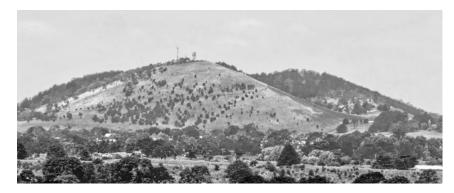
Edition 15 27 March 2019

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

FREE EVERY FORTNIGHT

Editor: Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com

Penshurst Hospital Market - Saturday 16th March

A great many things happened that day ... The Penshurst Hair Day, held in conjunction with the market, was very successful and fun for those of us who dared to be shaved, or go green, red or purple for the occasion. The Penshurst Progress Association would like to thank the Hospital Ladies Auxiliary for their donation of time and slices to help us fundraise for 'the Biggest Morning Tea'. The community, and many visitors, helped them raise \$181.00 for the Cancer Council. Mandy, from Mandy's Hairdressing, helped us raise \$133.00 for the Leukemia Foundation. The winner of our raffle was Sue Morgan. Our thanks to all who participated and donated to these worthy causes.

The PPA would also like to thank everyone who participated in the Review of the Community Plan. There was obviously a great deal of discussion on various topics among the people who stood before the



printed-out plans on the wall and made their vital opinions seen with the little green or orange dots and then filled in the Feedback forms for us afterwards. The information is being collated and a brief summary presented at tonight's Progress Association meeting. It will become the new Community Plan which the Council is looking forward to reading and discussing with us. The raffle will be drawn tonight at the Association meeting. (Continued next page)

DEADLINE FOR SUBMISSIONS - 6th April 2019

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.

MT ROUSE NEWS & VIEWS







Post Offices have changed in many ways over the years, now offering a wide variety of products and services.

Did you know you can deposit & withdraw with all major banks and Credit Unions at Penshurst Post Office Also

Passports & Passport Photos, Working with Children Applications
Post Office Boxes available – To keep your mail safe
Overseas Money - Commission free, Money orders
Western Union Money Transfer
Gifts for all occasions and ages – GREAT PRICES
Quality Cards & Wrapping Paper, Darrell Lea Chocolates
AND MUCH MORE

Monday – Friday 9am to 5pm 31 Martin St, Penshurst Vic. 3289 (03) 5576 5220

PENSHURST MENS SHED

103 Cobb Street Penshurst

In January and February the workroom of the Shed will not be open on high temperature days.

All Welcome

The shed is open:

Monday, Wednesday and Saturday 10:00 am to 4:00 pm

Tuesday Social afternoon 2:00 pm to 5:00 pm

Just for a Laugh

A police officer pulls over a car full of old ladies. He says, "Ma'am, you realize you can't drive that slow on the highway. It's dangerous."

She responds "Isn't the speed limit 33?"

Laughing the cop says "No man, this is highway 33. That's not the speed limit." He looks into the back of the car and the women are frightened. He asks "What's wrong with them?"

The lady says "I don't know. We just came off of Highway 144."

"Blessed is he who expects nothing, for he shall never be disappointed. " **Alexander Pope**

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HERMAN GRIMES GROUP SALE MINHAMITE—HELD MARCH 16TH



Toys for the boys - locals Phil Doherty,
John and Barry King



Parking at Minhamite soon spilled out onto the road verge

Anyone driving to Warrnambool in the last month would have noticed the large collection of farm machinery, vehicles and associated equipment stored in the paddock on the Western side of the road at Minhamite. This was one of the largest machinery clearance sales held in the district for many years.

A large crowd attended and buyers travelled from far and wide to inspect pasture, crop and hay making equipment including tractors, mowers, seeders and feeders. As with all clearing sales it was a great chance for neighbours and others to catch up. Thanks to Mary Johnson for the story and photos.

