

Mt Rouse News & Views



Community Newsletter

Congratulations to our Citizen and Community Group of the year



Celebrating Australia Day. The community chose Norman Rentsch (right) as Citizen of the Year and the Penshurst & District Lions Club as worthy recipients of our Australia Day Awards. Norman is pictured with Lions Club President Don Adamson (centre) and the oldest serving member of the Penshurst Club, Jim Starling (43 years) (left).

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 28th February 7.30pm Penshurst Memorial Hall

Good morning everyone,

There are moments when something really hits your heart, and Australia Day this year was one of them for me. When Norman received his reward, he looked stunned and thrilled. He spoke to us of the joy that volunteering gives to him, and his satisfaction in a job well done. He reminded us that we need that occasional pat on the back, because it helps us remember why we keep trying, year after year, to make our world a better place for everyone.

Wandering through the gathering, taking photos and stopping to chat to the now many familiar faces, it gave me a sense of connectedness to the town and its residents. Meeting new people is always interesting, and sharing common memories with others, felt like a way of confirming my sense of place, and the reason why I volunteer as I do .. like Norman, we share a desire to make our 'world' safer and more beautiful, starting in our own small corner. As the real world changes so radically around us, that 'sense' of place might be the only true security we have. What are the familiar things that activate that sense in you, like coming home after a long and hard day, knowing that you have an armchair, a room full of books, good food to put on the table to feed your family, a bed to sleep on (I won't say soft, because the nickname for our mattress is the brick), but it is our bed and we know where it is. These things make me appreciate all that we have, when so many others have little or nothing.

Brunch in the Gardens is lovely. In this case the Lion's Club did a great spread of egg and bacon muffins. The Lions are another one of those reliable things in my life. I know their dedication to their roles and their love for the town and the community. Some of them are on a multitude of committees, adding their thoughts and feelings to the mix that makes Penshurst a unique place

to live. They are my first 'go-to' group when I want something done, from setting the posts into the ground for historical plaques, to wood for the winter. You know who you are. Thank you, all of you. Happy Australia Day.

Wishing everyone a great fortnight, Ama Cooke PPA





Some pictures from the ceremony.

Right: Robert Coates, Master of Ceremony, with Paul Sutherland, entertaining us with a great rendition of Australia Fair followed by Paul's interesting speech.



Left: A pride of Lions, including Mayor David Robertson. The Lions club was chosen as 'Community Group of the Year', an award they well deserved.



New faces and old friends, Australia Day had something for everyone ... except the kids tattoos that remained seated.
(Confused, see page 2)



Behind the scenes



Australia Day

Lovely weather, great
helpers, wonderful people.
Who could ask for more?



It was one of those flag days
More photos page 6

THE MOUNT ROUSE AND DISTRICT HISTORICAL SOCIETY

We preserve and celebrate our local History

Our first Meeting for 2024 was an Event Meeting, a visit to the Koroit & District Historical Society (KDHS) in the Historic Common School, High Street, Koroit. A good number of our members attended.

The morning began with delicious scones and ended with hearty food and beverages at Mickey Bourke's Hotel, Koroit. In between we were given a tour by Brian Trotter (KDHS Treasurer) of the restored Koroit Railway Station. What a site of restoration that is.

Looking through KDHS Historical Centre was a delight and even though you think you 'know' Koroit, you don't really, until you walk through the History collected here. A great time was had by all.

Our next Meeting is Sunday, March 31st 2024, 2.00pm at the Penshurst Court House. All new members are most welcome.



Above: L to R: Dianne Fary (KDHS Secretary), Joy Doherty (MRDHS Secretary), John Page (MRDHS President), Margaret Trotter (KDHS President)



LIONS Recycle for Sight Australia Inc

Please join us in the greatest humanitarian project

The Gift of Sight to the Third World Countries.

