

Mt Rouse News & Views



Community Newsletter

Penshurst Pony Club



Their Annual Bush Ride is always popular

More on page 3

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 & Jeff Jellie

Next Meeting - Wednesday 28th February 7.30pm *Penshurst Memorial Hall*

Dear Penshurst and your changeable weather. I had never met weather like this until I moved to the Western District. One day it is summer, the next I'm reaching for my winter clothes. Some days there are stormy skies and wind blows so hard, that even in the cooler times, we are all on heightened alert for the types of fires that wipe out whole towns and leave people across the shire staggering in shock .. and yet the next day we can go back to calm and pretty again. There's a mist in the morning that makes me wonder if Autumn has arrived, but we are expecting a 35 -39C degree day on Saturday. It's no wonder I never pack the winter clothes away.

When it comes to talking about Sustainability and Climate change, both touchy subjects, I've been told - how do we learn to live with this unreliability in the weather patterns, although we really have no choice. What measures do we put in place to protect ourselves, and, more importantly, the children who come after us? It is really them who will have to cope with the difference even one degree increase in temperature that is now unavoidable. And hiding behind the airconditioners in our house, if we have them, will not be the answer. We create the future with all our actions, and there are very few people these days that don't understand that.

When we are talking about sustainability just look at what the Lions Club of Australia has done with that spectacle of theirs. Collecting over 50 pairs of glasses that will not end up in landfill, but instead will be helping people who simply do not have the type of income needed to be able to purchase such a vital, and easily overlooked (particularly if you can't find them), item of glass and plastic. That group does a great deal of good in our community, quietly, behind the scenes, being there when we need them. I hope they never feel unappreciated. What would we do if they were not there? How much do we take our wonderful volunteers for granted, and complain when something we thought was our right is done, instead of realising that it's a privilege, to have them around?

We have a new group of very dedicated people who joined the Progress Association, Penshurst 3289 Business and Tourism. At present they are creating a Market that will be running on Sunday 24th March, which is the final day of the 9th Penshurst Art Exhibition. There's an advertisement on page 4 that gives more details about the market, and page 6 has the Exhibition. That sounds like the makings of a fun weekend in town.

BE PART OF CREATING A SUSTAINABLE FUTURE IN OUR REGION.

The Council wants our feedback on how they are working to build a region that takes responsibility across a broad range of sustainability areas like land, water, waste, liveability and climate change.

Come and talk to them about the issues you think are important.

Thursday 21st March 7.30pm

Supper Room,
Penshurst Memorial Hall.

Have a great fortnight, Ama Cooke PPA

Penshurst Pony Club

The Penshurst Pony Club held the annual meeting recently with a pleasing attendance. Elected were President - Faith Howie, Vice President - Nicole Downs, Secretary - Alex Kinnealy, Treasurer - Jenni Kinnealy, Catering Officer - Monda Benson, Safety Officer/Maintenance - Peter Benson.



Above: Working with cattle

The Club only missed the September rally due to weather conditions and otherwise they enjoyed Indoor Arena instruction at Yulecart, Farm ride/ cattle handling rally, Beach ride to Killarney, Bush ride at Victoria Point. A Games day at the Xmas breakup is always a favourite.

They also catered at the Hamilton Campdraft and conducted a BBQ at the Penshurst Races.



Riders who attended the farm ride at Dunkeld

APPLY NOW!

Your community group or club can apply for bottles, bags and prize packs to support local events and initiatives.

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engage.wannonwater.com.au/sponsorship



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Penshurst Memorial Hall



Notice is given of a

PUBLIC MEETING

to be held in the Supper Room at 21 Martin Street
on **Wednesday 20th March 2024**
commencing at **5.00pm**.

The purpose of the meeting is to nominate no less than three (3) or more than nine (9) persons as the Committee of Management for the Penshurst Memorial Hall for a term of three years. The current committee's term will expire on 25th May 2024. All positions will be declared open and nominations will be accepted prior to or on the night. Nominations from women, Aboriginal people, people with disabilities, young people and people from culturally diverse backgrounds are encouraged.

