questions to answer at the next meeting, e.g. the Green Space, the Botanic Gardens, Mt Rouse, the streetscape project etc. She advised us that a number of new people had been employed to fill some troubling vacancies, eg. a new planning officer. We look forward to renewed movement for projects around here.

Australia Day was a great success. I want to take this moment to thank everyone else who helped out on the day. Marcus Rentsch's role should never be underestimated, as I remember one year of the floating flag. Don Adamson and Brian O'Brien did an excellent job as Master's of Ceremony. Paul Sutherland's music reminded us that the majority gathered were still very Ozzie ... I did hear some singing from the crowd. ⁽ⁱ⁾ The Lions Club produced a great spread, which was joyfully consumed by the over fifty visitors, some going back for seconds (and I heard, thirds!) Thank you Lions Club members who continue to support Penshurst through various activities, including managing Boram Boram. And Peter truly is a worthy recipient of the Award. Start thinking about who you will vote for next year.

Speaking of Boram Boram you will notice that there's a notice on page 15 about Cherie Greed from F Greed & Sons, who is giving a talk about arranging funerals, which I've been lucky enough to never have to do. We have to RSVP by 17th February, for those who feel it might be a good idea to check out the facts before they are needed. A new project for the PPA is in purchasing and installing a new notice board in the main street. The Penshurst Grocery has agreed to us placing it under their airconditioner, and that will be arranged in the new future. It will be available for everyone to post appropriate notices.

The Mens Shed is once again open and welcoming new members. The Shed committee of management has been discussing opening the Shed on a new day of the week for ladies. If you are interested please contact Tom Cooke on 0488 557 345 for more information. It will remain men only on Tuesday and Saturday each week.

> Wishing everyone a great fortnight, Ama Cooke, President, Penshurst Progress Association.



Would you like to sponsor the colour front page on our community newsletter? \$22 per issue. All funds gathered by advertising in the newsletter help the Progress Association support community projects.

For more information contact Ama 0402 878 738

MT ROUSE News & Views

Australia Day & Penshurst's Citizen of the Year

As Don introduced us to, or reminded us of, the commitment of Peter Brown







This nomination is for a person who has lived all of **Australia Day** his eighty plus years in Penshurst. His volunteerism has covered a multitude of committees, listed here in no particular order: the Hall Building Committee, involved in the Swimming Pool, Cricket Club, Apex Club, Lions Club, Volcanoes Discovery Centre, Fire

Brigade (60 years service medal), Recreation

Reserve - Secretary for 30 years, Football Club for 60 years, and at the Football Gate 45 - 50 years, also Treasurer, League Delegate, President and Selector, and Life Member of the Club. And then there are the Church grounds ... It is with great pleasure that we present the Citizen of the Year 2023 to Peter who has done an outstanding job and should be recognised by our fellow citizens ...



Right: Marcus Rentsch and our flag. Left: Don Adamson & Brian O'Brien were the hosts. Lower Right: Paul Sutherland provided the music, while the Lion's Club cooked the egg & bacon

muffins.







Page 4

MT ROUSE NEWS & VIEWS

Australia Day & Penshurst's Citizen of the Year





Left: Peter Brown receiving the Citizen of the Year Award from Don Adamson & Brian O'Brien of the Progress Association. Below: And the crowd went wild, for brunch.



Over 50 people, including visitors from Hamilton and as far away as Canada, attended the Penshurst Australia Day service. Everyone made them welcome, including Marcus inviting our Canadian visitor to raise our Flag.,

MT ROUSE News & Views

LIONS CLUB OF PENSHURST & DISTRICT

The Lions Club is enjoying having some activities to keep busy this month. Firstly, we attended the Australia Day event put on by the





Penshurst Progress Association. A great morning was had by all who attended, and our egg and bacon muffin breakfast was a hit. Thank you to all from the PPA for the work you are doing for our community and congratulations to Peter Brown who was our town's Citizen of the year.

The club also had a busy afternoon on Sunday 29th January giving the Memorial Hall a bit of a clean. Lucky for us the weather had cooled somewhat, which made it a pleasant day for a bit of work.