Penshurst Community Market

(continued from front page)

Lastly, we said thank you and goodbye to Pat and Nanette Stanes, who have run the markets for the last four years in support of aged care at the WDHS Penshurst Hospital. I know the amount of time and energy they have put into making it the success it is. The market is once again the responsibility of the PPA and will become a part of the fundraising drive for the repairs and renovations of the Penshurst Hall. To that end, we welcome to the PPA team Elisabeth Siecker who will manage the markets with help from all of us. We look forward to seeing you at the October Market.



Nanette, planning to enjoy a well earned rest after years of hard work. She and Pat will be missed.

MT ROUSE NEWS & VIEWS



WDHS SOCIAL SUPPORT GROUP START STAYING STRONGER EXERCISE PROGRAM

After much work the Start Staying Stronger Exercise Program has been organized for the Penshurst Community.

Details of the Program

The WDHS Social Support Group is offering two further trial sessions in the Hamilton Frances Hewitt Community Centre to assist those who wish to commence the program. In these sessions assistance will be given to set up a program that is most beneficial for individuals going forward.

AHAs and Social Support Group leaders will be there to assist you. You need to arrive early so that you can complete the waiver form, be oriented to the class and guarantee your spot for the day.

For all interested people wishing to take part in the new exercise program we are offering transport by bus

on: Thursday March 28th and Thursday the 4th April Sessions will run from 10.00 until 10.45

The bus will depart from the Penshurst Memorial Hall at 9.00 am.

Following the trial sessions the new Start Staying Stronger exercise program will commence in the Penshurst Sheppard Centre on Thursday May 1st and thereafter each Thursday. From 10.00 am to 11.00 am.

The Social Support Group will also recommence in the Penshurst Sheppard Centre at the same time with meetings each Thursday plus there will be a community outing offered monthly. The ongoing program will be advertised in this newsletter.

Enquiries Should be addressed to Brenda Uebergang on 5551 8472

PENSHURST & DISTRICT HEALTH SERVICE

Invites you to a Community Lunch with

A PRESENTATION ON THE HEALTHY LEG CLUB

When: Wednesday 17th April at 12.30pm

Where: Shephard Centre, Penshurst Hospital

Cost \$10.00

Phone **5552 3001** to

RSVP: by 12th April by 12 NOON

MT ROUSE News & VIEWS

PENSHURST NATURE NOTES

Something unusual happened in our garden this summer; or rather something usual didn't happen.

Usually we have several colonies of Jewel Spiders adorning some of our lower shrubs. They usually

appear in early December and remain for about 8 weeks. This year they made a brief appearance at the usual time but disappeared within a week. Another regular annual happening is the appearance of another group of small spiders which spin a collection of webs in shady places like woodsheds. I don't know what they are called but they have an obvious triangular hump on their backs. They too are in short supply this year. Two other commonly seen spiders in our garden totally missing this year are the Leaf-curling and the Tailed.

As well as this lack of spiders, and perhaps more worrying, was the reduced number of insects.



We usually see lots of hoverflies, native bees, wasps and other insects but have not seen many of these critters this year.

Thankfully we haven't been visited by many mosquitos or European Wasps either.

Even the Honey Bees were slow to appear. I don't know whether this is related to a recent report which indicates a worldwide trend in loss of insects. If it is, and this is not just a "bad year", it bodes

cides and fertilizers, disease and climate change.

badly for the future. Apart from the loss of pollination potential, think of those other animals which depend on insects as a major part of their diet.

Several reasons have been suggested for this decrease in insect numbers such as habitat clearance, overuse of synthetic insecti-

Dave Munro

A quick glimpse at some of the art works at the Penshurst Art Exhibition. More next fortnight.

Leaf Curling spider



'Tippa', the
People's Choice
Award winner,
and the majority
of the Highly
Commended
entries.



MT ROUSE NEWS & VIEWS

Grab your Takeaway and extras from Josh & Tracy Hewitt at the

Penshurst Newsagency & Takeaway

86 Bell Street Penshurst 5576 5330 ABN 62624156010

All Day Breakfast, Egg & Bacon Rolls, Home-made cakes & slices Mahalia Coffee, Fresh Bread, Milk, Meat and soft drinks. Fresh battered Fish, Dim Sims, Hot Chips and much more.