Further information, nomination forms and nominee declaration forms may be obtained by contacting your local Department of Energy, Environment and Climate Action office or at the meeting. For further enquiries please contact the Secretary, Thomas Cooke on 0488 557 345.

Tourism helping to revive Penshurst (Part 4)

“Country People need access to beautiful things, not just city people.”

That’s from Ms Sarah Gabriel, whose success building the Lauriston Press art gallery in South Kyneton over 25 years has been in conjunction with the rise of the entire Kyneton-Daylesford region.

Ms Gabriel has moved her art business to Bell Street in Penshurst, providing classes and workshops out of the old butcher’s building under the name ‘Gabriel Inspired’.

“I see Penshurst the township has a huge potential for a creative precinct in the Western District that is connected to larger towns such as Hamilton and Warrnambool,” she told The Spectator. “Even Kyneton has flourished with new creative businesses because it is close to Melbourne. But Penshurst has the added advantage of being a connect-the-dots between Hamilton, Ballarat and the coastal region”.

“The architecture is so beautiful, it’s so scenic in Penshurst. And the township is incredibly supportive of business and they are very proud and very friendly”.

For her, the number one key to a good business is listening to the needs of the community.

“Country people need access to beautiful things, not just city people. So, I opened a gallery to provide a space for all that creativity in the area to be funnelled and seen so that people could come and enjoy and purchase a high standard of art for their homes,” she said.

“It is important to give people a reason to visit regional towns and provide a few different experiences. There is the space to provide people with the opportunity to take a risk in business too. You have to be a risk taker, you have to collaborate, and you have to work hard and provide something unique”.

Her own decision to start anew came when she realised how many artists and musicians were moving into the area.

“Because I had met so many creatives in the Western District, I was looking for a base to purchase a property that I could work from with my artwork,” Ms Gabriel said. “And that blossomed into running workshops and providing a really exciting creative artistic place for people to come and buy and experience art”.

Ms Gabriel has been working within the community to establish a unique creative space where people come for printmaking, exhibitions and art sales.

Her main goal was to connect people, to help reduce isolation and loneliness, and to provide a place for the community to meet.

“I work as an art therapist casually in drug and alcohol recovery,” she said. “The idea is the more that you can find something creative as an outlet in your life to connect and to talk about and to have something wonderful in your life”.

When people come to her and say, ‘Penshurst? Why Penshurst?’, she tells them she moved because the town is beautiful, and there are so many business travelling through the roundabout.

Reprinted with permission from The Spectator Saturday 3rd January 2024

Penshurst Hair Design



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Thursday
Friday &
every second
Saturday
10am - 2pm

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Penshurst Art Exhibition

Now in its 9th year

Friday 22nd - Sunday 24th March

Penshurst Memorial Hall, Martin Street

9

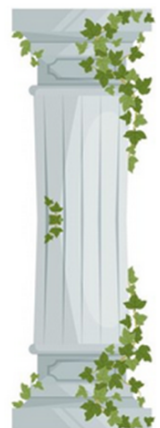
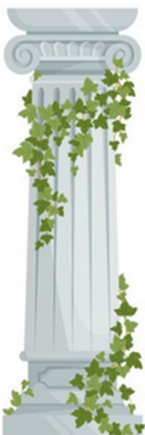
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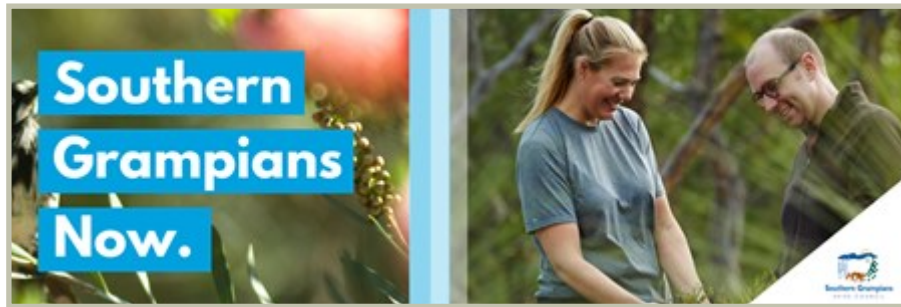
Entry forms are available to download at

