Year 8 Edition 8 26th November 2025

MT ROUSE News & Views



Community Newsletter

Racing Club Award



Story page 3

This colour front page sponsored by Brian O'Brien. Thank you.

MT ROUSE NEWS & VIEWS

The Combined Churches **Christmas Carols** will be held on Sunday 7th December 2025 at 7.30 pm

Penshurst Memorial Hall



All Welcome

NOTICE OF AGM

volcanoes Discovery Centre

SATURDAY, NOV 29 - 12 MIDDAY

COME ALONG AND FIND OUT HOW YOU CAN VOLUNTEER AT THE VDC.

MEET NEW PEOPLE. MAKE NEW FRIENDS. CONTRIBUTE TO THE PENSHURST COMMUNITY.

Emma **KEALY MP**

NATIONALS MEMBER FOR LOWAN









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MT ROUSE NEWS & VIEWS

Racing Club Award (from front page)

Long serving Penshurst Racing Club secretary, Brendan Kelly (left), received a life membership award from Katrina Heslin at Penshurst races last Saturday. Watching Brendan receive his award

were Country Racing Victoria chairman, Chas Armytage, and Penshurst Racing Club president, Mick McKinnon (right).

The first Penshurst race recorded was on December 14, 1860 near the Mt Rouse Inn, four kms from Penshurst on the Hamilton Rd. 160 years later, the Penshurst Cup continues to offer an opportunity for locals and out of towners alike to unwind, bask in fresh air, relish the stunning views and take a break from the hustle and bustle of life!

Congratulations Brendan, and thank you to the Race committee for all their dedication and hard work.

Apologies

Hi everyone, on behalf of the PPA and myself personally I sincerely apologies to anyone who was not notified last Saturday that the event on Sunday was cancelled due to forecast bad weather.



The day didn't turn out as bad as forecast until later on, but .we had no choice but to cancel as the rain would have damaged our kid's activities.

I am aware that a number of people and families turned up for the event and were very disappointed that it was not on and they weren't informed.

We tried to notify as many people as possible via email and Facebook but not everyone received the cancellation.

We are going to reschedule the event for late January 2026, possibly the Australia Day weekend or on Australia Day itself after the morning ceremony so please watch out for further information in the newsletter, emails or on Facebook when the date is confirmed. Hopefully the pool will also be open on the same day.

Again my apologies to everyone.

Regards, Ray Allan, VP PPA

Penshurst Progress Association Inc

Annual General Meeting

Wednesday 26th November 2025
Penshurst Memorial Hall
21 Martin Street
7.00pm

Business of the meeting:

1 to confirm Minutes of the previous year

2 to receive and consider the Annual Report and Financial Statement of the Association

3 to elect members of the Executive

4 Any other business of which notice has been given.

All members and interested persons are encouraged to attend.



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Your chance to win a share of the historic Penshurst Pub!

Win 1 of 2 First Prizes of a Share in

the ownership of the Penshurst Pub

worth \$5,000 each!

Only 400 Tickets - so a 1 in 200 chance to WIN!

Fundraising proceed will be donated equally to 10 Penshurst Community Groups:

PPA, CWA, CFA, Lions, Seniors Citizens, History Society, VDC,

Pony Club, Friends of Yatmerone & Memorial Hall

\$50 a ticket - drawn 9 Feb 26



Raffle run by the Penshurst Progress Association - Declared Community & Charitable Organisation No: 63651

MT ROUSE NEWS & VIEWS

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

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Tuesday to Friday - 7.30am - 2.00pm

Saturday - 8.00am - 2.00pm

Sunday - CLOSED

Café/Bakery

110 Bell Street, Penshurst

penshurststore@gmail.com



It's time to start untangling your Christmas Lights!

There isn't a competition this year –
just community Christmas cheer. So hang your lights
and decorations and let's make our homes look
beautiful for people to enjoy.

We encourage you all to find the 'Christmas Lights' post on the Penshurst3289 Facebook page & add your address so people can find your display. If you don't have Facebook, feel free to text 0451 545 721 to add your address and receive the list of the displays.

Happy to Christmas to you all!