Try the specials – Chicken Parma, \$15.00, Souvlakis (Lamb or Chicken), Fish & Chips with salad \$10.00

NEW - Chicken & Seafood (served with chips & salad) \$18.00

Hamburgers, Chicken Chilli Burgers, Steak Sangas, Chicken Schnitzel Burgers

Check our board for weekly specials!

Opening hours

6am – 7pm Monday – Thursday

7am - 8pm Friday, 7am – 8pm Saturday

8am – 7pm Sunday

Please phone late orders 15 minutes prior to closing, thank you.

Men at Work

For sale through the Penshurst Men's Shed Inc

There has been a general groan in the land of the Men's Shed as we were advised that the Shed slipped through the cracks of the Septic System review last year and now must be reassessed from scratch before we receive planning approval to move forward with the new build. We would like to thank Mark Dalla Costa for his patience and persistence as he has worked his way through a mound paperwork to lead us to this conclusion. In the meantime, our endeavours continue.

Small Coffee Tables \$35.00 unstained & \$45 stained.

The planters and other wooden projects can be built to your size and specifications. To purchase any of our items contact
Tom Cooke 0488 557345

Planters

\$35

Unstained

\$45

Stained





See you at the Shed.

Monday, Wednesday, Saturday 10am - 4pm. Tuesday 2pm - 5pm Ladies Social Afternoon Everyone welcome.



MT ROUSE NEWS & VIEWS

PENSHURST **PROGRESS** ASSOCIATION

Committee of Management:

Ama Cooke - President 0402 870 738

Mark Dalla Costa – Secretary Vice President – Tom Cooke

Mary Stewart Nigel Pyne

Treasurer – Marjorie Dalla Costa ABN 35 622 662 815

Don Adamson

If I could rewrite something in the last newsletter, it would have been to make room to remind everyone that the Annual Penshurst Art Exhibition was on last weekend. It was wonderful to display entries from members of the Penshurst Community, and to have some of them attend the Opening on the Friday night. Why is this in the PPA report - because the Exhibition, as is our upcoming Football Competition, are part of the fabric of our community, and affects how we recognise ourselves within the town and district, and how other people see us. What is expected of the Footy team, and what is expected of members of the renewed Progress Association, or the Art Association, or the Hall Committee of Management, some of whom actually live in Hamilton? We all have to be flexible and capable of constantly redefining our roles.

The Council came to visit on Monday afternoon, bringing the library van (with books), and some of us stood in the street, in the high winds, and seriously discussed problems around the town. This visit was advertised in the previous newsletter and I am glad I attended. The majority of the Councillors were there, willing to listen to our complaints and suggestions. I thanked them for the grant for the stove for the Hall, and grumbled about the grant application for the Christmas Market .. but we get to re-present that, and it may well turn out to be far better than expected, because the Council has ideas about bringing Smart Solar Lights to the Gardens, and the new Entrance is actually only missing a Building Plan, which is being expedited. The Postmaster is watching the corner for when work commences. But, as I was told at the time, they had not come out to be thanked, but to listen find out about the problems around the town, and I know we gave them a list, or two!

Many things that we talked about, such as renewing the streetscape, are either in, or being added to, the Community Plan after the last Penshurst Hospital Market Plan review. The PPA is grateful to everyone who also took part in the Penshurst Hair Day, Biggest Morning Tea. The results of which of the Review will be presented tonight (Wednesday) at the Community Meeting (7.30pm, Supper Room of the Hall). They will also be available online on the Community Plan webpages a few days after the meeting. From the results a renewed plan will be developed and, once approved by the Community, will be presented to the Councillors and negotiations will begin. There is still time for anyone to have input into the Plan, so contact me for a copy of the feedback form and I will arrange for you to get one. In the meantime, the two raffles will be drawn at the end of the meeting, for those people who participated in the process at the Market, and afterwards through the forms they collected there.