www.penshurstartexhibition.org.au

For more information phone

Tom 0488 557 345





New Small Towns Strategy adopted by council

A Small Towns Strategy that will guide future structural planning and development in rural/residential townships across the Southern Grampians Shire was adopted at the February Council Meeting.

The [Small Towns Strategy](#) provides a solid framework for Council when overseeing the development of infrastructure and housing in the shire's outer townships, particularly those with forecasted residential growth.

Council met with town progress associations before Christmas to present the draft Small Towns Strategy and the broader community also had an opportunity to comment on the draft before it was finalised for council consideration and adoption. Council also received 24 submissions on the draft strategy.

Council is inviting the community to get involved with the development of the Southern Grampians Shire Council Sustainability Strategy 2024-2041.

The strategy will be a key strategic document that council, with community and key stakeholders will implement over the coming decade and beyond as we transition to a shared vision for a sustainable future.

The feedback collected will be incorporated into the creation of the Sustainability Strategy. Once developed the draft strategy will be advertised for community consultation before it is presented to councillors for final adoption.

Council will also be delivering a series of pop-up engagement sessions across the Shire over the coming months, sessions to be announced shortly.

For more information. (https://wa-sgsc-webcomm-prod.azurewebsites.net/Page/Page.aspx?Page_Id=1397)

Cox Street project update

MACA Civil Pty Ltd has now completed the construction of a footpath on the eastern side of Cox Street between Sedgewick Street and French Street, Hamilton.

They also continue to rebuild the Gray Street roundabout, as well as the eastern road lane on Cox Street. Businesses on Cox Street are open as usual (access Permewan's Mitre 10 via its French Street driveway).

Continues over the page

Southern Grampians Now .. Continued from the previous page.

Council expands adoption program

Council has signed a Memorandum of Understanding with the City of Mount Gambier and the District Council of Grant to take their impounded dogs after the mandatory holding timeframe of 72-hours to find them a new home.

Council also provides this support to the Moyne Shire Council. For adoption candidates, please monitor our social media pages.

Accessible parking permits: your questions answered!

"Do people with an accessible parking permit need to pay at the parking meter?"

Yes, anyone with an 'Australian Disability Parking' permit (individual or organisation) or 'Double Time' permit must still pay for parking in a metered parking bay. This is a VicRoads rule.

"Can I park longer in a metered parking bay if I have a parking permit?"

Yes. If you hold an ADP or DT permit you can park double-time. The time limit for a metered park in the Hamilton CBD is one hour, so you can park for up to two hours if you hold either of these permits.

"Can I still park for free in a reserved disability parking spot?"

Absolutely. Parking spots designated for ADP permit holders are still free, no matter where they are in Hamilton. You can park for as long as you need.

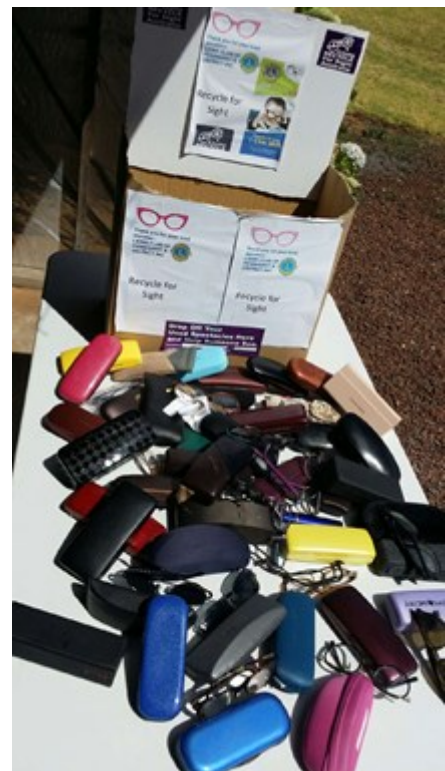
Check the SGSC site for Frequently Asked Questions.