RESULT

Last year Australians give 300,000 pairs of glasses to people in Africa, Moldova, India, Sri Lanka, Philippines, Thailand, Vanuatu, Papua, Solomon Islands, Fiji, East Timor and Pacific Rim.

METHOD

Glasses were donated to your local Lions Club, forwarded to Queensland and then

- Quality Tested
- Washed & Dried

- Graded in Lensometer Machines
- Sorted and Packed
- Forwarded to Lions Clubs, Church Missions and Humanitarian groups in third world countries
- Given to people in need

How can you help

Drop your glasses into the box at the Penshurst Post Office. It will be there between the 7th and 21st.

Thank you.



Australia Day

Right & below: Brian 😊
hates photos almost as
much as I do.



When a
community
comes
together
great
things are
possible.



Old friends, new friends and
visitors from far and wide.

Ozzie Humour

Q: What do you call a kangaroo that is
a dead set genius?

A: A quantum leap.

Q: When is a bear not a bear?

A: When he doesn't have the right
koalifications.

Q: Why did the wombat decide to cross
over the road?

A: To see his flatmate

An Aussie walks into the bar the other night
wearing one thong (flip flop). One patron
asks him "What happened mate? Did you
lose a thong?" the guy replies, "Nah mate, I
found one!".

I asked him "Do you come from a LAN down
under?"

Did you hear about the two baked beans that
hitchhiked around Australia?
They ended up in Cairns.

Tourism helping to revive Penshurst (Part 2)

The Grocery

When it comes to community spirit, Jag and Harbans Saini at the Penshurst Grocery have it in spades.

Mr and Mrs Saini are highly spoken of in town and have made Penshurst their home since they arrived with their two boys and renovated the tired grocery 11 years ago.

"This place, it was not like this at all- this was a really, really run-down place," Mr Sini said. "Nothing was here and not many people used to come."

They were on the hunt for an opportunity when they visited friends in Lake Bolac who ran a supermarket.

"We told them if they find anything similar to let us know, and they found this. They told us the same thing – 'look, it's a really run-down business, it's a big risk.'

The big thing he wants to see is better promotion of Penshurst's natural assets – he made it a point that not many people know about the bird sanctuary at Yatmerone Reserve or the walk up the volcano.

For Mr Saini, putting in the work to improve what you have, taking pride in it and building its reputation is key to success – both for their grocery, and their town.

"We moved here 11 years ago back in 2012," he said. "Since then, we have noticed a lot of growth in this town, and a lot of new businesses."

And their grocery?

"We have renovated the whole place and we are doing great now, people still come and they get surprised – 'You've got everything!'"

Lockdowns meant many discovered there was plenty of shopping on offer locally, and resultingly business has been better and better since.

He said when people shop local, they give business owners the opportunity to offer better prices and increase their range.

"The truth is, when we bought this place we were not sure how the people were going to take us, being Indian," Mr Saini said. "But we are very happy, they all accepted us very well and now we are part of the community."

"We were a bit scared, but it was totally the opposite. We try our best to do whatever we can do for the community."



5576 5270

Friendly faces and helpful staff ...

**Penshurst Liquor &
Grocery Store**

Open 7 days

Opening Hours:

Monday - Friday

7am - 7pm

Saturday

8am - 6pm

Sunday

8am - 5pm

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's News Agency

**CHRISTOPHER COOK
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Glen Gray - 0439 541 036



Imagine

I recently discovered a person called Simon Barrow. He is a practical theologian, (ie. thinks outside traditional box and language) a commentator, a journalist, an adult educator and trainer. So he is no slouch and I'm glad that he's on the side of the 'good guys'.