What do you think is important for the town, and what you think it needs, is something that we want to know about as we renew this very important document. There is also a 'Draft Planning Scheme Review' to 'improve how the Council operates in achieving better land use and development outcomes' (their words) which you can offer feedback to, either to us before the 30th March, or the Council directly before the 1st April. The link to the document is here: www.sthgrampians.vic.gov.au/haveyoursay. I have read it and am happy to see that sewerage for the small towns is now a part of important future implementations (page 18-19).

The Community Meeting is on the fourth Wednesday of each month, except December. The Agenda for tonight's meeting includes feedback on the events of the month, including more discussion of the Logo, a review of the proposed Mission & Vision statements, feedback on the Community Plan and any comments on the Draft Planning Scheme review. We try to keep each meeting brief - most have been a bit over an hour, but all of this is important to our future, and everything takes time. There is cake and coffee/tea either during the meeting or afterwards and everyone is invited. You don't have to join the Association to be welcome at our meetings. Your comments, questions and concerns are appreciated. The Progress Association is working for the benefit of all of us and we can't be as effective as we would like without your help. See you at the Meeting.

Words to the Wise - "You're never wrong if you love and help people " Maxime Lagacé

MT ROUSE News & VIEWS

Dunkeld & District Community Bank® Branch





Dunkeld & District Community Bank® Branch

Deposit ready?

You've got your deposit - but what can you actually afford? Your home is likely to be your biggest investment. Buying your first home is an exciting time, but it's important that you're ready and informed. We can help you make the right decisions. Visit www.bendigobank.com.au and use our calculator to find out: -

- ✓ how much you can borrow,
- If you qualify for a first home buyer grant
- what your repayments will be

Our home loan offering is simple, flexible, competitive and rewarding.

Branch Visitors

We had a visit from teachers and students from Dunkeld Kindergarten CPSG. They were out and about picking up rubbish for 'Clean up Australia Day.' While collecting rubbish, the students found a torn \$5 note, which they politely asked Louise to exchange for a brand new note.

Great manners from everyone and before leaving, each student received a 'piggy' stamp.

Right: Four year old Dempsey Gerring waited patiently for her stamp, as seen here with Louise.



Don't lose your super to fees.

If you've had more than one job, chances are you have more than one super account. Consider consolidating your super into a low cost fund like Bendigo SmartStart Super*.

Want to learn more about Bendigo SmartStart Super®?

Drop into the branch at 92-94 Parker Street, Dunkeld or phone 5577 2488 or apply online at bendigobank.com.au/super

Bendigo Bank

Issued by Sandhurst Trustees

Bendigs SmartStart Super (ABM 57 526 653 420) is issued by Sandharst Nucleics Limited (ABM 36 COI G03 737 AFSL 237905) is subsidiary of Bendigo and Adelaide Bank Limited (ABM 11 C68 049 178 AFSL 237879). But of the companies receive remarkedoon on the issue of the product or senice they provide. This document contains general advice only. Thu should consider your situation and result the product disclosure statement available at sandharst transfers commus, before making investment edications. ASCAD3174 (478233 11):14/03/2019)

Something for the kids

Every day is a good day to colour. If your child or grandchild is a budding artist, call into the branch and pick up our free Easter colouring sheet. Should keep the kids interested and busy!





Give us a 'like' and keep up to date with our latest news and events, ask us a question or tell us what you think! Share you story or event and look at ours. www.facebook.com/dunkeldcommunitybankbranch

Your best interests at heart.

If your bank isn't doing the right thing by you, change to one you can feel better about.

Drop into the branch at 92-94 Parker Street, Dunkeld or phone 5577 2488 to find out more.

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reams, executions, feers and changes apost, all independent makes, to convent an at 22 Ady 2018 and is subject to change fairly debalds assigned in contract and changes apost, all independent on the changes of the debalds assigned in contract and a contract of \$1,00,000 over 25 years. MEXERGE The composition make in the case and produced in these and exhapped. Other or terms, best or other locate amounts might present on a case of the contract of the Contrac

MT ROUSE NEWS & VIEWS

Sleep Issues? What, if anything, can you do?