LIONS AUSTRALIA Recycle for Sight Australia

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need in Africa, Europe, Middle East, Indian Sub-continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania. In the past 10 years several members of our Marine Branch have been able to use their oceangoing yachts to reach and test villagers, in the remotest areas for eyesight and deliver spectacles to them.

*Thank you to everyone in Penshurst for their generous donations of 53 pairs of spectacles.
They will be going to many good homes.*





‘Restlaufzeit’

Restlaufzeit is a German word roughly translated as ‘The remaining time’ or ‘The remaining term’. It’s a concept that is hard to comprehend. We are often looking to the present or the past. They are quantifiable, easy to understand concepts and terms. But we are a bit squidgy when it comes to placing a limit of the time left in the future. But it is there in lots of things. From the amount of time a government has left before an election, to the use by date on the milk.

Those who are diagnosed with an incurable disease will inevitably ask about their ‘Restlaufzeit’.

‘How much time have I got Doc?’ It’s an understandable, but difficult question and the best medicos will give the honest answer with very broad sweeping timelines.

All of us have our own personal Restlaufzeit. It’s an indisputable fact. It’s just that some of us are a little more aware of it than others. Some of us may even have been given an idea of how small that Restlaufzeit is, for it will always seem too short for us. So, the real question is not whether we have a Restlaufzeit, or how many years or months or days it is. The real question is *how we spend* our Restlaufzeit. This will be determined by our gifts and talents, our energy and abilities and even our budget. So it is best to set simple, achievable but potent goals.

To make every moment count, in prayer, in loving, in forgiveness, in making our very finite Restlaufzeit count. You will have your own schedule for your Restlaufzeit. My favourite is... “In the time we have left we must dance.” Dance like a dopey Dad. Dance like no-one is watching. Dance and know the exhilaration of your Restlaufzeit.

The value of the greeting card.

From time to time it is my undeserved and thrilling privilege to write a greeting card. Having been here 4 and half years I think that we have graduated from a formal email or letterhead, to a more personal approach.

I try to pick the card carefully so that the image on the front fits with the theme inside. But it’s not the jokey birthday cards or cute Christmass cards I like best. My favourites are impressionist paintings where we are given just a hint or the ‘flavour’ of the message I want to convey.

Pictures of Mother Nature at her wildest, characters that are distant, almost translucent and a landscape that is both exquisite and compelling. The best cards are blank inside for they give me the flexibility and openness to write whatever I choose without being steered in any particular direction.

And of course it’s the words that really matter. The meat in the sandwich if you like. The words I choose are the most important part for they are potent and have the potential to make things solid and tangible for the reader.

Like the card that reminds the recipient of a particular day, a memorable event. Written carefully a very significant person is once again made reachable. Just for a moment, or hopefully longer, the memory is stirred to life. It is almost palpable and exists.

The privilege of writing such a greeting card comes with its special joy and responsibility. Frequently I need several goes to find the right words and bounce them into some sort of coherent order.

The value of a greeting card is not the price you pay at the counter, but the experience or memory which is made present again for the reader.

5576 5270

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Glen Gray - 0439 541 036

Hospital Ladies Auxiliary needs your help -

They have been amazing, working quietly behind the scenes. When asked Judy sent this message:

"We are a small group of ladies that cater for funerals, birthday parties and other small events. Over the years our team has become smaller and we are seeking new members.

To all the newcomers in town, why not join us ladies. If you are interested just phone Judy on 0437 702 619".

