

# MT ROUSE NEWS & VIEWS



## A Project of the Penshurst Mens Shed Inc

F R E E   E V E R Y   F O R T N I G H T

**Editor : Mark Dalla Costa**

**All correspondence to: [mtrousenewsletter@gmail.com](mailto:mtrousenewsletter@gmail.com)**

### Penshurst Art Exhibition 2019

Sitting here at my desk among the clutter of paperwork created by the various projects that Tom and I have 'on the go', after a wonderfully successful 2019 Art Exhibition, we can only feel grateful to everyone who helped in the creation of the event, and those who jumped in and helped on the night. First we'd like to say thank you to our judges Peter Coates and Shane Crumpton from Hamilton. The men were very serious in their 'judging' and a lot of fun afterwards as they both helped us lay out the room and locate each painting, drawing and print individually.

As you can see from the photo three of our prizes were sponsored by the Dunkeld Bendigo Bank. Prize money is the hardest income to arrange and we are very grateful for their continuing support. On Opening night there were some minor problems, like me misprinting the Catalogue and then getting into a muddle restoring the corrected copies. Thank you Anna Watson, Tony Logan and Mac Dalla Costa, who patiently and diligently unscrambled all my muddled work and gave us back a document that received many compliments for its clarity, while I sat at the end of the table and wondered how they could work it out, and how to get my computer's Word program to number half pages.



The food was abundant and delicious thanks to Elisabeth Siecker who catered, with the help of her daughter Rebecca, Nigel Pyne, Mary Stewart and anyone else in the kitchen at the time, when it came to serving.

(continued page 9)

### DEADLINE FOR SUBMISSIONS - 20th 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.



## **PENSHURST & DISTRICT HEALTH SERVICE**

Invites you to a Community Lunch

with

### **A PRESENTATION ON THE HEALTHY LEG CLUB**

WEDNESDAY 17TH APRIL 12.30PM

AT THE SHEPHERD CENTRE (Penshurst Hospital)

Cost \$10.00

RSVP by 12th April by 12 Noon - Phone 5552 3001

#### **Treatments are:**

Aromatherapy Massage

Hot Stone Massage

Ear Candling

Facials

#### **Also a variety of Giftware**

Sauna Treatments FAR  
Infrared

#### **By Appointments only:**

Mob: 0431 300 378

**Gift Vouchers Available**

**Taking Appointments Now.**

**Relax Unwind**

**Take Time out**

**Christine's Healing  
Retreat**

**Now Open**

New Shop at

**91b Bell Street, Penshurst**



#### **Benefits of sauna are:**

Helps with pain relief, improves circulation, blood pressure reduction, weight loss, cell health and immunity, anti-aging, cardiovascular and detoxification.

Fully Qualified therapist using pure essential oils and natural botanical skincare.

#### **Pensioner Discounts Apply**

**Packages and Opening Specials**

Email: [chrisonport@gmail.com](mailto:chrisonport@gmail.com)

Facebook:

**Christine's Healing Retreat**

## YATMERONE—A SHORT HISTORY

(based on notes provided to the Volcanoes Discovery Centre for use with school students).

Around 250 000 years ago the country round Penshurst was much flatter than today.

One day a crack appeared in the ground and out of it came smoke and steam.

This was followed by a fountain of molten rock (lava), which may well have reached heights of several hundred metres.

As the drops of lava fell through the air they cooled, solidified and formed the small rocks which we call scoria. This lasted for a relatively short time, maybe only weeks or months until a huge pile of scoria formed what we now call Mt Rouse.



While this was happening some of the lava was flowing downhill from the volcano in all directions.

This lava was not runny like water but more like thick honey. The cooler it got the less runny it was. It formed tongues which moved slowly across the ground.

As the surface of these tongues cooled and turned back to solid rock, inside they were still filled by liquid rock being pushed along from mouth of the volcano. These lava tubes sometimes drained dry and formed caves. The Byaduk Caves are great examples of this. Some of this lava reached Port Fairy a distance of about 60 kms.

A lot of these tongues solidified into ridges which form the "Stoney Rises", "barrier country" or just "stones" which make up the landscape mainly to the west and south of Mount Rouse.