His work was passed onto me through a screen which can and does have some helpful things to offer, but like all technology it can be abused and used for the degradation and harming of others. As we complete the first month of this year Simon's poem 'Unwounding' is brim full of hope and possibilities but it doesn't pretend that all is glossy and gooey. Rather it teaches us that the wounds of the world and the wounds of others are actually the same as our own wounds. The fears of others and our fears are pretty much the same and that if we turned aside from the illusion that retribution and revenge will fix things... imagine what might happen. Imagine what could happen. So the poem has a haunting echo of John Lennon's song 'Imagine'. I offer his superb piece of work for your thoughts and if you are that way inclined, your prayers. Whatever wounds and fears find us this year I hope that y/our 'unwounding' may be victorious over the enemies of fear and retaliation.

'Unwounding' ...by Simon Barrow

Imagine what would become possible
if we could but gaze on the wounds
of the other, and recognise in
them our fellow fractured
lives and likenesses?

Imagine what would become possible
if we could but see our petrified
enemies as lost and longing
kindred souls on a painful
path to siblinghood?

Imagine what would become possible
If we could but turn ourselves aside
from the vast and veiling
illusion that vengeance
ever rights wrong?

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

You know you're Australian when ...
* calling someone "mate" is a completely
appropriate term to call anyone in Australia
be they male or female.

Introducing our...
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engage.wannonwater.com.au/water-for-events



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Freshly baked bread, cakes and slices.**

**Treat yourself to an Amanti coffee or
Hot Chocolate and browse our
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local produce.**

**Phone orders and payments
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Monday - CLOSED

Tuesday to Friday - 7.30am - 2.00pm

Saturday - 8.00am - 2.00pm

Sunday - CLOSED

Café/Bakery

110 Bell Street, Penshurst

penshurststore@gmail.com



**SOCIAL SUPPORT
GROUP PROGRAM**
February 2024



DATE	PROGRAM	LOCATION
Feb 1 st	AM: Exercises & Morning tea, Consumer meeting & Lunch PM: Brain tease with Helen	Lunch at Sheppard's Centre
Feb 8 th	AM: Exercises Lunch at Lemon Myrtle in Hamilton PM: Amble through the Botanical Gardens	Outing today Lunch at Lemon Myrtle
Feb 15 th	Community Outing to Robert McClugge garden in Allansford. Bus leaving 9.15am from Senior Citz. Picnic supplied.	Outing today
Feb 22 nd	AM: Exercises & Morning tea Item of interest, Lunch PM: Guest Speaker – Jaye, Nurse who has worked in Saudi Arabia.	Lunch at Sheppard's Centre
Feb 29 th	AM: Exercises & Morning tea, Item of interest, Lunch PM: Afternoon tea in our local Botanical Garden – weather permitting.	Lunch at Sheppard's Centre

Enquiries & cancellations Phone :
55518381

~ Community are welcome to join the Exercise Group from 10am – 10.45am followed by Morning tea & a chat
~ Should you wish to stay for lunch following exercises & morning tea, exercises cost is included in the daily fee.
~ Weekly costs vary depending on the monthly program
~ Bookings essential
~ Please phone to discuss & register

Program subject to change at short notice



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Pregnancy scanning

Nathan Rentsch • Penshurst

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OPPORTUNITY for someone who can edit sound and video for upload to YouTube and the like.

Content creator seeks multimedia student or enthusiast to assist in production of content for social media / vlog posts.

Please email: bunjil@me.com
Or call 0418576790

Updating Penshurst Victoria webpages.

<http://www.penshurstvictoria.com.au/Community%20Business%20Directory.html> - copy the link into your browser

Is your business listed on our town website? If so, are the details correct? To update your details or add them to the site please send your business name and contact details to president@penshurstprogress.org.au to be added or updated.

Thank you.

Penshurst Shed

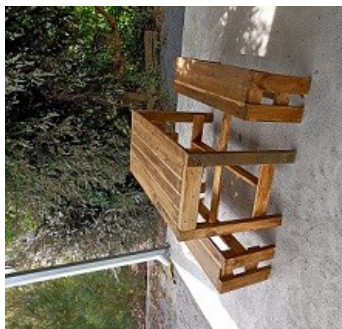
The Shed is Open
Come and visit
Saturday &

Tuesday 10am - 4pm

Open to everyone -

Contact

Tom Cooke 0488 557 345 for more information



You know you're Australian when...

