

MT ROUSE News & Views



Community Newsletter

Pony Club and Perfect Weather



Story page 3

Thank you to Florence Collins for sponsoring our colour front page.

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 24th July 7.30pm Penshurst Memorial Hall

Good morning everyone,

It's been a very busy month for me, and, given the season and various delays, nothing much is happening in the Progress Association. This is a normal occurrence for this time of year, so I thought a change of pace might be nice.

Last night, while trying to sleep, I found myself thinking about the 'journey' that each of our lives is, and how every event is connected to each other through us - and that we are each the centre of a complex circle of energy that overlaps and interacts with everyone else around us, in small and larger ways.

This morning I decided that it might be fun to find a large, complicated dot-to-dot puzzle and post it here, but on looking, they were definitely large, but the printing was so small it was hardly readable. The image I had chosen was a butterfly, a metaphysical symbol of change. But it turns out that butterflies can go dormant over the cooler months, only restarting their metamorphosis once the weather is more favourable. Now that was an interesting idea. Other animals go dormant in the cooler season, and to some degree, so do I.

So, let me share with you a symbol of the eternal circle of life through the image of the mandala. I once had the privileged of seeing one being created by a small group of Tibetan monks, with sand. The patience, skill and precision they used was remarkable. As theirs did, this one would look lovely brightly coloured. What do you think?

We have one more newsletter to go for year six, and hopefully the weather will be starting to improve in a fortnight and I'll stop pretending to be a moth.



Wishing you all a great fortnight, Ama Cooke.

Pony Club and Perfect Weather



Pony club riders enjoyed perfect weather for their recent bush ride at Victoria Point.

Fifteen riders had fun negotiating bush tracks and some dense scrub before finally reaching the lunch spot. A delicious lunch was prepared by Bill Kinnealy and Peter Benson and enjoyed by all.



Above: Wilbur and Jaxson Lenehan riding with their poppy Darren Jewell.



"There are only two emotions that belong in the saddle: one is a sense of humour and the other is patience." John Lyons



Memory Loss Carer
Support Group

Please join us at the
Frances Hewett Community Centre
For our Memory Loss Carer Support
Group

Tuesday the 30th of July 2024
2.00-3.00pm

Tea coffee and afternoon tea will be available.
For further information please contact:
Bronwyn Roberts 55532001



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Caramut and District Garden Club

Pansy, known botanically as Viola, no wonder I had trouble finding them in my books. They are also known as Johnny Jump Up, and Heartsease with about 500 different species. They will tolerate light frosts and grow best in cooler, moister spots with little or no attention. That's why I like them as I buy them in a punnet, and plant among the roses, fuchsias and lilliums. They make a lovely bright ground cover and flower for very long periods with a happy face. The variety known as Johnny Jump Up will seed very prolifically with a very long flowering period.



Competition winners at the last meeting were:

Bloom: 1st Marion Starkie 2nd Brenda Ueberbang

Camellia: 1st Joan Taggart 2nd David Young

Produce: 1st Jan Street 2nd Joan Taggart

The Woolsthorpe Hotel has been booked for our AGM for 12pm Tuesday 13th. August. The Hotel is opening for us only (it closes for lunch in winter) so we must have a minimum of 20 people for them to agree to open and cater for us. Therefore, please let Marita know that you will be there. We will have the meeting there first, rather than the Woolsthorpe Hall as the Hall is too cold. There will be no competitions this month.

The garden is a thing of beauty and a job forever.

A variety of jokes

Q. How you mend a broken pumpkin?

A. With a pumpkin patch!

Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

Q: Why don't mountains get cold in the winter?

A: They wear snowcaps.

Q: What do you call a slow skier?

A: A slope-poke!

Q: Why did the farmer wear one boot to town?

A: Because he heard there would be a 50% chance of snow!

Q: What's the best thing about Switzerland?

A: The flag is a big plus.

Q: What's a cat's favorite instrument?

A: Purr-cussion.

I went to the aquarium this weekend, but I

didn't stay long. There's something fishy about that place.

Q: Why did the snail paint a giant S on his car?

A: So when he drove by, people could say: "Look at that S car go!"

Q: What subject do cats like best in school?

A: Hiss-tory.

Humpty Dumpty had a great fall. He said his summer was pretty good too.