Sometimes we sleep deeply and wake rejuvenated, ready for the day, at other times we may be lucky to get three hours of broken disturbed sleep yet still have to face the day functioning as if we have had a full eight hours, so why is that? Why do we sometimes sleep well and others not? How much sleep do we need? Or maybe you have never slept well and have accepted that that is just the way it is yet really yearn for a consistent night's sleep.

Sleep is as essential to our health (both physical and emotional) as food, air and water. There are many reasons why we have insomnia.

For many sleep difficulties are due to the inability to "turn off the mind"- worrying/thinking about everything. Anxiety, depression, anger, grief and anticipation of stressful events are some of the most common reasons for insomnia. Other reasons can include environment, noisy bedroom, uncomfortable bed, too hot too cold, lumpy pillow etc. Aches and pains and medical causes can also be contributing factors.

There are two general types of insomnia Chronic and Transient, the first describes long term sleep problems that may last years the second lasts for a few nights or weeks and is usually connected to a stressful event.

https://www.facebook.com/ LisaGonnetMentalandSpiritualHealth/



Lisa Gonnet

Reiki Healing & Training

Life- Coach

Meditation/Mindfulness

Reiki is a healing modality that aids the body in releasing stress and tension by creating deep relaxation.

Reiki can assist with:

Reducing pain, anxiety, the effects of stress, fatigue, supporting sleep and recovery.

Appointments: Wednesdays only "Health on Gray"

Phone: 0417 593 591

www.samh.com.au



How can we help ourselves? Some ideas can include:

Avoiding coffee at night, caffeine can affect many, try herbal teas instead. There are special sleep teas or hot milk and honey.

Find out the optimum amount of hours sleep you need by keeping a sleep diary. Regular sleep is most beneficial so aim to go to bed at the same time every night.

Keep the television OUT of the bedroom, whilst we believe watching TV is relaxing it is actually stimulating our senses.

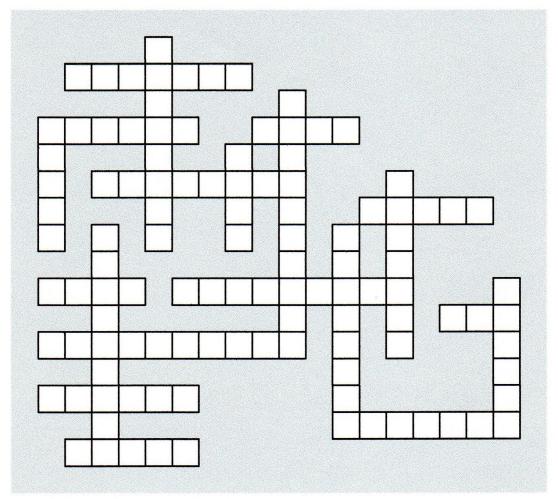
Learn relaxation, breathing and letting go strategies. Stressing about not sleeping will guarantee that you don't get a good night's sleep.

Always consult your doctor if your sleeping pattern is broken for longer than a few nights.

I hope something here will help, sleep well. Lisa 0417 593 591.

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Mt Rouse Puzzler Fill-it-in 3



3 Letters fun	5 Letters sales south	7 Letters chances gardens	9 Letters gratitude penshurst
4 Letters	stage	reports	
rain			10 Letters
west	6 Letters	8 Letters	Exhibition
wind	boring	envelope	reflection
	slices	football	
	snails	laughter	

"Autumn leaf waits for autumn wind to reach the unreachable places; a wise mind waits for silence for the same reason!"

- Mehmet Murat ildan

PAGE 11 MT ROUSE NEWS & VIEWS A PAGE TO SHARE RECIPES

The following recipe is perfect for Autumn

1 tablespoon sriracha or chilli sauce

Korean Beef Fried Rice—Serves 4

Prep: 30 Mins

INGREDIENTS

1/4 cup (60ml) soy sauce 2 tablespoons peanut oil 2 eggs lightly whisked 1 1/2 tablespoons rice wine vinegar 1 carrot, peeled, shredded

450g pkt microwavable long-grain rice 1 tablespoon finely grated ginger

1 bunch baby buk choy, trimmed & coarsely 500 g beef rump steak

chopped

METHOD

Step 1 Combine soy sauce, vinegar, sriracha or chilli sauce and ginger in a jug. Combine beef and one-third of the soy sauce mixture in a bowl. Set aside for 5 mins to develop the flavours.