Penshurst Progress Association Inc

MT ROUSE NEWS & VIEWS

Annual General Meeting Mt Rouse Community Newsletter Inc Penshurst Men's Shed 103 Cobb 7.30pm Monday 1st December Everyone welcome

For more information contact the Editor 0402 870 738

"Some people want it to happen, some wish it would happen, others make it happen." Michael Jordan

"It does not matter how slowly you go, as long as you do not stop." Confucius





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Treasure the invisible.

Some time ago we had a working bee here at Christchurch Hamilton. The day was overcast and coolish but rugged up and looking like a bit of dag, I cheerfully joined in.

The aim was to smarten up the grounds, get rid of excess vegetation and show to the community that we take our care of the environment seriously, as well as offering a manicured 'welcome mat'. There were heady discussions around the logistics of what needed to be done, the right equipment and who would/could/should apply for these much sought after positions.

The skip filled easily and quickly. In fact there is probably another skip waiting in the next door departure lounge ready to go. The distraught and hapless flag pole was moved out of harms way and plotting began for a slightly different version. It now looks very hospitable and you're always welcome to see what we accomplished.

It was leading into the footy finals so there was a bit of chatter about who might win and who might lose. Who had despaired of their team and whose heart had gone into arrhythmia with hope and excitement.

But there was something else that happened and while it was invisible, I sensed it most keenly when we all stopped for a well earned cuppa and delectable home made scone.

The sense of camaraderie and team work, co-operation and conviviality was almost palpable. Together we had achieved much and the sense of pride blended with mirth and jocularity was just as enjoyable as looking over the well cared for and much loved grounds.

These invisible threads of companionship, encouragement and community are the deepest and sweetest treasures for me as a parish priest. They are not quantifiable, touchable or seeable, but it is these invisible things that I treasure most.

We're the clever ones... right?

Each week it is a great joy to be able to chat to my daughter. She lives in New York and we engage in lively conversation thanks to a thing called google meet. We swap stories and update on family news. This is a first world privilege not afforded to most of the world and would not have been available to our society 50 years ago.

We're the clever ones... right?

But the advancement of technology and medicine over the past few decades does not stop there. O Lordy, Lordy no.

Think of the motor vehicle. It takes us from A to B and then onto 3.6 and back home again. It's air-conditioned, plays music and now comes with navigation devices that even the most ungeeky priest can work out and use competently. We're the clever ones ... right?

Think of the medicine and prescriptions that most of us of mature years rely on and the cleverness that was involved to test and refine these tablets to a safe and effective level. Where the clever ones ... right?

And then we took travel to a whole new level where hundreds of people can get on board a tin cylinder and in just over 24 hours arrive on the other side of the planet. And don't even get me started on space travel. We most certainly are the clever ones ... right?

But then if we are so clever in this age of communication and connection, how come there are many who feel nothing but isolation and loneliness. And Boy... we sure know how to start a war. But ... we're not quite smart enough and clever enough and wise enough to know how to end a war.

Perhaps we have a ways to go. Perhaps we're not the clever ones after all.

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

MT ROUSE NEWS & VIEWS

DAN TEHAN FEDERAL MEMBER FOR WANNON



My office can assist you with information about Federal Government services including:

- **Centrelink**
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Authorised by Dan Tehan MP, Liberal, 190 Gray St, Hamilton VIC 3300.

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Food for thought - Words about wisdom Science is organized knowledge. Wisdom is organized life. Immanuel Kant

Doubt is the origin of wisdom. Augustine of Hippo

The truest wisdom is a resolute determination. Napoleon Bonaparte A symptom of wisdom is curiosity. The evidence is calmness and perseverance. The causes are experimentation and understanding. Maxime Lagacé

It is not the man who has too little, but the man who craves more, that is poor. Seneca

A wise man never loses anything, if he has himself. Michel de Montaigne A fool is known by his speech; and a wise man by silence. Pythagoras Never say no twice if you mean it. Nassim Nicholas Taleb

Irrigators channel waters; fletchers straighten arrows; carpenters bend wood; the wise master themselves. Buddha

Wisdom is nothing but a preparation of the soul, a capacity, a secret art of thinking, feeling and breathing thoughts of unity at every moment of life. Hermann Hesse

A lot of wisdom is just realizing the long-term consequences of your actions. The longer term you're willing to look, the wiser you're going to seem to everybody around you. Naval Ravikant

Everything comes in time to him who knows how to wait. Leo Tolstoy Logic is the beginning of wisdom, not the end. Leonard Nimoy

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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



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Across: 1 alive, 4 please, 8 prize, 10 advertising, 12 possession, 14 advocate, 16 slap, 17 background, 18 hostage, 20 speak, 21 pipe. **Down:** 2 listen, 3 choke, 4 pace, 5 embarrassment, 6 reign, 7 roar, 9 wilderness, 11 investment, 12 peasant, 13 look, 14 alarm, 15 discreet, 19 safari, 20 speak.