- * most of the words you know end in "o" such as arvo, servo, bottle, suppo, garbo.
- * stubbies are things that can either be worn by blokes or drunk.

- * a place called "woop woop" is not actually a place but is very far from civilisation.
- * you answer most questions by saying "no worries" or "no drama".

ELDERS HAMILTON

Proud to be a supporter of the Penshurst community

BRANCH MANAGER & RURAL

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Kate Methven 0488 415 883
David Whyte 0407 347 203

State Wool Manager

Lachie Brown 0409 645 915

LIVESTOCK

Aaron Malseed 0407 782 286
Jordy Anthony 0407 649 925
Dillon Dawson 0438 054 593
Steve McLeod (Agent) 0419 836 203
Ashley Crow (Agent) 0419 711 405

STUD STOCK

Ross Milne 0408 057 558

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E. hamilton@elders.com.au
elders.com.au

FARM SUPPLIES

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Jason Callaway 0417 710 401
Damon Hiscock 0439 671 046
Rob Browne 0427 315 793
Rod Evans 0498 750 125
James Whyte 0458 322 094

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Gabby Redpath 0438 903 123

RURAL REAL ESTATE

David Peardon 0408 528 050

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Annie Giblin 0428 518 534

SALES SUPPORT

Ann Hiscock 5551 5700
Wendy Kerr 5551 5700
Annalee Dohle 5551 5700
Maggie Craig 0427 976 179



A PAGE TO SHARE RECIPES

Smoky mushroom & potato hash with oaty thins

Prep Time 15mins Cook time 50mins Serves 2

INGREDIENTS

From bbcgoodfood.com

100g porridge oats
70ml fortified soya milk
½ tsp baking powder

For the hash

2 medium potatoes (275g),
unpeeled, cut into slim wedges

2 tbsp rapeseed oil
160g mushrooms, thickly sliced
1 red onion, roughly chopped
1 tsp smoked paprika
4 vine tomatoes, halved
2 eggs

METHOD

STEP 1

Tip the oats and soya milk into a large bowl and blitz using a hand blender to break down the oats to a less coarse texture. Set aside for 10 mins to soak.

STEP 2

Meanwhile, boil the potatoes for 5 mins, then drain. Heat the oil in a large non-stick frying pan over a medium heat, and cook the mushrooms, onion and paprika for a few minutes until softened. Tip in the potatoes and cook for 10 mins, turning the mixture over every now and then. Stir in the halved tomatoes and leave to cook for 5 mins.

STEP 3

The oat mixture should now be stiff. Work in the baking powder using your hands, then halve the mixture. With wet hands, press out one half of the mixture on a plastic chopping board to make a thin disc, like a pancake. Carefully lift it off with a palette knife and cook in a dry non-stick frying pan for 2 mins on each side. Remove to a plate, and repeat with the other half.

STEP 4

While the second one cooks, push the potato mixture to the side in the other pan, break in the eggs and cook until the whites are set and the yolks are runny, around 2-3 mins. Serve the oat thins topped with the mushroom hash and eggs.

**Strawberry Smoothie**

Ingredients

10 strawberries, hulled (approx 175g)
1 small banana, sliced
100ml orange juice, chilled

STEP 1

Blitz the strawberries in a blender with the banana and orange juice until smooth.

STEP 2

Pour the smoothie into a tall glass to serve.