My boss said "dress for the job you want, not for the job you have." So I went in as Batman.

Justice is a dish best served cold.

Otherwise, it's just water.





STAINED GLASS
and
STITCHES

Anglican
Christ Church
Gray Street
Hamilton

Thursday August 15th
Light Lunch at 12 noon
in church hall
(Canon Julien Centre)

Followed by display of
QUILTS AND STITCHERY
in Church.

STAINED GLASS WINDOWS
DISCUSSION

STORY TELLING IN
LADY CHAPEL

"HIGH TEA" STYLE AFTERNOON
TEA TO FOLLOW IN HALL

Admission \$20

Quilt Raffle \$2

Tickets available from:

Judy 0428 712 591 Shirley 0478 940 724 Alex 0411 758 405

Muscle Dysfunction?



Scan QR Code for more details

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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



Rectories ...A house or a home?

It is an undeserved privilege to live in a rectory, especially the one I happen to be in now. Someone thought carefully about the life we clerics live and set things out accordingly. I have lived in 8 rectories now and each one has been a joy.

On the surface of it the rectories are just a building. Something else has to happen before they can legitimately be called home with a capital 'H'.

The pictures on the wall help and when you get the internet and TV to work that is a huge relief. A comfy bed to snore in is also essential.

But it is something more. Memories are to be created, looked back on and savoured. This sunny corner is where I read that amazing book. The dinner table where old so and so came and regaled us with hilarious, albeit slightly dubious stories. The veggie patch which has given so generously and responded to attention and pruning. All are ingredients that are daily stirred into the fabric of the place. Over time, gradually, ever so slowly, without us realising it the address becomes a Home. It's not something that you can rush or construe. It must happen organically of its own accord. Then one day you look back and you realise that something has shifted, altered and changed.

But the most important factor to enable this transformation is to be completely 'at Home' within your own self. To be as relaxed with yourself as you are with the sofa and your surroundings. You can never be at home in any building if you are jarring and jangled. Being at home starts not with a view of the lounge room, but looking within yourself. What do you see there and what needs doing to make yourself Home?

The cement ingot of guilt

I wrote last week about making a house a home and how I had had the privilege of living in no fewer than 8 (eight) rectories.

What is hidden in that swift little sentence is the process of moving. There have been no fewer than 8 moves in my life and more if you count the moves before married life.

Each of those changes involved packing up our goods and chattels, cleaning, polishing, organisation and tossing out that which has become redundant. Those things that we are pretty sure we won't need in the next chapter. It's always a risk and some decisions are tougher than others.

That plant that never really flourished over the past 30 years but just might in a new spot and new soil. That tattered book that was tenderly inscribed by someone I can't quite remember.

This packing away and chucking out is a very cathartic process. It helps with the whole psychological 'moving on process'. Leaving behind one place and looking forward to the next.

These are the material, tangible, touchable packable things.

But there are also other things that are hidden, intangible and not so easily discerned. The sweet memory of the conversation that you weren't expecting to have and came as a luscious surprise. The story that Martha told you, that made you raucously laugh out loud. You take these with you and like a good bottle of red ned they sweeten and mature. They can be savoured and relished.

There are other things that are invisible that should be left behind. The regrets. I should have, could have. If only... the missed opportunities that can't be snatched back and what could have been is now a mirage.

But the very first thing to chuck in the skip is that cement ingot of guilt.

Penshurst Shed

Open

Saturday & Tuesday
10am - 4pm

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

Contact

Tom Cooke 0488 557 345



Penshurst Hair Design



Opening Days

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

By Appointment

For appointments please ring

Mobile: 0417 511 177



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A PAGE TO SHARE RECIPES

Passionfruit Custard Trifle

Prep Time 25 mins Cook time 5 mins Serves 12

From taste.com.au

INGREDIENTS

1 tbsp gelatine powder	170g can passionfruit pulp
400g pkt Creative Gourmet Frozen Pure Passionfruit Pulp, thawed, strained, seeds discarded	900g Paul's Double Thick French Vanilla Custard
100g (½ cup) caster sugar	450g pkt Madeira cake
400g Barker's Passionfruit Curd	300ml carton thickened cream, whipped to firm peaks

METHOD

Step 1

Place 3 tbsp water in a small bowl. Sprinkle with the gelatine and stir to combine. Set aside for 5 minutes.