About 2kms west of the mountain two ridges about 200 metres apart formed a valley which eventually became Yatmerone Wildlife Reserve.

Because the mountain was made up of a huge pile of small stones with lots of space between them, over time, it was able to hold a large volume of water. This water later flowed along cracks in the stony rises and, when it reached the surface formed springs of fresh water.

A spring on the south side of Yatmerone feeds the swamp. It flows mainly during the wetter months of the year whereas the "Never Ending" spring in town flows continually except for very dry years.

It is likely that aborigines would have used the spring and the swamp for many thousands of years. It would have been a source of plants, birds and reptiles as well as fibre for basket making.

European settlers took over the land in the middle of the 19<sup>th</sup> century. About 1860 a dam wall was built at the western end of the swamp blocking the original overflow. This resulted in a nearly permanent lake or dam.

The Reserve has always been Crown Land though the adjoining landowners held grazing leases and were able to run cattle in it. In 2009 Parks Victoria, the land managers, removed the leases and invited local residents to form a friends group to help look after the Reserve.

The Friends of Yatmerone was formed in November 2009 and since then has done lots of planting, weed control and monitoring of plants and animals in the Reserve.

They would welcome any residents, new or old, to join them. They meet on the second Tuesday of each month at the Community Room at the rear of the Volcanoes Discovery Centre.

## Greater Hamilton Library School Holiday Program

### Make it a Movie Session

Thursday 11th April @ 1:45pm  
Cinema Foyer

Create a fun Ferris wheel and start your  
very own wonder park.

### PLUS

Special showing of the movie  
"Wonder Park" @ 2:30 pm in the cinema  
\$8.50 per person. Tickets available for  
purchase at the library before 10th April

### Easter Story Fun

Wednesday 17th April @ 10.30 am  
in the Library

A special Easter story time for all ages  
followed by a Bunny craft activity

The Easter bilby will visit with a special little  
treat for the children

### Eggcellent Egg Marbling

Create decorative eggs using a special  
marbling technique -  
Thursday 18th April @ 2.00 pm

### Words to the Wise

"The stupid neither forgive nor forget; the  
naïve forgive and forget; the wise forgive  
but do not forget." Thomas Szasz

"When it hurts – observe. Life is trying to  
teach you something " Anita Krizzan



### Disability Support Workers (Home & Community)

Casual positions available. Penshurst area.  
Training provided.



Support people with their choices.  
Support people to be included in their community.  
Support people to achieve their goals

For a position description please contact  
Southern Stay Disability Services on (03) 5572 1028

Working with Children Check, current first aid and excellent verbal and written communication skills required



## 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](http://www.sthgrampians.vic.gov.au/library)**

**LIKE US ON FACEBOOK:  
GREATER HAMILTON LIBRARY**



## Caramut and District Garden Club

**Hellebore:** The name comes from two Greek words meaning 'fatal food' as these plants are very poisonous. In European folk-lore, Hellebores were planted next to the front door to fight witches and prevent evil spirits from crossing the threshold.

Hellebores look best if planted in massed clumps although I don't mind seeing individual plants growing. They need at least partial shade in moist, rich soil with plenty of organic material added. They can be propagated by division of the roots or seed in late summer or autumn. I find they will self-seed very freely. Fertilize in autumn and allow a year for new plants to become established.

At this time of the year, a huge range of shrubs and trees such as maples, crepe myrtles, ginkgo, berberis and the gold rain tree display their colourful foliage. As the leaves fall, use them as mulch in the garden and by so doing, you will have less weeding to do as weeds grow in the top few centimetres of soil and if no daylight reaches them, they fail to germinate.

Autumn is a good time to plant evergreen shrubs and trees. Warm soil before winter allows roots to establish themselves ready for a quick start when spring arrives. Dig a hole twice the size of the pot, if the soil is dry, fill with water and allow to soak away. Do this a couple of times. Water the plant well while it's in the pot, even allowing it to soak in a bucket of water for a short while. Remove gently from the pot, untangle the roots on the base and the sides. Put the plant in the hole and backfill. You can use new compost if you like. Spread the soil around the root ball using your fingers to push the soil in. Fill to the level of the surrounding soil but place the plant no deeper than it's original position in the pot. Water well and mulch but keep the mulch away from the plant's stem. Hopefully no more attention will be needed until next summer.