MT ROUSE NEWS & VIEWS





YOUR COUNCIL, YOUR COMMUNITY

COUNCIL CALLS ON COMMUNITY TO TAKE A STAND DURING 16 DAYS OF ACTIVISM

November 25 marks the beginning of the 16 Days of Activism Against Gender-Based Violence, a global campaign calling for the elimination of violence against women.

During this time, communities, organisations and individuals around the world come together to recognise women's rights, promote gender equality, and raise awareness of the devastating impacts of domestic and family violence.

Southern Grampians Shire Council is again joining with Rotary Hamilton's Walk Against Domestic and Family Violence on **Saturday 29 November 2025.**

Rotary Hamilton's Walk will start at 10:00am from the Hamilton Botanic Gardens (Thompson Street Gates) and will finish at the Hamilton Performing Arts Centre. Residents are encouraged to wear purple to support the end to gender-based violence or orange in recognition of the 16 Days of Activism. Guest speakers will feature from Victoria Police, WDHS and Council and will be followed by a free sausage sizzle.

Southern Grampians Shire Council Mayor Dennis Heslin said the campaign is a timely reminder that violence against women and children happens in our Shire, and that together we can take steps to prevent it.

"16 Days of Activism is an important time to have honest conversations about the impact of gender-based violence within our community. Statistics show it remains alarmingly high in the Southern Grampians, so we have a lot of work to do to change this.

"These conversations should happen all year, but the 16 Days campaign puts a spotlight on what we are willing to accept as a community. It challenges us to defend the basic human right to equality. This is our time to say no.

"I encourage everyone to get involved, join the walk against domestic violence, wear purple and orange, and show there is no excuse for gender-based violence in our region."

According to the Australian Institute of Criminology / Australian Bureau of Statistics data for 2023-24 (released July 2025) nationally there were 90 domestic homicide (homicide by intimate partner or family member) victims in 2023-24, representing around 37% of all homicide victims. Of these, 57 were female victims and 33 were male.

Across Australia, we know that nearly one in four women have experienced emotional abuse since the age of 15, and around one in six have at some point experienced physical or sexual violence by a current or former partner.

"While we recognise domestic violence is committed against both men and women, locally Southern Grampians Shire Year to March 2025 recorded 378 family violence incidents - a 13.5% increase on the same period last year.

"This is a stark reminder that we cannot treat violence against women as someone else's issue. Over the 16 Days of Activism and beyond, our community are encouraged come together to promote respect, safe relationships, support survivors and hold perpetrators to account," concluded Cr Heslin. The annual 16 Days of Activism Against Gender-Based Violence campaign begins on the International Day for the Elimination of Violence Against Women on 25 November and ends on International Human Rights Day, 10 December.

Continued page 12

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YOUR COUNCIL, YOUR COMMUNITY

For more information visit <u>www.respectvictoria.vic.gov.au</u> or follow Council's social media pages.

COUNCIL ADOPTS NEW ROAD SAFETY STRATEGY TO MAKE HAMILTON'S CBD SAFER FOR EVERYONE

Southern Grampians Shire Council adopted the Hamilton Central Business District (CBD) Road Safety Strategy 2025–2035 at the 12 November Council Meeting, setting a clear path toward safer and more accessible streets in the heart of Hamilton.

Developed in partnership with the Transport Accident Commission (TAC) and the Department of Transport and Planning (DTP), the Strategy focuses on reducing serious injuries, preventing fatalities, and improving safety for all road users - whether driving, walking, cycling, or using mobility aids.

The Strategy was developed following detailed local road safety audits and data analysis which identified 19 casualty crashes within the CBD between 2019 and 2023, including five serious injuries. Most incidents occurred at intersections or crossings, often due to limited visibility, high vehicle speeds, and a lack of safe pedestrian infrastructure.