Step 2 Heat a barbecue grill or chargrill on high. Cook beef for 3 mins each side or until cooked to your liking. Transfer to a plate. Cover with foil. Set aside for 5 mins to rest. Thickly slice.

Step 3 Meanwhile, heat half the oil in a wok over medium heat. Add egg. Swirl to coat base of wok. Cook for 1-2 mins or until set. Turn onto a clean work surface. Roll into a log and thinly slice crossways.

Step 4 Heat remaining oil in the wok over high heat. Stir-fry carrot for 2 mins or until tender. Add rice, buk choy and remaining soy sauce mixture. Stir-fry for 1-2 mins or until heated through. Divide rice mixture evenly among serving plates. Top with beef and egg.



Serve with spring onion curls, red chili matchsticks and coriander leaves

PLACES OF INTEREST IN PENSHURST

Volcanoes Discovery Centre www.volcanoesdiscoverycentre.com.au

Yatmerone Wildlife Reserve Ritchie St Penshurst

Botanic Gardens Chesswas St Penshurst

Penshurst Caravan Park Cox Street Penshurst

For Bookings phone (03) 5576 5220

24 Hr Fuel 91A Bell Street Penshurst

The Mount Rouse steps are closed at the present moment due to renovations.

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MONTHLY MEETING DATES

- Book Club, 2nd Wednesday each month at Senor Citizen club rooms.
- Caramut & District Garden Club, 2nd Tuesday monthly at 10 am. See Garden Notes for venue.
- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Courthouse open 1st Saturday each month 9.30 am to 1230 pm.
- Friends Yatmerone Reserve, 2nd
 Tuesday each month at Volcano Centre
 7.30 pm. New members welcome.
- Indoor bowls 2 pm every Monday at Senior Citizens. All Welcome.
- Lions, 1st & 3rd Tuesday each month at 8 pm.
- Mt Rouse & District Historical Society, 4th Sunday in January, March, May, July, September and November, 2pm at Court House. Phone 557 12145.
- Penshurst Bowls Club, 1st Tuesday each month at 7.30 pm.
- Penshurst Hospital Ladies Auxiliary,
 3rd Tuesday each month, Sheppard
 Room, Penshurst Hospital at 1.30 pm.

- Penshurst Playgroup meets every Monday morning 9.10 am—11.30 am at the pre-school in Watton street. Everyone most welcome. (No playgroup in School holidays)
- Penshurst Pony Club rally, 1st Sunday each month.
- Penshurst Progress Association, 4th Wednesday Jan - Nov 7.30pm, Penshurst Hall, Supper Room.
- 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 Urban Fire Brigade, 2nd Monday monthly at fire station.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 4 pm at Hospital.
- RSL meets 1st Thursday of February, April, July & October at 6.30 pm at RSL Hall, Ritchie Street.

Would you like your group listed here, contact Mark on 0409192612 or email

mtrousenewsletter@gmail.com

Upcoming Events in Penshurst

The WDHS is hosting a Community lunch at the Sheppard Centre At 12.30 on 17th April 2019

Anzac Day April 25th



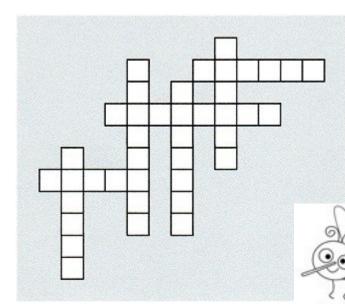


We welcome contributions to all sections of our Newsletter. Any suggestions for things you would like included please send to the Editor at: mtrousenewsletter@gmail.com

PAGE 13 MT ROUSE NEWS & VIEWS A PAGE FOR THE CHILDREN

Here we are at letter 'I', which can be kind of tricky .. Just think 'me, myself & 'I', and you'll see what I mean.