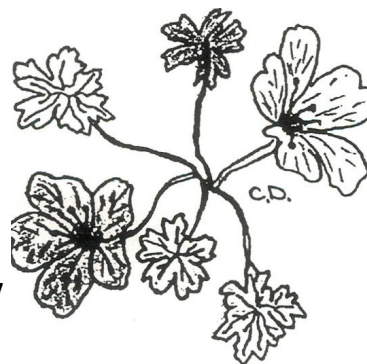
Competition winners for March were:

A stem of succulent: 1<sup>st</sup> Myra Bish 2<sup>nd</sup> Mary Underwood

Bloom: 1<sup>st</sup> Brenda Uebergang 2<sup>nd</sup> Janet Shalders

Produce: 1<sup>st</sup> Lorraine Schefferle

eq 2<sup>nd</sup> Marita Smith, Kit Boyd



**Our next meeting is Tuesday 9<sup>th</sup> April at 10 am at Penshurst Elderly Citizens and then we will visit a local garden.**

The special competition is a Geranium or Pelargonium.

Hurt not the earth, neither the sea, nor the trees.

The Bible.

### Just for a Laugh

Two lawyers walking through the woods spotted a vicious looking bear. The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on. The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!" "I don't have to," the first lawyer replied. "I only have to outrun you."



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

"A friend is someone who knows all about you and still loves you. "

**Elbert Hubbard**

**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

**PENSHURST MENS SHED**

**103 Cobb Street Penshurst**

*All Welcome*



**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](http://www.samh.com.au)**



International Institute  
for Complementary Therapists  
Professional Membership and Insurance for Every Therapist

PENSHURST  
PROGRESS  
ASSOCIATION

ABN 35 622 662 815

Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Mary Stewart

Vice President – Tom Cooke

Nigel Pyne

Treasurer – Marjorie Dalla Costa

Don Adamson

The Council came to visit the Progress Association on the 5<sup>th</sup> April. Well, not the whole Council, but the new Director of Planning & Development, Andrew Goodsell, Lachy Patterson, Community Relations Manager, and Jane Coshutt, our go-to person, who is Community Engagement Coordinator. They brought with them a program called the 'Community Vision Framework 2041', which is a strategy designed to focus on Small Towns and our needs and wants. They are giving us a whole different way of looking at our Community Plan, and I am delighted. I have emailed the information to everyone in the Association, but if you would also like a copy, ring me 0402 870 738 or email [president@penshurstprogress.org.au](mailto:president@penshurstprogress.org.au) and I'll send it to you (email or delivery). Speaking of mail-outs, if you would like a copy of the Minutes of our Meetings you can download them on [www.penshurstvictoria.com.au](http://www.penshurstvictoria.com.au) .. just click the link to the Association and they are uploaded there. We also discussed the project for creating the non-accredited Information Centre in the foyer of the Hall, the Hall itself, and the updating the town tourist brochure which is sorely out of date. We will be having a meeting with various people from the Council once we are ready to begin the Information Centre. In the meantime, painting the foyer will recommence on Thursday.

**PLEASE NOTE: Due to our monthly meeting being the night before Anzac Day, we've moved the date to Wednesday 1<sup>st</sup> May, at the usual 7.30pm in the Supper Room of the Hall.**

We have a 'Friends of the Botanic Gardens' subcommittee which we would like to expand as we begin the process of working through the Master Plan. If you would like to help, we can certainly use it. You don't have to be a member of the Progress Association, but it would cover you for insurance purposes. Contact me to discuss it.

The winners of the Community Plan Review, drawn by Shaun McCulloch at the Community Meeting on the 27<sup>th</sup> March, were Marjorie Dalla Costa and Sue Morgan.