5576 5270

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- 8am 6pm

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8am - 5pm

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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's News Agency

MT ROUSE News & VIEWS

Penshurst Hair Design



Opening Days Tuesday, Thursday Friday & every second Saturday 10am - 2pm By Appointment

For appointments please ring

Mobile: 0417 511 177



Musings from the Shed

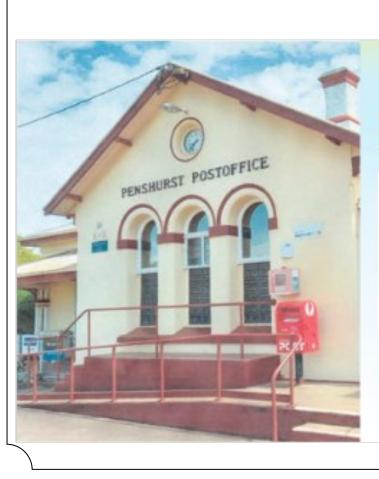


The Shed is Open Come and visit

Saturday & Tuesday 10am - 4pm Or by appointment

If you are interested in a ladies day, contact

Tom Cooke 0488 557 345.



PENSHURST POST OFFICE

BANK@POST/ BILL PAY@POST WORKING WITH CHILDREN & PASSPORT/ TAX FILE APPLICATIONS STATIONERY, CARDS, WRAP WESTERN UNION TOYS/GIFTS & GIFT CARDS

Ph/Fax **5576 5220** 31 Martin Street

MT ROUSE News & VIEWS

From the Saturday Herald Sun January 28, 2023, by Julie Cross, page 22 -

Food fails in aged care.

Food at an aged-care home in Melbourne's inner southeast has been given the lowest score in the state by residents, according to Government data. Almost three in 10 residents survey at Bupa Windsor said they never liked what they were served, while a further 57 per cent said they only liked the food some of the time.

The government data shows Bupa Windsor came bottom of the pack out of all aged-care homes in the state and was the fourth-lowest in the country, with a score of 1.86 out of a maximum of 4.

The finding comes from government date that allows the food at every aged-care home in the nation to be ranked for the first time.

The information was gleaned from residents themselves, giving an insight into what they actually think and how their homes compare to others.

The date was collated from at least 10 percent of residents from each home who were asked, "Do you like the food here?" From that, the government created a "food score" for each aged-care home.

Calvary Cordelia Grove in Anglesea didn't fare much better, and was rated second-last in Victoria with a score of just 1.93. There, one in five said they never liked the food some of the time.

Dietitians Australia chief executive Robert Hunt said the low food satisfaction ratings were "appalling".

"But what is even more concerning is there is no guarantee the food served—even if delicious—is nutritious," he said. "The only way to guarantee the bar is lifted on food and nutrition in residential aged care is to mandate that dietitians are engaged in aged-care food services once a year at the minimum. "It is incredibly distressing for families to see this information, particularly those who do not have a choice of where their older loved ones can live due to cost or location".

A spokeswoman for Bupa said overall the Windsor aged-care home received four stars in the ratings but recognised food was the biggest opportunity for improvement.

Earlier this month, the team received good feedback on nutrition. "Working with residents, our Windsor team has recently started a gardening program where produce grown onsite is used in the menu along with cooking demonstrations to enable residents to be part of the experience," the spokeswoman said.

Kolor Lodge Hostel in Penshurst in the state's southwest was rated the best in the state in its food, with a score of 3.78. More than three-quarters, 78 percent, said they always liked the food.

The worst home in Australia was Uniting Westmead in NSW, with a score of 1.78 and where half of residents said they never liked the food.

A spokeswoman for Calvary Cordelia Grove said the home received an overall 3 out of 5 starts in the ratings.

She said of those surveyed 80 per cent liked the food, either most of the time or some of the time.

Congratulations Kolor Lodge

PAGE 8 MT ROUSE NEWS & VIEWS

Penshurst Accommodation

Having family or friends coming to visit and not enough room or just wanting a holiday. Check out Annie's on Ti Tree, 31 Ti Tree Lane, Penshurst. BnB Fully self contained Accommodation.

Can be booked direct through Airbnb or privately 0438765226









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 antehan.mp@aph.gov.au adaptehan.com.au
 DanTehanWannon adaptehan
 Authorised by Dan Tehan MP, Liberal Party of Australia, 190 Gray St, Hamilton VIC 3300.