Penshurst Hair Design



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Thursday
Friday &
every second
Saturday
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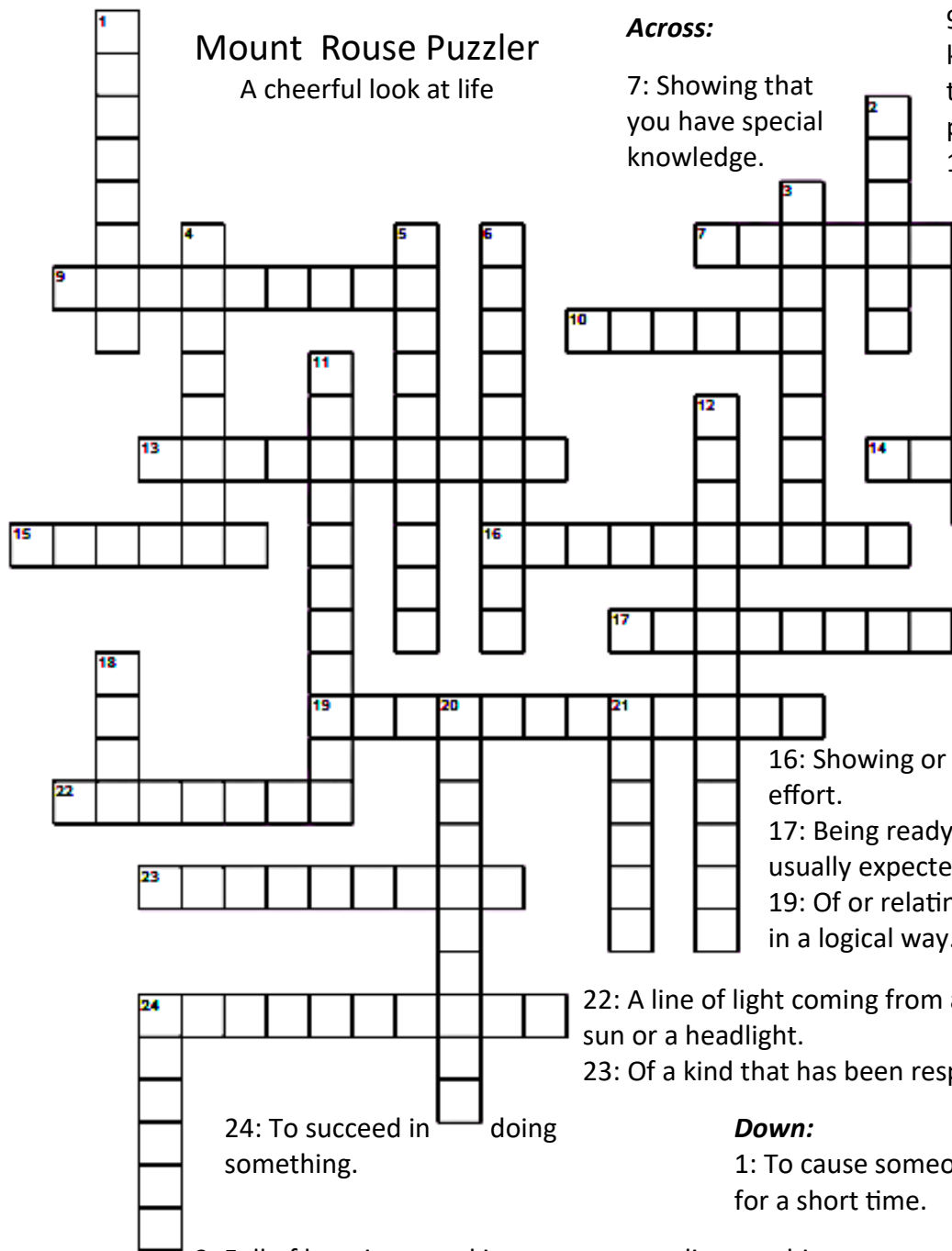
📷 DanTehan

📘 DanTehanWannon



Mount Rouse Puzzler

A cheerful look at life



Across:

7: Showing that you have special knowledge.

9: Having the ability to know or understand things without any proof or evidence.
10: Telling the truth.