Golden Oldies

45. You know you're getting old when your birthday cake is a fire hazard.

46. If I ever decide to buy a horse ranch in my old age, I'm going to name it "Pasture Prime."

47. You know you're getting old when your doctor refers you to an archaeologist.

48. You're not getting old; you're becoming a classic.

49. Old age is a heck of a lot better than the alternative.

50. The older we get, the earlier it gets late.

51. You know you're getting old when your birthday cake is a fire hazard.

52. Old people are just young people who have been alive for a very, very long time.

53. With age comes wisdom ... and hair in really weird places.

54. Allow me to politely suggest that this be the year you start lying about your age.

55. Don't let aging get you down; it's too hard to get back up again.



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| PRE & POST SALE**

Penshurst Shed

Another year has passed very quickly and membership/insurance is due again.

Talk to Tom for more information about the Shed and its activities. We are open to everyone. Come and visit

**Saturday & Tuesday
10am - 4pm**

Contact

Tom Cooke 0488 557 345





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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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Monday - CLOSED

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Saturday - 8.00am - 2.00pm

Sunday - CLOSED

Café/Bakery

110 Bell Street, Penshurst

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A PAGE TO SHARE RECIPES

Raspberry Coconut Slice

Prep Time 25mins Cook time 40mins Serves 16

INGREDIENTS

From taste.com.au

100g butter, softened	1/3 cup buttermilk
3/4 cup caster sugar	2/3 cup raspberry jam
3 eggs	1 cup desiccated coconut
3/4 cup plain flour	3/4 cup shredded coconut
1/2 cup self-raising flour	

METHOD

Step 1 - Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, allowing 2cm overhang on all sides.

Step 2 - Using an electric mixer, beat butter and 1/2 cup sugar until light and fluffy. Add 1 egg. Beat until combined. Sift flours over butter mixture. Stir to combine. Stir in buttermilk. Press mixture over base of prepared pan. Spread jam over mixture.



Step 3 - Whisk remaining eggs and sugar together in a bowl. Stir in coconuts. Sprinkle mixture over jam. Bake for 35 to 40 minutes or until light golden. Cool in pan. Cut into pieces. Serve.

Lemon Impossible Pie

Ingredients

2 cups or 470 ml milk	½ cup or 60 g flour
1 cup or 110 g Flaked coconut	8 Tablespoons butter, melted
4 eggs	¾ cup or 150 g sugar
1 tsp vanilla	Juice and zest of ½ lemon



1. Mix all ingredients in a bowl using a spoon or hand whisk.
2. Pour into a greased and floured pie plate (about 8 - 9 inches size) and bake 350 F or 180 C or Gas 4 oven for 45 minutes.

I place my pie in a baking tray in case of spills.

3. When done, the pie will be slightly wobbly in the centre. Remove from the oven and allow to cool, then refrigerate overnight if possible.

Serve on its own or with a blob of vanilla ice cream!

Water
Tip

**10 minutes
in the shower
wastes up
to 90 litres
of water!**

Bop along to your favorite
four-minute-long song
and finish your shower
before it ends.