MT ROUSE News & Views

MEDIA RELEASE SOUTHERN GRAMPIANS SHIRE COUNCIL



4th February 2023 Mayor's Minute

On Wednesday we saw the latest round of our community grants program open for those needing a bit of financial support to help make their project or event a reality. Formerly known as our Greater Grants program, the Community Partnership Grants have been rebranded to better reflect the opportunities our grants program offers the Southern Grampians community.

Each year via this program, Council puts back almost \$200,000 into the region for those important community projects that might ordinarily not get off the ground due to lack of financial support. These projects are incredibly important to the community groups, user groups and townships that they are implemented in, and go a long way to support the wellbeing and liveability of people in those localities.

In the last round of grants, we saw incredible diversity in the projects that were funded, including the Branxholme Recreation Reserve who will see a netball changeroom fit-out for female players; a new pool water testing kit for Mulleraterong; funds for the Cavendish Townscape Association for their Gatum, Gatum Project; heritage restoration works for the Balmoral Post Office; roof repairs to the Hamilton Men's Shed; and so much more. A full list for the projects supported via round one can be found on the Council website.

Our Grants program is something we as a Council are very proud of and we are continually impressed by the innovative projects that residents are able to achieve to benefit others. These grants provide eligible community groups access of up to \$15,000 per financial year for initiatives, events and projects across a range of categories including Community Infrastructure, Arts and Cultural Development, Community Strengthening, Tourism and Events, Environment Sustainability and Heritage. The program is always extremely popular so I encourage you all to have a think about what your community group needs.

Applications close at 4:00pm Friday 24 February 2023, so visit the Council website, have a read through the application process, guidelines and eligibility criteria and get in touch with our friendly Community Development and Engagement Team to discuss your application today.

Next week a fundraiser will be held at HRLX supporting early detection for prostate cancer. Local Penshurst Angus breeder Roland Cameron of Athlone South, will auction two angus heifers and will donate the proceeds to the Male Bag Foundation. Lawson Angus and Fergus Whitehead from Tooma NSW have donated 1x semen package of 50 straws; Kelly AgnVet from Penshurst has donated a Titan PGD3200 4 stroke Honda motored postdriver; and Adzweld Fabrications Warrnambool have donated a steel fabricated fire pit. Hamilton Livestock agents will conduct the auction from 12:00pm with Taylor Toyota Hamilton proudly supporting the event.

The Male Bag Foundation aims to raise money to purchase transperineal biopsy machines for rural

Continued page 12

PAGE 10 MT ROUSE NEWS & VIEWS

Get to know the locals ...

Are you interested in forming a Birdwatching group?

Contact: schulz104@gmail.com or the editor

You are invited to the 8th

PENSHURST ART

EXHIBITION

Friday 24th - Sunday 26th March

2023

Penshurst Memorial Hall

Enter your art in our Exhibition or

just enjoy the beauty

Useful webpage for Lake Linlithgow: https://ebird.org/australia/hotspot/L2552777/ media?m=&yr=all

Right: Red-necked Stint



Woeful One-liners

1. Did you hear about the shepherd who drove his sheep through town? He was given a ticket for making a ewe turn.

2. What happens to an illegally parked frog? It gets toad away.

3. How does the man in the moon get his hair cut? Eclipse it.

4. Why did the parents not like their son's biology teacher? He had skeletons in his closet.

5. Our child has a great deal of willpower and even more won't power.

6. Among the things that are so simple even a child can operate them are parents.

7. Why aren't dogs good dancers? Because they have two left feet.

Are you new to Penshurst and would like to meet other people? Or are you interested in meeting & welcoming people who are new to Penshurst? 15th February 2023 Come along to a coffee catch-up.

> When: 3rd Wednesday of the month Where: Penshurst Store & Bakery NEW Time: <u>10:30am</u>

Looking forward to meeting you! Jacqui 5576 5102



Please note NEW DATE AND TIME to avoid clashing with other town activities

PAGE 11 MT ROUSE NEWS & VIEWS

Caramut and District Garden Club

Staghorn Fern with the awful botanical name of *Platycerium grande*. The *Platycerium* family of ferns have about seventeen species from the tropical rainforests of Africa, South America and Malaysia, with four in Australia. Some even grow attached to rocks although usually they grow attached to the trunks of trees. Some become so big and heavy, that they fall from their supports. I had mine given to me many years ago and grow it attached to a board under shade cloth with a wall on one side and the verandah the other. It has grown considerably since I received it. It is best to water when the weather is very dry and hot.