Step 2

Meanwhile, place the strained passionfruit pulp, sugar and 400ml water in a saucepan over medium-high heat. Stir until the sugar dissolves and mixture just comes to the boil.

Step 3

Remove from heat and add the gelatine mixture. Stir until gelatine dissolves. Strain into a large jug, discarding any solids. Pour into a 20cm 3.75L (15 cup) straight-sided trifle bowl. Place in the fridge for 4 hours or until set.

Step 4

Place the passionfruit curd and passionfruit pulp in a bowl and stir until well combined. Reserve 1/4 cup. Stir the custard into the remaining passionfruit mixture until well combined.

Step 5

Trim 1cm from the base of the cake and reserve offcuts. Cut remaining cake into 1cm-thick slices. Cut each slice into 4 equal pieces.

Step 6

To assemble trifle, arrange cake slices around edge of trifle bowl on top of the jelly. Fill the centre of the bowl with any remaining cake slices and reserved offcuts. Spoon over the passionfruit custard mixture. Top with the whipped cream and drizzle with reserved passionfruit mixture, to serve.



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

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Groceries - Bread - Frozen Foods

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Penshurst's News Agency

"Perseverance is the hard work that you do
after you get tired of doing the hard work you already did." Newt Gingrich USA

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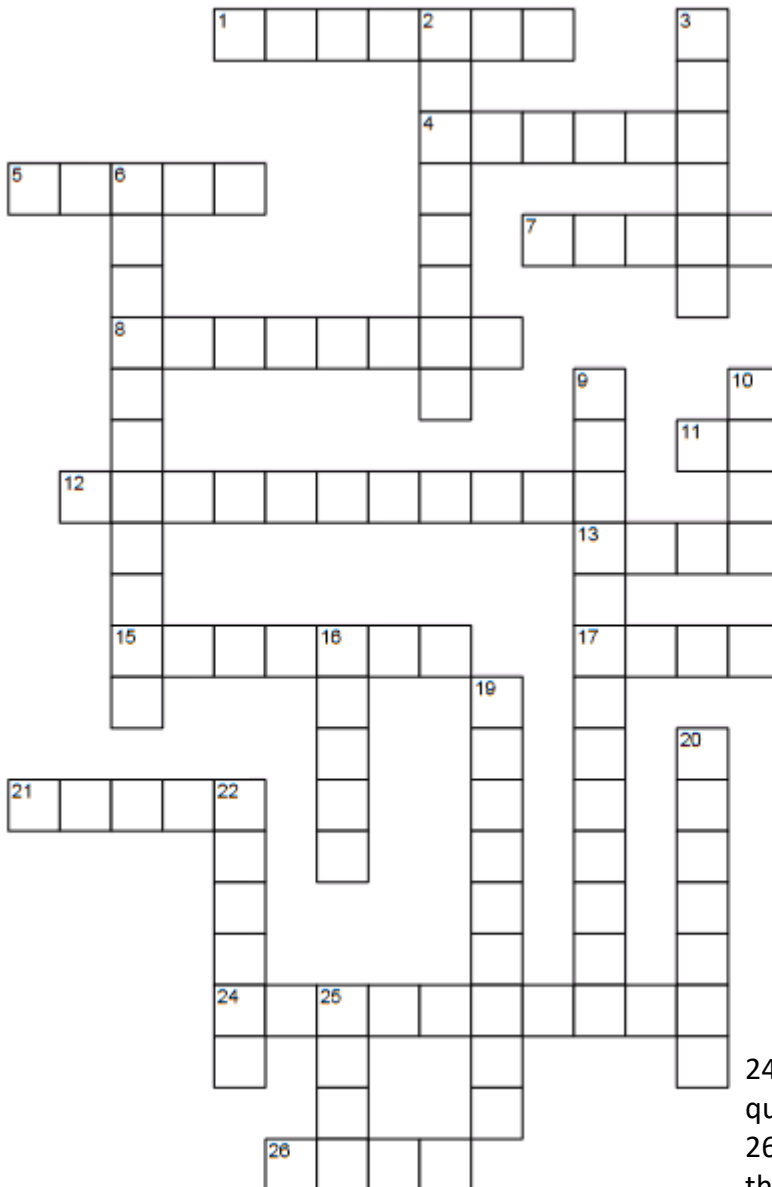
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Mount Rouse Puzzler