Pregnancy scanning

Nathan Rentsch • Penshurst

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Daniel van Someren

Owner/operator

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License Number : L010422



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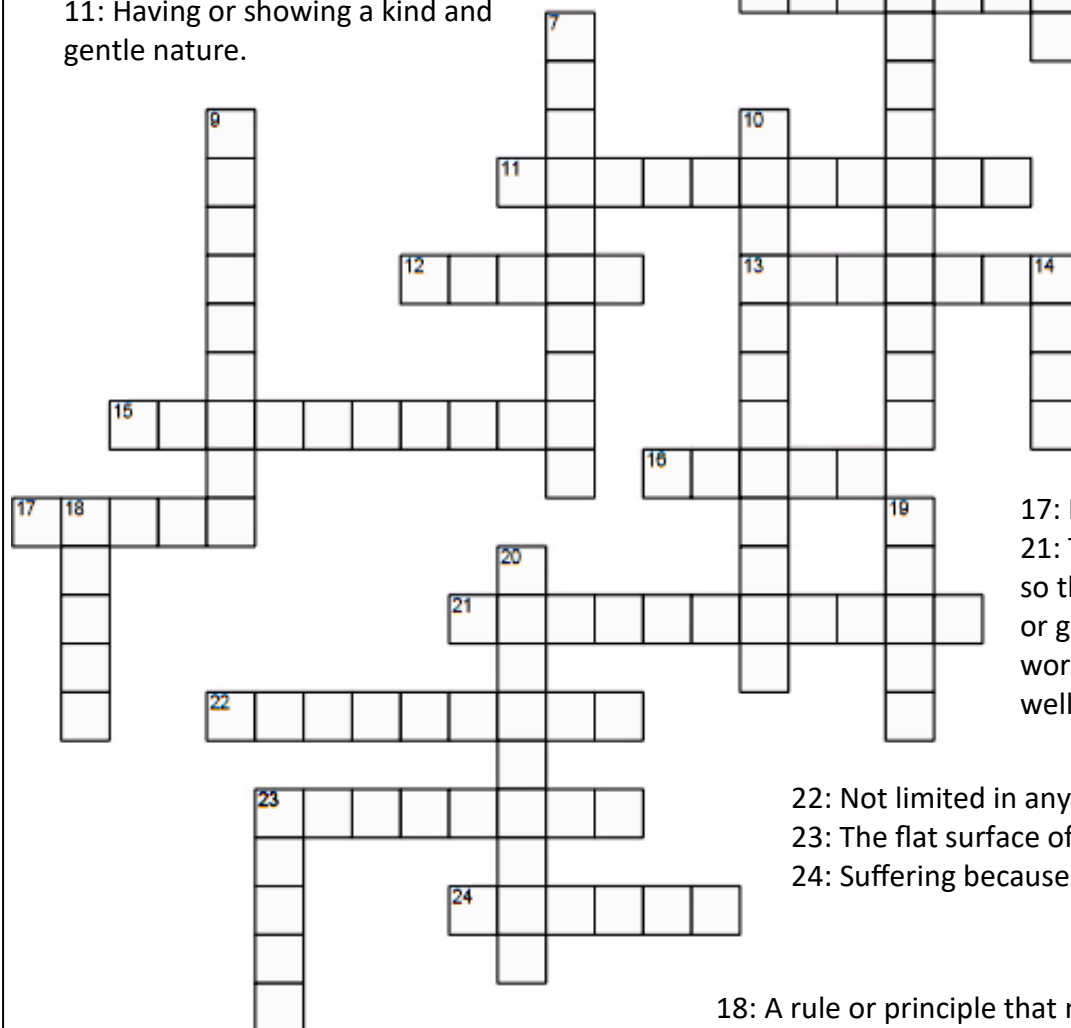


Authorised by Dan Tehan, Liberal Party of Australia, 190 Gray St Hamilton VIC 3300

Mount Rouse Puzzler

Across:

- 4: Chosen or done without a particular plan or pattern.
6: Insensitive and cruel.
8: An amount of bread that has been baked in a long, round, or square shape.
11: Having or showing a kind and gentle nature.



- 12: To lose strength or freshness.
13: To go out in a direct line from a central point or area.
15: Able to be agreed on; suitable.
16: Physical strength, power, or effect.

- 17: Not clear or precise.
21: To make arrangements so that two or more people or groups of people can work together properly and well.

- 22: Not limited in any way.
23: The flat surface of a mountain.
24: Suffering because of a lack of food.

Down:

- 1: Choking white mist.
2: Given, produced, or existing in large amounts.
3: Apparatus that gives oxygen to a face full of water.
5: Well known, respected, and admired.
7: A military unit that is usually made of several large groups of soldiers.
9: A pain in the stomach or a loud whinge.
10: The act of making another planet earthlike.
14: The windows of the soul.

- 18: A rule or principle that many people accept as true.
19: An open area of land without trees or buildings.
20: Great importance or consequence.
23: An action that is meant to deceive someone.