The backing, or neat leaves are infertile and help to attach the fern to its hosts. As new backing fronds grow each year, the old ones are pressed inwards and create a form of peat into which the roots of the fern penetrate to obtain moisture and nourishment for the fern's development. The lower leaves are fertile and produce large sporangia (spores) on the underside of the first division and are protected by a thick coating of star-like scales under which, attached by fine threads, are the sporangia which are released when the scales fall off from which new plants form. I've not had any form on mine.



The next meeting of the Garden Club is on Tuesday 14th February at 10 am at the home of Robyn Wood, 45 North St. Koroit followed by a visit to the home of Julia Schapp and Richard Alexander at 443 Koroit/Port Fairy Rd Crossly. The bloom for the month is a rose.

Visitors are always most welcome to attend our meetings.

Quote of the Week:

People will forget what you said, forget what you did, but people will never forget how you made them feel.

Maya Angelou

"Never react emotionally to criticism. Analyse yourself to determine whether it is justified. If it is, correct yourself. Otherwise, go on about your business." Norman Vincent Peale

Free hire of our water refill stations



We provide drinking water stations and recyclable paper cups for community events as a zero cost alternative to bottled water.

wannonwater.com.au/waterforevents





MT ROUSE News & Views

Mayor's Minute continued from page 9

regional hospitals to help with prostate cancer diagnosis. Last year, partnering with Virbac Australia and the Warrnambool Saleyards, Roland managed to raise an impressive \$11,600. This year with the cause coming to our very own HRLX on Thursday 9 February 2023, we have the opportunity to support another local doing amazing things for the wellbeing of not just the Southern Grampians community but for all those across the State that may be facing a diagnosis. If you can't head out to the auction, please donate at www.themalebagfoundation.org.au

There will also be special guest speakers former AFL/VFL premiership coach David Parkin, and former North Melbourne player and past Hawthorne coach (and Monivae student) Donald McDonald in attendance, so head to the HRLX rotunda at 11:00am to hear from some amazing people and see how you can contribute to the cause.

Once again, I just wanted to remind all readers that I am available for a chat on any issues or matters you would like to discuss regarding the Southern Grampians. You can find my phone number and email, as well as

the contact details for the rest of my fellow Councillors on the Council website, so if there are issues you would like to discuss, please don't hesitate to give me a call. Until next fortnight.



New clinic hours

Hamilton Mon 9:30 - 5:00 Tue 1:00 - 5:00 Wed 9:30 - 5:00 Penshurst Tue 9:30 - 12:00

Thur 2:00 - 5:00

Leanne Cottrill (Dip RM) Remedial Muscle Therapy / Bowen Therapy / Lymphatic Health / Functional cupping / Relaxation Massage

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Scan QR Code to check Leanne's Cliniko for available times and days



MT ROUSE News & Views

A moment for mirth

The author received this from a friend in July 2010. The original article was for USA and been updated for Australia.

A Queensland jackaroo is overseeing his mob in remote territory when suddenly a brand-new BMW advances out cloud of dust towards him. The driver, a young man in a designer suit, Gucci shoes, Ray Ban sunglasses and flash tie, leans out the window and asks the jackaroo, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?" The jackaroo looks at the man, obviously a yuppie, then looks at his peacefully gracing mob and calmly answers, "Sure, why not?"

The yuppie parks his car, whips out his Dell notebook computer, connects it to his mobile phone and surfs to a NASA page on the Internet, where he calls up a GPS satellite navigation system to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high resolution photo. The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg, Germany. Within seconds, he receives an email on his Palm Pilot that the image has been processed and the data stored. He then accesses a data base through an ODBC connected Excel Spreadsheet with email on his Blackberry. After a few minutes, receives a response. Finally, he prints out a full-colour 150 page report on his hi-tech, miniaturized HP Laser Jet printer and finally turns to the jackaroo and says, "You have exactly 1586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says the jackaroo. He watches the young man select one of the animals and looks on amused as the young man stuffs it into the boot of his car. Then the jackaroo says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?" The young man thinks about it for a second and then says, "Okay, why not?" "You work for the Australian Government", says the "Wow! That's correct," says the jackaroo. yuppie, "but how did you guess that?" "No guessing required," answered the jackaroo. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used all kinds of expensive equipment that clearly somebody else paid for. You tried to show me how much smarter than me you are and you don't know a thing about cows This is a mob of sheep.