A quick trip up the Mount gave us a visual update on the state of construction of the steps. Good to see the work progressing, if slowly. But what was not good was the state of the picnic tables in the lower carpark, that has been reported to Council, as has the line drawing at the basketball hoop. The Council advises that a proposed date for commencing construction of the new children's playground in the Gardens is April 23rd.

I dropped in to visit the Penshurst Historical society on Saturday and talked to them about the Information Centre. They will be providing the

tourist booklet "Exploring Penshurst" that is mentioned in the Penshurst town brochure.

Wishing everyone a wonderful fortnight. Ama Cooke



**PENSHURST RSL SUB BRANCH**

**DAWN SERVICE**

**25<sup>TH</sup> APRIL 2019**

**6AM**

**PENSHURST CENOTAPH**

**FOLLOWED BY A BBQ BREAKFAST**

**GENEROUSLY PROVIDED BY THE**

**PENSHURST LIONS CLUB**



## Penshurst Art Exhibition 2019

(continued from front page)

Anna Watson gave us a helpful Opening night speech, egged on by Tom Cooke, who is the President of Penshurst Creative Arts Inc. PCAi team member Lisa Gonnet kept the front door in order as artists, visitors, and Penshurst residents came to enjoy the wide variety of styles, mediums, colours and patterns, that made up the over-100 art works we had this year. With all the positive feedback, coming from far and wide (such places as Perth WA, Healesville and Edenhope), we are looking



Local artist Eleanor Sheldon raised some interest with her Mixed Media entry 'Outback Wilcannia 2' and its partner.



Meagan Lonsdale from Edenhope won 1st Prize for this Acrylic painting called 'Thunder'.

The Hall needs a great deal of restoration and repair, and we intend to help with the fundraising. The raffle we ran during the Exhibition, won by Rose Kiely of Hamilton, raised nearly \$200 which we donated to the Hall fundraising project.

The tourism group Focus on Hamilton Highway Inc also provides a President's Award to inspire one of the children in our two schools in their artistic endeavours. See you in 2020.

forward to the 2020 Exhibition, with plans to expand our range again, as we have done every year since we first opened it in 2016.

If you would like to be part of our creative team, whether in the Arts, or other artistic pursuits, watch this newsletter for the AGM in a couple of months and sign on. We are also talking about old and new events at the Hall, such as theatre, dances and movie nights. How about a little karaoke?



Local artist Diane Clement, and others, having a good look around..

**The Winners** - 1) Best in Show - Julie Reason "Thoroughbred" - 2) Best Oil - Paula Hamilton "Aussie Natives" - 3) Best Acrylic - Meagan Lonsdale "Thunder" - 4) Best Watercolour - Roslyn Millstead "Waiting" - 5) Best Drawing - Roslyn Millstead "Saying Goodbye" - 6) Best Pastel - Alannah Wood "Waiting for dinner" - 7) Best Mixed Media - Meagan Lonsdale "Wagtail's Brood" 8) People's Choice - Rebecca Hill "Tipipa". Kid's Section - Toryn Hoyt 'Amazing Penshurst Spring'.



### Community Investments

Dunkeld & District Community Bank® Branch has been open since February 2011. We are a full banking service providing competitive financial products. As a Community Bank® branch we are committed to returning a percentage of our profits every year to the community. Since we opened in 2011 we have returned more than \$220,000 back to local community groups and organisations. Some of our recent Community Investments included:-

**\$550** to 2019 Sturgeon Stampede, congratulations to the committee and all involved in making this event a huge success! Photo supplied by: Rein it in Photography



We were proud to again sponsor the Cavendish & District Tennis Association with **\$500**, funds used to purchase grand final trophies. Congratulations to Cavendish on being crowned Premiers for the 2018/19 season.

A new 11 seater bus rolled into the Birches Residential Aged Care facility! The bus valued at just under \$65,000 was purchased thanks to the efforts of the small team of community members and a **\$15,000** donation by Dunkeld & District Community Bank Branch. The bus will transport residents to events and activities in the region. The Birches Auxiliary are truly dedicated to supporting some of the most vulnerable members of our community to lead engaging, active lives and the new Birches bus will create many more opportunities for residents to do just that.