13: Having a pleasing mixture or combination of notes.
14: A group of people or things that belong together or have some shared quality.

15: Good things that are given or provided freely and in large amounts.

16: Showing or needing little or no effort.

17: Being ready to give more than usually expected.

19: Of or relating to the ability to think in a logical way.

22: A line of light coming from a source, such as the sun or a headlight.

23: Of a kind that has been respected for a long time.

24: To succeed in doing something.

Down:

1: To cause someone to be unable to see for a short time.

- 2: Full of happiness and joy.
- 3: Having good luck.
- 4: Feeling or expressing great joy.
- 5: Something that is incredibly good for you.
- 6: Completely.
- 8: Very enthusiastic.
- 11: To grow well.
- 12: Known by many people because of some

- quality or achievement.
- 18: Having a pleasing and usually youthful appearance.
- 20: To attract and hold the attention of someone by being interesting, pretty, etc.
- 21: Having or causing happy feelings.
- 24: To feel respect or approval for someone or something.

Answers from last fortnight: **Across:** 5 flimsy, 6 collect, 7 tick, 11 expansion, 12 purple, 13 mindless, 16 scientific, 18 raspy, 19 spindle, 20 robust, 22 challenge, 23 purring.
Down: 1 beetroot, 2 number, 3 gold, 4 pointed, 8 count, 9 harmonious, 10 release, 14 random, 15 miscellaneous, 17 clockwork, 18 route, 21 parallel, 22 caption.

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, Sheppard Centre, - Penshurst Hospital. Please contact Fiona Social Support Group Coordinator on 03-5551 8381 Or @ WDHS on 55518683

Mount Rouse & District Historical Society

- Meetings - 4th Sunday in January, March, May, July, September and November, 2pm at the Court House. New members are most welcome. Contact Joy Doherty 0408 360 801.
- The Court House open for Visitors 1st Saturday each month 9.30 am to 12.30 pm.

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 looking for people to join the Penshurst team. If you are interested in becoming an ACO or would like further information, please follow the link below.

<https://www.ambulance.vic.gov.au/careers/become-a-first-responder/>

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 0475685946 & Fr. David Oulton 0435867040