Now give me back my dog."



Buy, Swap & Sell - Lost & Found All advertising in these two sections are \$2 per ad per issue. Contact the Editor for more details.

PAGE 14 MT ROUSE NEWS & VIEWS

Opening Hours: Monday - CLOSED Tuesday to Friday - 7.30am - 2.00pm Saturday – 8.00am - 2.00pm Sunday - CLOSED



Penshurst Store

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.

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Amanda & Cam Wilson 0439 941 942

110 Bell Street, Penshurst penshurststore@gmail.com Café/Bakery CHRISTOPHER COOK CONSTRUCTIONS Agronomy Services Farm Production & Planning Management Ph: 0417 100 243 Seed & Fertiliser Supply Fax: 5576 5267 **Crop & Pasture Protection Products** Animal Health & Nutrition General Merchandise **On Farm Deliveries** Western AG's core objective is to provide high quality HIA Reg CB-U 6214 production advice and to supply competitively priced inputs to assist clients to grow the business profitably. DB-U 5109 Western AG Hamilton - T: 03 5579 5900 Tim Wilson (Branch Manager) 0429 168 020 Matt Barber (Senior Agronomist) 0488 298 170 Damien Goodman (Agronomist) 0427 159 462 Geordie Elliott (Nutrition & Production) 0438 874 587 112 Bell Street Meg Todd (Animal Health) 0437 772 861 Penshurst Vic 3289 Western AG Willaura - T: 03 5354 1585 Glen Gray - 0439 541 036

PAGE 15 MT ROUSE NEWS & VIEWS



Our choices always matter.

Apparently those who are about to be executed are given a choice for their last meal. I'm sure it's an interesting array of selections. I imagine some would choose lobster, some steak, some a meal from a Scottish sounding fast food outlet. Hopefully none of us will finish up on death row but the question is still a curious one.

The Master had this choice. He knew all about his last meal and he made a conscious decision. Remember he was a faithful synagogue-going Jew. So he participated in and enjoyed the Passover. Those of us from a Christian heritage have kept the bread and wine side dishes.

But this was not the only occasion when the master chose to imbibe. There was a wedding at Cana of Galilee... you know how the story goes. 120 gallons of good quality show wine and 3 days later...

The other thing that piqued my interest is who the Master chose to eat and drink with. The wedding guests and on his last night, a motley crew of 12 riff raff vagabonds. He knew some of his guests would disappoint him terribly.

I'm not sure I would have had the same guest list or been so trusting. If I knew that I had one last meal then I would probably choose some good quality show wine, some pickled onions, Stilton cheese, rare steak,... but the company?

I would want my nearest and dearest, my finest and most fervent friends. It would be a very stringent selection criteria. Clearly I have to work on my graciousness or rather, my lack of it. But you dear reader.... Your menu would be... and the company you would choose?

Our choices are often remembered long after our last meal and therefore our choices always matter.

Fr. David Oulton p. 0435 867 040 droulton72@gmail.com

A Chat with Cherie Greed

At some point all of us will have to have a chat with a funeral director. While we are having this chat our hearts and heads will be all over the place. Wouldn't it be better if we could just have an informal gathering with a Funeral director in a gentle Q & A session. Mrs Cherie Greed will be with us on Friday 24th of February at 7:00pm where she will pastorally outline the process of organising a funeral and answer all those questions that you may have been too shy to ask. All you have to do is put your name down on the clipboard at the back of Christchurch Hamilton by Friday 17th of February or let Fr. David know (ph 0435 867 040) There is no charge for this evening and all are welcome.