Answers from last fortnight: **Across:** 1 phase, 4 full, 5 surface, 8 alignment, 10 hemisphere, 14 illuminated, 15 waning, 16 gibbous, 21 quarter, 23 earth, 24 apogee, 25 near. **Down:** 2 silvery, 3 crescent, 6 earthshine, 7 new, 9 lycanthropy, 10 orbit, 12 silhouette, 13 dark, 17 blood, 18 syzygy, 19 perigee, 20 waxing, 22 super.

For the young, and young at heart



STATUS
Vulnerable

[www.worldwildlife.org/
species/lion--18](http://www.worldwildlife.org/species/lion--18)



POPULATION
around 20,000 - 25,000



SCIENTIFIC NAME
Panthera Leo



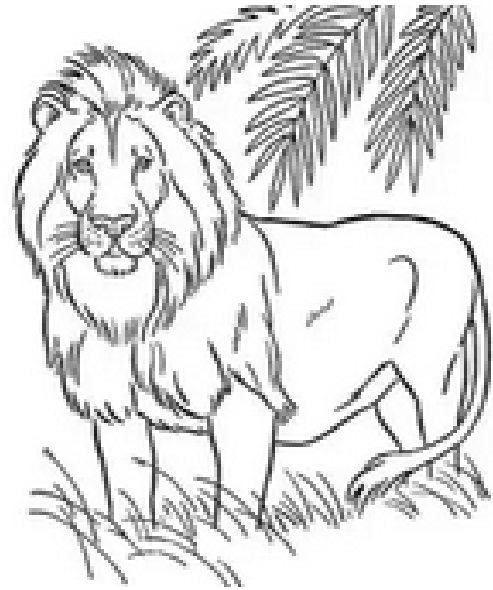
WEIGHT
242 - 599 pounds 110—271 kgs



LENGTH
53 - 98 inches 135cm—250cm



HABITATS
savannas, shrublands, and semi-arid deserts



Throughout history, lions have been admired as a symbol of power, strength, and courage. Previously, lions roamed throughout all of Africa and parts of Asia and Europe.

However, this mighty species is now

found only in fragments of sub-Saharan Africa, along with a critically endangered subpopulation in West Africa and a small population of Asiatic lions in India's Gir National Park. Three of the five largest lion populations can be found in Tanzania.

The vast majority of lions live south of the Sahara. Since lions are extremely adaptable big cats, they can survive in a wide variety of habitats, including dry forests, thick bush, floodplains, and semi-arid desert areas. However, they typically prefer open savannas where it is easier to stalk their prey.

Compared to other big cat species, lions are the most sociable. They live in groups called prides, which can consist of anywhere from two to 30 members, including three or four males, a dozen or more females, and their offspring. Lionesses remain with the same pride for their entire lives. Male lions, on the other hand, leave after maturing to compete for control of another pride. Leading males defend their territory by marking it with urine and roaring to scare off intruders. A lion's roar can be heard from five miles away and is also a show of power between males.

Within their pride, female lions act as the primary hunters and work in teams to prey on zebras, wildebeests, antelope, and other large herbivores. Lions sleep up to 20 hours a day, so most of their hunting is done at night or early in the morning. This is because their eyes easily adapt to the dark, and it is easier to sneak up on prey at night.

Along with hunting for the pride, female lions are responsible for raising their offspring. They typically give birth to a litter every two years, which consists of one to four cubs.

The [IUCN](https://www.iucn.org) estimates that between 23,000 to 39,000 lions remain in the wild. However, other data from recent years suggests that that number may be closer to 20,000, as three-quarters of their population is in decline. Although lions are not currently endangered, population numbers will continue to decrease without proper conservation efforts.

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

- Meets at the club rooms in Bell Street.
- Bingo Tuesday 27th February 2pm.

Contact Helen Brown 0409 934 495

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



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

Outside the Hall in Martin St

Dates for March
14th & 28th

Phone: 5573 0470

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Mt Rouse News & Views
Community Newsletter



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DEADLINE FOR SUBMISSIONS — Saturday `16th March 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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