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

Fill it in list

10 letters
Herbivores

9 letters
ruminant

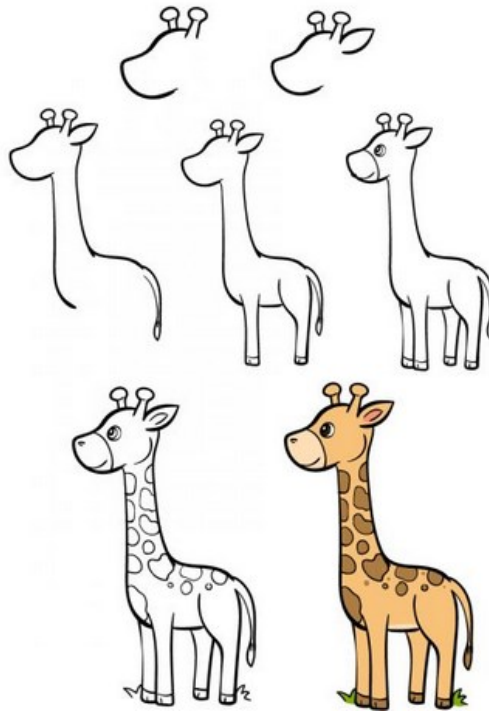
7 letters
Tallest
giraffe

6 letters
mammal
cruise
leaves

5 letters
africa
reach
strip
spots
neck

4 letters
legs

3 letters
fur



Kid's page



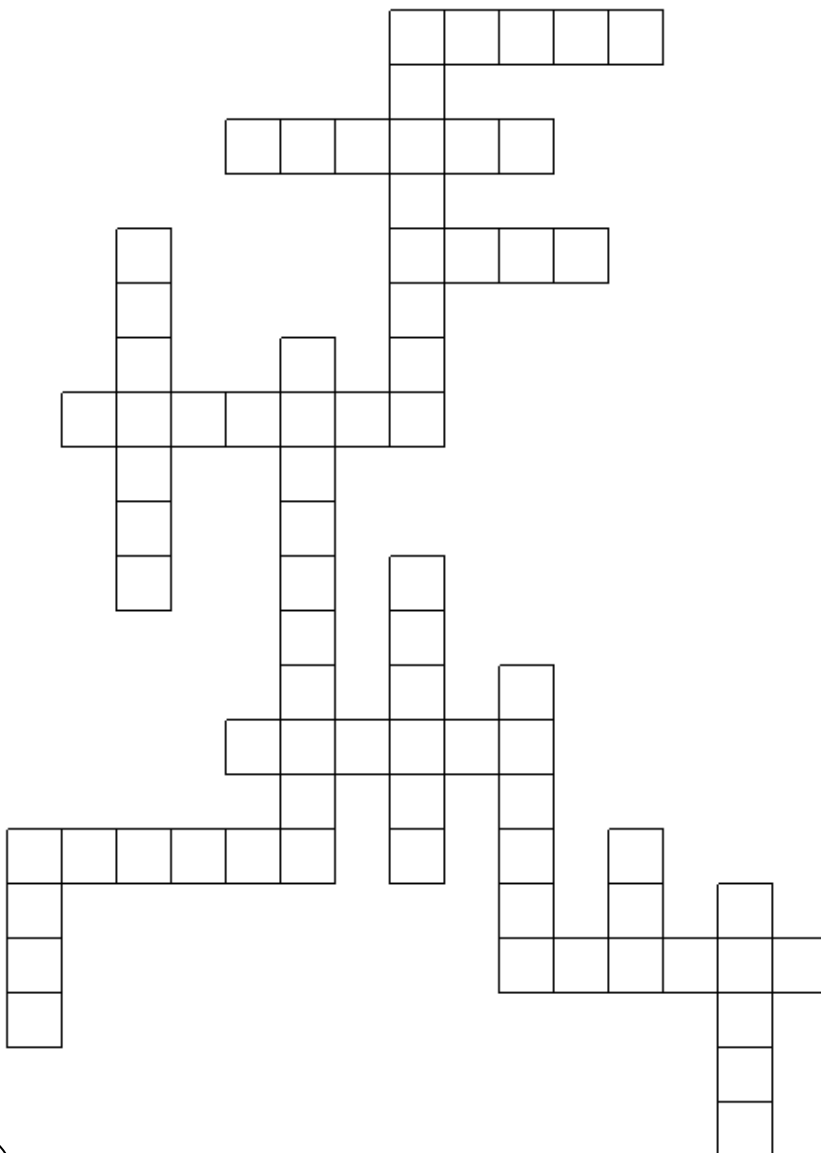
G-I-R-A-F-F-E-S

Giraffe necks are long
Incredible, stretching to the moon
Reach out and touch its spots
And feed it some lettuce too
Feel its gentle spirit
Forever touching the heart
Each giraffe is an amazing
Spectacular work of art!

By Jill Kuhn 17-4-2013

What is your favourite animal?
Can you make a poem from the
letters in its name?

I have always loved giraffes.
Mainly because they keep sticking
their necks out.





Mobile Library
Will be visiting Penshurst
every Thursday fortnight
3.00 - 4.00pm

Outside the Hall in Martin St

Dates for February
15th & 29th

Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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Mt Rouse News & Views
Community Newsletter



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 newsletter?

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 Cost is \$25 per page per issue.

All profits earned by advertising in this
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For more information
 contact Ama 0402 870 738

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Registered Address: 46 Watton Street, Penshurst 3289

DEADLINE FOR SUBMISSIONS — Saturday 17th February 2024

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

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

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

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