Everything can be taken away from a person but one thing: the last of the human freedom to choose one's attitude in any given set of circumstances, to choose one's own way. Viktor Frankl

PAGE 16 MT ROUSE NEWS & VIEWS

Community Meetings

Boram Boram Cemetery Trust

 Contact Jeff Jellie 0407 781 407 or Sue 0418 141 301

Caramut & District Garden Club

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

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room 1.30 pm.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 1:30 pm.
- Penshurst Social Support Group WDHS meets every Thursday; for Exercise, Activities, Outings and General chit chat. Join us for lots of fun & laughter 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

- 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 at Volcanoes Discovery Centre 7.30 pm. New members welcome.

Lions Club of Penshurst & District

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

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



AmbulanceVictoria

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

Ambulance Victoria is 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 Bowls Club

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

Penshurst Pony Club Rally

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

Penshurst Senior Citizens

- 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 Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Penshurst Anglican Church

5pm 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

PAGE 17 MT ROUSE NEWS & VIEWS A PAGE TO SHARE RECIPES

Slow Cooker Beef Bourguignon

Prep Time 20 mins Cooking Time 9 hours Serves 6

INGREDIENTS

5 slices bacon finely, chopped
1.5kg boneless beef chuck cut to
1-inch cubes
1 cup red cooking wine
2 cups chicken broth
1/2 cup tomato sauce
1/4 cup soy sauce

1/4 cup flour
3 garlic cloves finely, chopped
2 tablespoons thyme finely, chopped
5 medium carrots, sliced
500g baby potatoes, I used tri colour
8 ounces fresh mushrooms, sliced
fresh chopped parsley for garnish

METHOD

1. In a large pan cook bacon over medium high heat until crisp. Put bacon in slow cooker. Salt and pepper the beef and add to the pan and sear on each side for 2-3 minutes. Transfer beef to the slow cooker.

2. Add the red wine to the skillet scraping down the brown bits on the side. Allow it to simmer and reduce and slowly add chicken broth, and tomato sauce, and soy sauce. Slowly whisk in the flour. Add the sauce to the slow cooker.

3. Add garlic, thyme, carrots, potatoes, and mushrooms to the slow cooker. Give it a good stir and cook on low until beef is tender for 8-10 hours or high for 6.

4. Garnish with fresh parsley and serve with mashed potatoes if desired.

Corn Bread

cup plain flour
 cup yellow cornmeal
 cup granulated sugar
 teaspoon salt

3 ¹/₂ teaspoons baking powder ¹/₃ cup neutral oil or melted butter 1 large egg 1 cup milk

1. Grease a 9-inch round cake pan or cast iron frypan well and set aside. Preheat the oven to 200C degrees.

2. In a medium mixing bowl, add the flour, cornmeal, sugar, salt, and baking powder. Whisk to combine well.

3. Make a well in the centre of your dry ingredients and add your oil or

butter, milk, and egg. Stir just until the mixture comes together and there are only a few lumps remaining.

4. Pour the batter into the prepared pan and bake for 20-25 minutes until the top is a deep golden brown and a toothpick inserted into the centre comes out clean.

Serve hot.



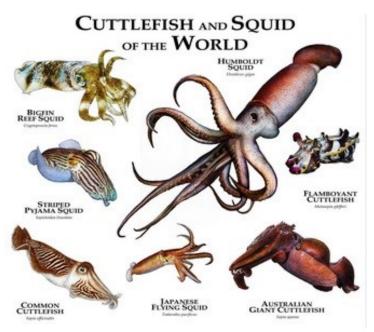


PAGE 18 MT ROUSE NEWS & VIEWS

Fun for the kids - Cuttlefish & Vampire Squid

The octopus is one of the most wellrecognized animals in the sea, but what about their lesser-known cousins? Squid and cuttlefish may not get as many Hollywood roles as their eight-armed relatives, but they're equally as interesting. Take a minute to explore these tentacled invertebrates - and learn how to tell them apart.

Let's start with what they have in common. Both squid and cuttlefish are part of class Cephalopoda, which is a type of molluscs that also includes octopus and nautilus. Unlike other molluscs, like clams and snails, most cephalopods have lost their hard outer shells. Cephalopods get their name from the Greek word meaning "head-feet"



because their arms encircle their heads. Both squid and cuttlefish are known as ten-armed cephalopods because they have eight short arms and two long tentacles (as opposed to eightarmed cephalopods like octopuses).