Chairman of the Board, Craig Oliver presented a **\$3,000** cheque to the parishioners of St Patrick's Catholic Church in Dunkeld. This contribution assisted with the purchase of a rain water tank and pump.



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## A PAGE TO SHARE RECIPES

The following recipe makes use of a vegetable in season

### Roasted Cauliflower Steaks—Serves 4

Prep: 10 Mins Cooking 30 Mins

#### INGREDIENTS

- |  |  |
|--|--|
| 1 large head cauliflower, sliced lengthwise through the core into 4 'steaks' | 2 cloves garlic, minced                |
| 1/4 cup olive oil  | 1 pinch red pepper flakes, or to taste |
| 1 tablespoon fresh lemon juice   | salt and ground black pepper to taste  |

#### METHOD

**Step 1** Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.

**Step 2** Place cauliflower steaks on the prepared baking sheet.

**Step 3** Whisk olive oil, lemon juice, garlic, red pepper flakes, salt, and black pepper together in a bowl. Brush 1/2 of the olive oil mixture over the tops of the cauliflower steaks.

**Step 4** Roast cauliflower steaks in the preheated oven for 15 minutes. Gently turn over each steak and brush with remaining olive oil mixture. Continue roasting until tender and golden, 15 to 20 minutes more.



I last served it with oven roasted cherry tomatoes. These can be placed on the baking tray with the steaks for the second 15 minutes of baking. I also added a little grated parmesan for flavor.

#### Riddles

1. What is something you'll never see again?
2. How do you make the number ONE disappear?
3. What kind of tree is carried in your hand?
4. What always goes to bed with its shoes on?
5. Why don't most buildings have a 13th floor?
6. What is harder to catch the faster you run?
7. What runs around the house but doesn't move?

#### Answers to last fortnight's riddles:

1. 8 pieces. Make two cuts like you normally would then one horizontal cut from the side of the cake.
2. With tomato paste
3. Half way.
4. A candle
5. Edam
6. Tomorrow
7. When you are eating a watermelon!

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.**

### **PLACES OF INTEREST IN PENS HurST**

#### **Volcanoes Discovery Centre**

[www.volcanoesdiscoverycentre.com.au](http://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