Across:

- 1: To move forward.
 4: To push forcibly.
 5: Of a colour like that of snow, milk, or bone.
 7: A woman who rules a country.
 8: A special event or time.
 11: Cutlery with teeth.
 12: A person who sells goods and services to other entities.
 13: A piece of clothing made from soft material that covers your foot and the lower part of the leg.
 15: A long wandering and eventful journey.
 17: A reduction in the usual price.
 21: A quality that makes one person or thing different from another.
 23: A twisted knot of hairs, thread, etc.
 24: The act of obeying an order, rule, or request.
 26: The back part of your foot that is below the ankle.

Down:

- 2: A book with blank pages.
 3: Something that is being done, talked about, or thought about.
 6: Knowledge that you get about someone or something.
 9: The act of thinking about something carefully.
 10: To direct your eyes in a particular direction.
 14: To provide with necessary materials or supplies.
 16: A small animal that lives in a shell that it carries on its back that can live in water or on land.

- 18: A building where plays, shows, etc., are performed on a stage.
 19: The fact that someone is legally responsible for something.
 20: Having parts that connect or go together in complicated ways.
 22: A state that is like being asleep except that you can move and respond to questions and commands like a person who is awake.
 25: A small animal with very small eyes and soft fur that digs tunnels in the ground and eats insects.



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.

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

For the kids

Place these words in the grid:

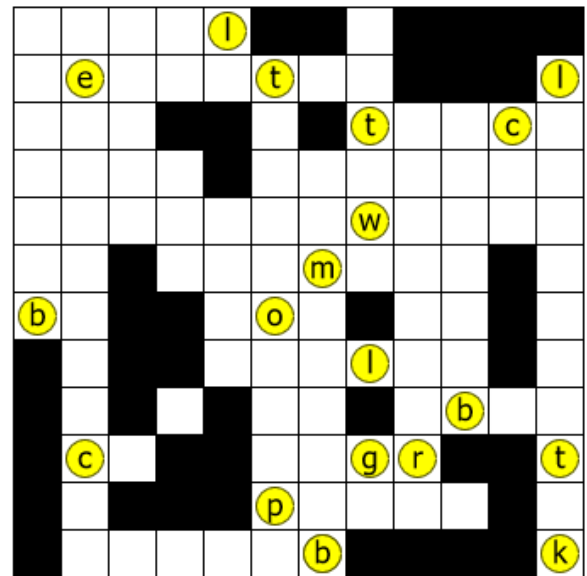
ballgames	glimpse	paper
blister	kitten	rainbow
bustle	laughter	thunder
button	lesson	trace
confuse	lever	turquoise
cup	mosaic	watch
excite	orange	

4	9	5	6	7	3
8	1	6	1	4	1
2	3	10		1	6
4	9			1	7
2	9	7	2	9	2
6	8	3	2	8	1

Above: How to play Find The Tens:

Some numbers in this puzzle will make a total of 10 when you add them up.

The numbers must be connected horizontally, vertically or diagonally.



1	4	6	5		9		2	
2				8			6	
	8	5			6	9		4
				5	7			6
6			4				7	2
	7			6				9
	6		3			2	9	
8		2		4		6		
		9	6		2	4		

Improvement

I am adorable demon baby
I still think you're weird, lady
Go ahead, you can start to pet me
Just don't make any sudden movement

Hear how loud my purrs rumble
See me roll and dive and tumble
Understand, I did not mumble
Petting requires express written consent

Wingnuts, emphasis on wing
I started to fly, I started to fling
Sometimes for you a song to
sing
I'm still scared kitten
But making improvement



By Sydney Martin 2022
lawrencehumane.org/
2022/12/08/spicy-kitten-poems/

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Community Newsletter**

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Registered Address: 21 Martin Street,
Penshurst 3289

**DEADLINE FOR CURRENT SUBMISSIONS -
Saturday 3rd August 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

Also available in colour online at
[www.penshurstvictoria.com.au/
Penshurst%20Newsletter.html](http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html)

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Community Newsletter**



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Dates for August 1, 15 & 29

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