Here's where they start to differ - cuttlefish are in order Sepiida, which includes species like the common cuttlefish, flamboyant cuttlefish and striped pajama squid. Squid, on the other hand, are part of order Teuthida, which includes the Caribbean reef squid, short-finned squid and giant squid.

Fun fact: The mysterious vampire squid has an order of its own! They're part of order Vampyromorphida, which is comprised of only one living species.

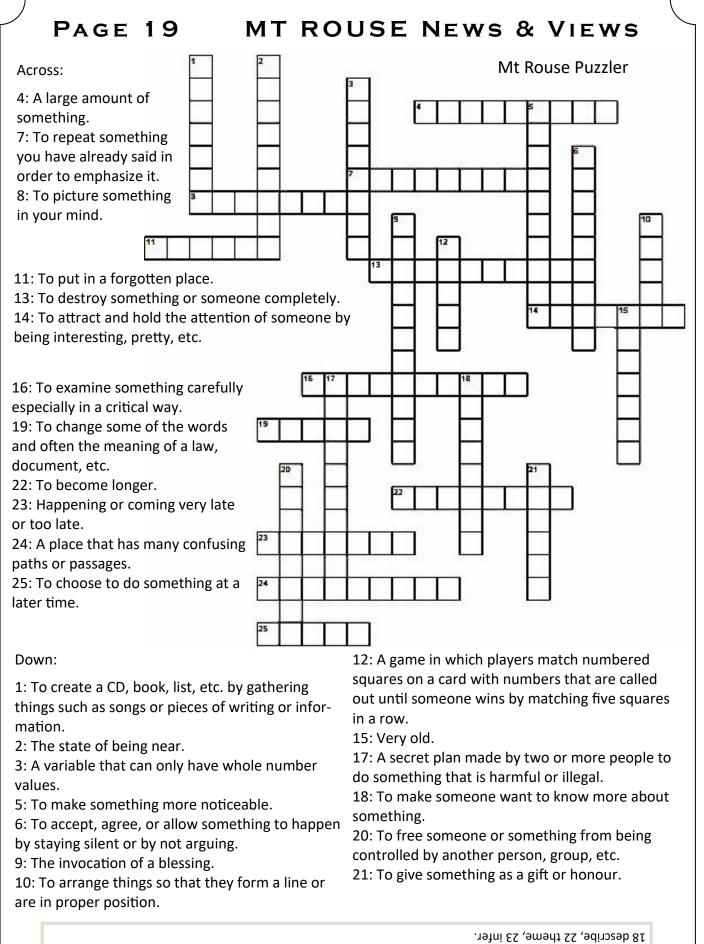
So how can you tell these captivating cephalopods apart? Both squid and cuttlefish have remnants of their ancient external shells, but these hard structures look quite different. Squid have a flexible, feather-shaped structure inside their bodies called the pen, where cuttlefish have a broader internal shell called the cuttlebone. The cuttlebone is porous and helps the cuttlefish stay buoyant underwater.

If you don't want to dissect an unknown cephalopod to check its internal shell, just watch it move underwater. Squid are fast-moving predators, where cuttlefish are slower and move by undulating long fins on the sides of their bodies. You can also gaze into their eyes to tell them apart: squid have round pupils, where cuttlefish pupils are W-shaped.

And perhaps the easiest indicator of all? Squid have sleek, torpedo-shaped bodies, compared to the broader, stout body of the cuttlefish.



There you have it! (Wikipedia)



Last Fortnight's Crossword - Across: 2 evaluate, 6 explain, 7 analyse, 8 idea, 12 demonstrate, 13 summarise, 15 interpret, 16 contrast, 17 persuade, 19 view, 20 point, 21 details. **Down:** 1 support, 3 evidence, 4 main, 5 develop, 9 paraphrase, 10 compare, 11 structure, 12 distinguish, 14 determine, 16 cite,

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Visit our site

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

Editor

Published by Penshurst Progress Association Incorporated

ABN 35 622 662 815

"Mt Rouse News & Views Community Newsletter"

is the registered business name of the Penshurst Community Newsletter

Registered Address: 46 Watton Street, Penshurst 3289

DEADLINE FOR SUBMISSIONS - Saturday 18th February 2023

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

Editor: Ama Cooke

All correspondence to: mtrousenewsletter@gmail.com

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