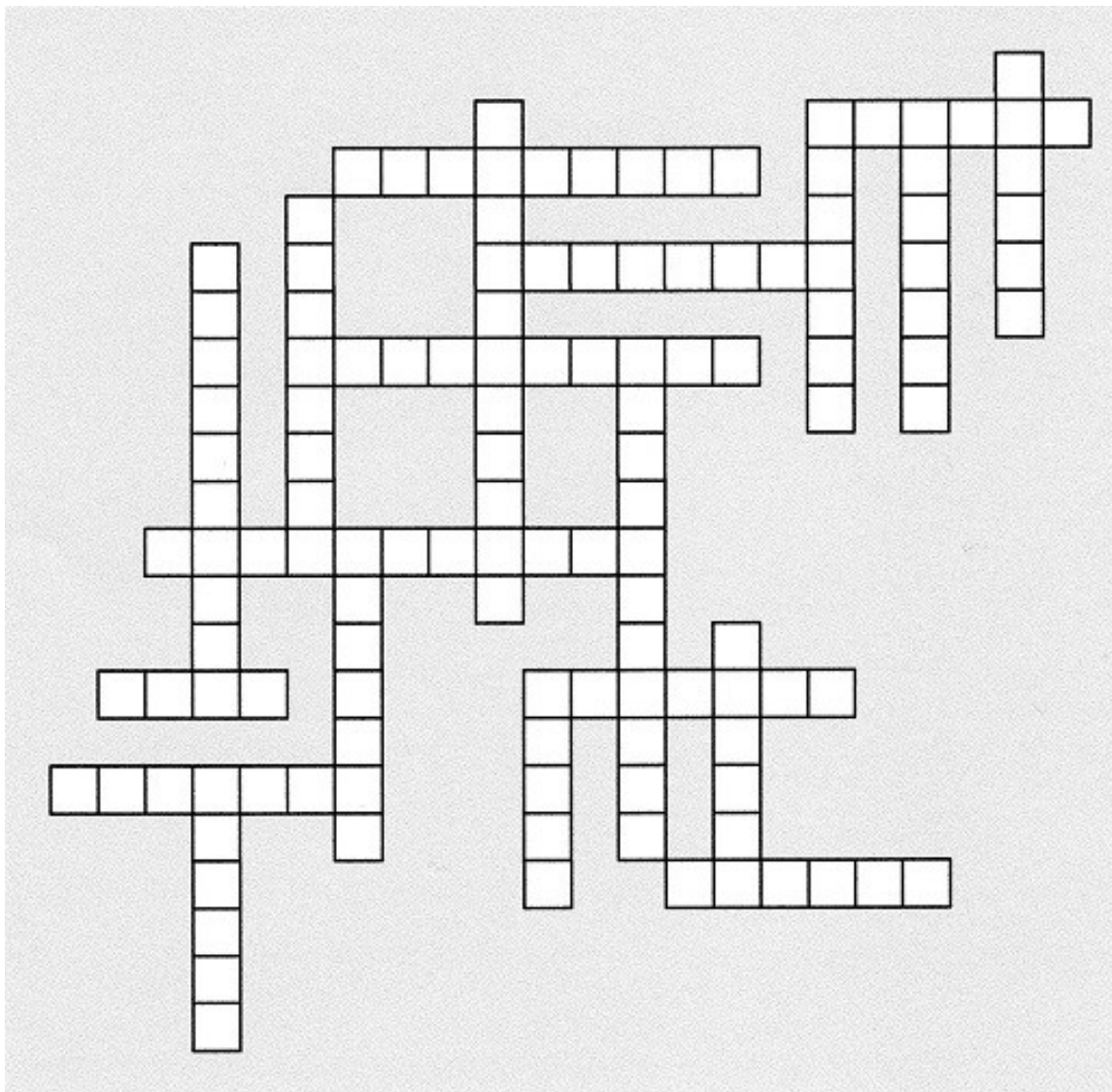
The Mount Rouse steps are closed at the present moment due to renovations.

### **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
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Mt Rouse Puzzler Fill-it-in 4



**4 Letters**

onyx

locket

silver

zenith

romance

**10 Letters**

strawberry

substitute

**5 Letters**

midas

**8 Letters**

envelope

sunshine

**7 Letters**

corella

**11 Letters**

investigate

**6 Letters**

appeal

drafts

fanatic

liberty

mailing

**9 Letters**

rainmaker

reservation

unconscious

"There is a moment, a cusp, when the sum of gathered experience is worn down by the details of living. We are never so wise as when we live in this moment." — Paul Kalanithi, When Breath Becomes Air

**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 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](mailto:mtrousenewsletter@gmail.com)

**Upcoming Events in Penshurst**

**The WDHS is hosting a Community lunch at the Sheppard Centre**

**At 12.30pm on 17th April 2019**

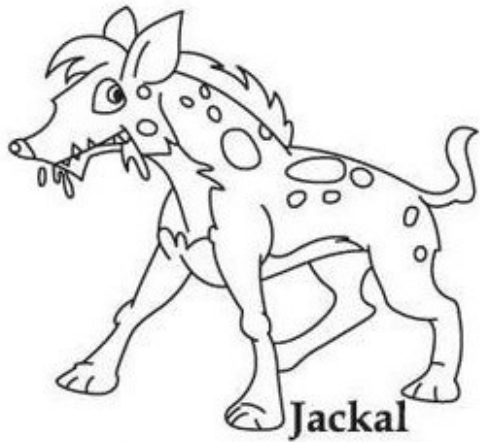
What's  
the  
plan?