Kid's Puzzler Fill-it-In



The words in this list will fit perfectly into the crossword grid here.

5 letters - igloo

6 letters - iguana, insect, inside

7 letters - iceberg

8 letters - icecream, inchworm

Q: What does a spider's bride wear?

A: A webbing dress.





igloo

Kid's Jokes

Q: Why did the policeman go to the baseball game?

A: He'd heard that someone had stolen a base!

Q: What kind of shoes do all spies wear?

A: Sneak-ers.

Q: Why did the egg get thrown out of class?

A: Because he kept telling yolks!

Q: What did one eye say to the other?

A: Don't look now, but something between us smells.

There's an 'I' joke in here, but its tricky. Not all 'I's are 'I's, some have lashes, and other 'I's can be seen in the mirror.





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FOOTY SEASON IS WITH US AGAIN

The first record of Aussie Rules football being played in Penshurst appeared in the Hamilton Spectator in 1868 when it reported, "the opening of the new Kolor homestead: up to 200 guests partaking of good cheer between foot races, jumping matches and football, with not the least sign of intoxication."

Many clubs were formed in the district in the 1870s and this included Penshurst who played their first match on the 1st August 1874 against Hawkesdale. "The game commenced at 2pm and went until 5.30 pm, with neither side scoring a goal (behinds were not counted in those days)".

With the war raging in the Sudan, football was very much on the backburner as young men joined rifle clubs to concentrate on shooting skills.

Football was revived in 1886 with a game against Caramut won by Penshurst.

It is a source of pride for many people that Penshurst have retained its name, colours and ground for 135 years.

••••••



Source: Phillip Doherty at websites.sportstg.com/club_info.cgi?c=0-6179-80703-0-0&sID=129406

Penshurst Church Services

Bethlehem Lutheran Church Tabor Service every Sunday 10.00am Penshurst Anglican Church

5pm Mass 3rd Sunday each month

For further details contact Janet Kelly on 5576 5247 St Andrew's
Uniting Church
Penshurst
2nd & 4th Sunday
11am Service

St Joseph's Catholic Church Penshurst

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

PAGE 15 MT ROUSE NEWS & VIEWS LETTERS TO THE EDITOR

In this section we welcome your comments and views. If you have good news or a burning issue please send a letter to the Editor at :

mtrousenewsletter@gmail.com.

The Editor reserves the right to decide on which letters will be published and whether to precis longer submissions.

COUNCIL RELEASES AUTUMN/WINTER EVENTS GUIDE

The Autumn/Winter edition of the Greater Hamilton Events Guide, a 15-page print and digital biannual guide produced by the Southern Grampians Shire Council, is now available.

The Autumn/Winter edition has some additional features, including;

- A tear-out Market Guide ready add to the fridge ahead of 11 upcoming markets
- A collage of social media images sharing real experiences from the region
- A 'Creative' page, highlighting Hamilton Gallery exhibitions, as well as the people and places hosting range of creative events including workshops, exhibitions, pop-ups and performances.

Within the guide are details on more than 85 events taking place in the Greater Hamilton region between March and August 2019, many of which are new or improved.

Readers will also see dates listed for regular events including Hamilton Country Music Club Days, Hamilton Harness Racing, Western Speedway and Hamilton Racing Club.

The Events Guide can be downloaded now from www.timeforavisit.com.au, or the "What's On" page of Council's website.

Hard copies are available from the Hamilton and Dunkeld Visitor Information Centres, from all Council offices or it can be mailed on request by contacting 1800 807 056.