Southern Grampians Shire Council Mayor Dennis Heslin said the Strategy demonstrates Council's strong commitment to safer streets and community wellbeing.

"We know how important it is for people to feel safe moving around our town centre," Cr Heslin said. "This Strategy gives us a practical roadmap to make that happen through safer crossings, better visibility, speed management, and community education.

"It's about creating a CBD that's safe, welcoming, and easy for everyone to get around."

The 10-year plan adopts the Safe System approach, aligning with national and state road safety goals, including *Vision Zero* - a long-term commitment to eliminating deaths and halving serious injuries on our roads.

Key priorities include:

- Installing raised pedestrian ('wombat') crossings, particularly near schools
- Improving intersection safety and sightlines
- Investigating traffic calming and safer speed options in key areas
- Enhancing cyclist and micro-mobility safety

Running education campaigns for students and drivers

Funding to implement priority safety improvements will be sought through TAC and DTP programs such as the Safe Local Roads and Streets initiative.

The Strategy will be reviewed every two years to ensure it remains effective and responsive to emerging safety needs.

"This isn't a one-off plan; it's a living document that will guide improvements and investment over the next decade. We're proud to take this step toward a safer, more connected, and more vibrant Hamilton," Cr Heslin concluded.

The Hamilton CBD Road Safety Strategy 2025–2035 will also serve as a model for future road safety planning across the wider Shire. For more information visit Home Southern Grampians Shire Council online.

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A PAGE TO SHARE RECIPES

Quick Pineapple Chicken Mince Stir Fry

Prep Time 10 mins Cook 10 mins Serves 4

INGREDIENTS

www.taste.com.au

55g (1/4 cup, firmly packed) brown sugar 60ml (1/4 cup) dark soy sauce 60ml (1/4 cup) hoisin sauce 228g can pineapple pieces in juice, drained, juice reserved 1 tbsp vegetable oil 500g chicken mince

chopped
1 brown onion, coarsely chopped
2 garlic cloves, crushed
2 tsp finely grated fresh ginger
55g (1/3 cup) unsalted roasted cashews
Steamed rice, to serve
Chopped fresh coriander, to serve

Step 1

Combine the brown sugar, soy sauce, hoisin sauce and 2 tbsp reserved pineapple juice in a jug.

1 red capsicum, deseeded, coarsely

Step 2

Heat the oil in a large frying pan or wok over high heat. Add the chicken mince and stir-fry, breaking up mince with a wooden spoon, for 3-4 minutes or until golden. Push the chicken to one side of the pan. Add the capsicum, onion and pineapple pieces to the other side of the pan and stir-fry for 2-3 minutes or until softened slightly.



Step 3

Add the garlic and ginger to the pan, then stir-fry with mince and vegetable mixture for 1 minute or until aromatic. Add the sauce mixture and cashews. Cook, tossing, for 1-2 minutes or until well coated and the sauce thickens slightly.

Step 4

Divide rice and stir-fry among serving bowls. Sprinkle with coriander.

"The secret of success in life is to eat what you like and let the food fight it out inside."

- Mark Twain

"The only time to eat diet food is while you're waiting for the steak to cook."

- Julia Child

"Cooking is like love. It should be entered into with abandon or not at all."

- Harriet Van Horne

"Food, in the end, in our own tradition, is something holy. It's not about nutrients and calories. It's about sharing. It's about honesty. It's about identity."

- Louise Fresco

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Community Calendar & Contacts

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 or contact Marita 0439 669 839

Penshurst Hospital

- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- 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 the Social Support Group Coordinator on 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 the Secretary 0418 141 301. The Court House open for Visitors 1st Saturday each month 9.30 am to 12.30 pm.

Friends Yatmerone Reserve

 7.30 pm Community Room behind the Volcano Discovery Centre 11 March, 13 May, 8 July, 9 Sept, 11 Nov and 9 Dec. New members welcome.