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Email: mtrousenewsletter@gmail.com

"We are all different. Don't judge, understand instead. " Roy T. Bennett

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Mobile Library Will be visiting Penshurst every Thursday fortnight 3.00 - 4.00pm Outside the Hall in Martin St Dates for April are: 4th & 18th

Phone: 5573 0470 www.sthgrampians.vic.gov.au/ library

LIKE US ON FACEBOOK: GREATER HAMILTON LIBRARY



Mandy's Hair Design

80A BELL ST PENSHURST

Bookings by appointment

For appointments please ring

Mobile: 0417 511 177 Thankyou

Penshurst Memorial Hall

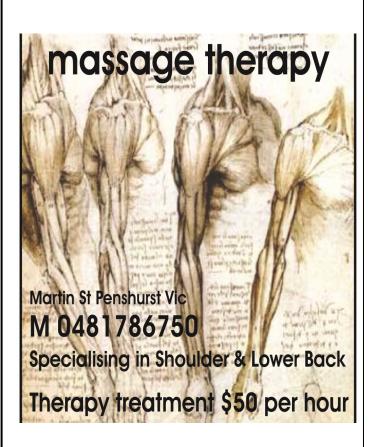
To hire the Hall and arrange a key please contact the booking agent, Thomas Cooke on 0488 557 345 or Fmail

penshurstmemoriahall @gmail.com.

Daily charges for Hall hire:

Supper Room or Kitchen \$50Main Hall \$150 · Entire Venue \$250Conditions apply





MT ROUSE NEWS & VIEWS

Treatments are:

Aromatherapy Massage Hot Stone Massage

Ear Candling & Fa-

cials

Also a variety of Giftware

FAR INFRARED SAUNA THERA-PY (DRY HEAT SAUNA)

By Appointments only:

"SPECIAL" FOR APRIL

With every 90 minute HOT STONE THERAPY receive a FREE MINI FACIAL or a FOOT SPA TREATMENT.

Christine's Healing Retreat

Relax Unwind Take Time out

Now Open

New Shop at

91b Bell Street, Penshurst

Gift Vouchers Available

Taking Appointments Now.



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THE ADVENTURES OF PUD - Smoking

Pud grew up on a farm and like most boys in the bush could turn his hand to many things. He was fascinated with machinery and hydraulics but his ability was overshadowed by his enthusiasm.

He was a fisherman for many years, then he bought a livestock truck and eventually had to drive tourist buses when local farmers stopped using him to transport their animals. He was deemed to be careless after not locking the rear gate on the stock crate several times and even getting home one dark night with a lone angus cow still on board. His wife woke in the middle of the night and said "That cow must be down at the sale yards but it sounds like it is just outside." Pud took the cow back while still dressed in his pyjamas.

When Pud decided to drive tourist buses, he had to get a Public Vehicle License. Part of the process was getting a medical from the local doctor. Mind you, Pud was overweight, nearly blind on one eye (there is a story behind that), a very heavy smoker and loved a beer. Somehow he was deemed safe enough to drive tourists about when all the local farmers would not let him near their livestock.

The doctor was running through a list of questions and Pud was giving answers more or less to pass the medical rather than sticking to the truth. He was remarkably healthy for a fat old smoker.

The doctor asked if he smoked. "Yeees", says Pud. "How many a day would you smoke?" asked the doctor. "That depends", Pud answered.

"Depends on what?" asked the doctor, a trifle irritated.

The doctor was baffled by the answer and kind of shook his head at how hard a simple question had become. "In one waking period I have smoked a full carton", Pud explained proudly.

The doctor weakly suggested Pud smoked too much but he was given the all clear to start his new career.

Steve Koala © 2019

Riddles

- 1. If you have a cake, how many pieces of cake can you form with 3 straight cuts?
- 2. How do you fix a broken pizza?
- 3. How far can a dog run into the woods?
- 4. What grows shorter as it grows older?
- 5. What type of cheese is made backwards?
- 6. What's always coming, but never arrives?
- 7. When do you go at red, but stop at green?

Answers to last fortnight's riddles:

- 1. The heart
- 2. Age
- Colgate
- 4. An egg
- 5. A promise
- 6. A needle
- 7. The outside

[&]quot;Depends on what you call a day", says Pud.