Lions Club of Penshurst & District

 1st Friday dinner meeting. 3rd Tuesday business meeting, each month at 8 pm.
 Venue TBA penshurst.vic@lions.org.au

Penshurst Progress Association (PPA)

See back page



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/

If you would like to chat to a local ACO, please email penshurst.teamleader@ambulance.vic.gov.au

Penshurst Senior Citizens

See back page

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

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.
 Contact Jenni 0409 962 969

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 Fr. David Oulton 0435867040

St Andrew's Uniting Church Penshurst

2nd & 4th Sunday 11am Service

St Joseph's Catholic Church Penshurst

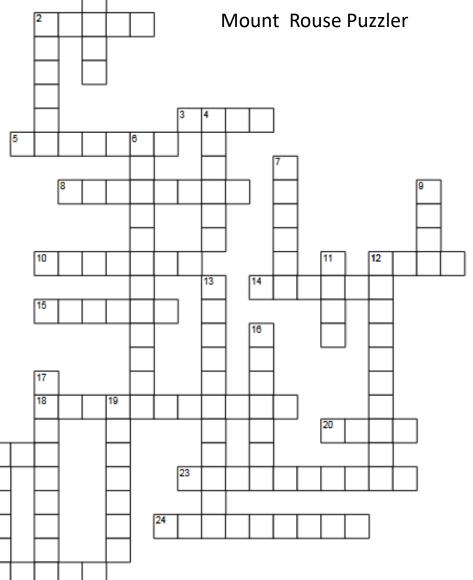
1st Sunday No Service 2nd Sunday Mass 5pm 3rd Sunday Lay Service 8.30am 4th Sunday Mass 5pm 5th Sunday No Service

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MT ROUSE NEWS & VIEWS

Across:

- 2: The thick main stem of a tree.
- 3: A device that is used for catching animals.
- 5: Something that is made or grown to be sold or used.
- 8: Sudden and extreme.
- 10: To provide or be a good reason for something.
- 12: Holding or containing as much as possible or a lot.
- 14: To make (someone or something) strong, healthy, or active again.
- 15: The front of the neck, or the space inside the neck down which food and air can go.
- 18: To prove something by showing examples of it.
- 20: To travel on water in a ship or boat.
- 21: The main subject that is being discussed or described in a piece of writing, a movie, etc.



- 23: A woman that someone is having a romantic relationship with.
- 24: To affect someone very strongly.
- 25: An amount that is more than the usual or necessary amount.

Down:

- 1: Not exciting or interesting.
- 2: Trees that are grown in order to produce wood.
- 4: To make someone or something strong, healthy, or active again.
- 6: Something that makes something harder to understand, explain, or deal with.

- 7: The official home of a king, queen, president, etc.
- 9: To travel on water in a ship or boat.
- 11: Clean and organized.
- 12: A country formed by separate states that have given certain powers to a central government while keeping control over local matters.
- 13: Involving in activities and or events.
- 16: Very close to being something without actually being it.
- 17: Tell the public about a product.
- 19: Not discovered or known about.
- 22: The ear provides its own blockage.

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Mt Rouse News & Views Community Newsletter

Published by

Mt Rouse Community Newsletter Inc

ABN 95 801 619 635

"Mt Rouse News & Views Community Newsletter" is the registered business name of the Mt Rouse Community Newsletter

Registered Address: 103 Cobb Street, Penshurst 3289

Submissions: 46 Watton Street.

DEADLINE FOR CURRENT SUBMISSIONS -Saturday 6th December 2025

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/
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Our newsletter is free due to the continuing support of our advertisers. Thank you.

Community Calendar Dates

PPA

4th Wednesday of every second month at 7pm (Jul, Sep, Nov, Jan, Mar, May) – community meeting at the Memorial Hall Committee meetings – as required

CWA

4th Tuesday of the month at 7pm. In the senior citizen Clubrooms. No meeting in December





Mobile Library

Will be visiting <u>Penshurst</u> every Thursday fortnight 3.00 - 4.00pm

Outside the Hall in Martin St

20th November 4th & 19th December

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Penshurst Citizen of the Year 2025

An important part of our Australia Day celebration is the recognition of our

Penshurst Citizen of the Year

Who do you consider deserves to be recognised for their hard work and dedication to the town and its residents?

Fill in this nomination form and drop it to the Penshurst Post Office or in the letterbox at the Memorial Hall, 21 Martin Street by the 9 January 2026.

Name of Nominee:	 	
Reason for Nomination		
	 	 •
Your name:	 	 ,
Contact details:	 	

(All information is kept strictly confidential)