Watch this spot

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](mailto:mtrousenewsletter@gmail.com)

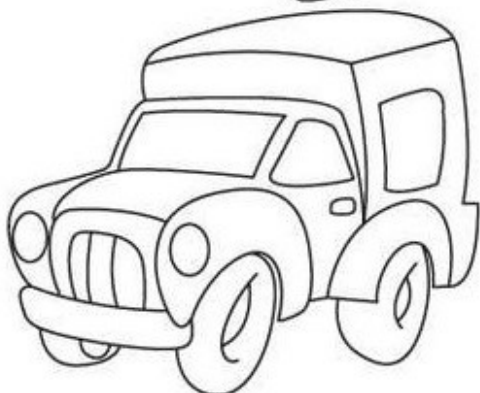
A PAGE FOR THE CHILDREN



Jackal



Jump



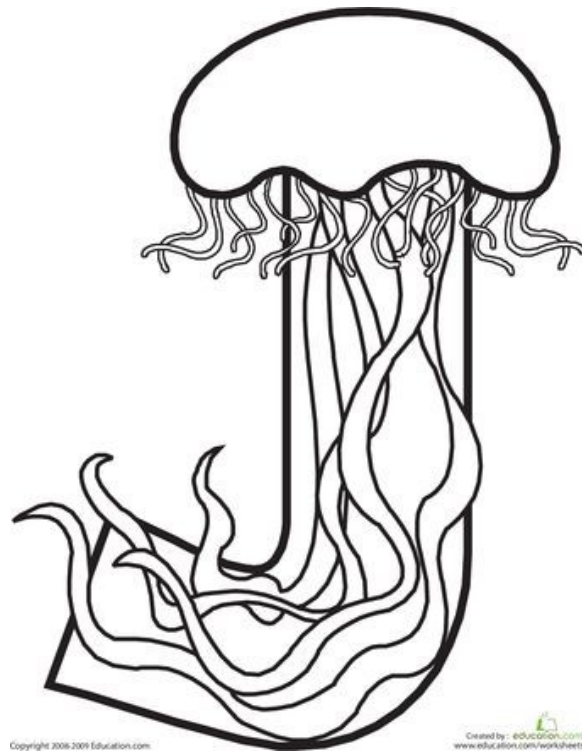
Jeep



Juggler

What letter are we working with today?

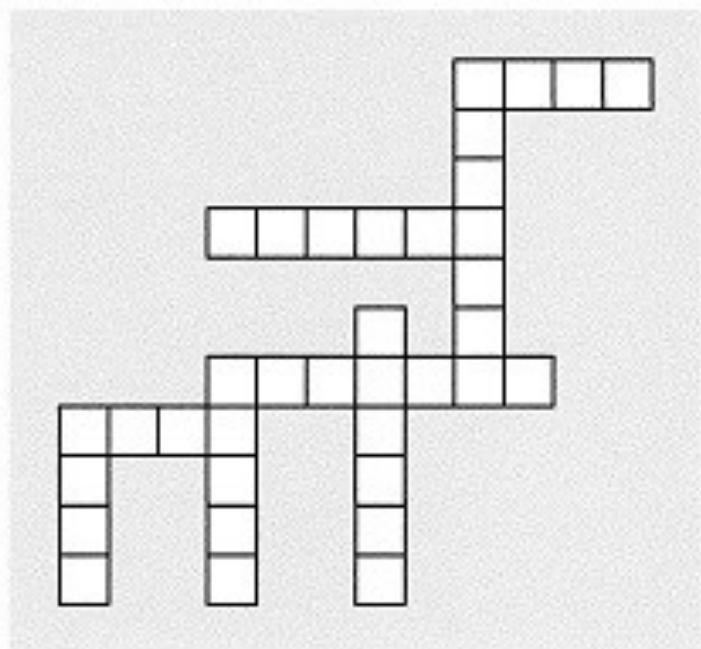
Might it be the letter



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?



4 Letters

jazz

jive

jump

5 Letters

jelly

6 Letters

jacket

jingle

7 Letters

juniper

justice

This spot intentionally left open for your advertising or stories of events in town.  
Contact Mark Dalla Costa with any enquiries.

### Men at Work

The guys have been busy building planter pots for the Information Centre, the second outdoor chair was returned to the hospital and a number of coffee tables are presently being refurbished. We have also received some commissions to repair and restore some antique children's toys, and then there's the piano. You can visit the Shed for coffee, or to lend a hand. Everyone is welcome.

Planters  
\$35  
Unstained  
\$45  
Stained



### For sale through the Penshurst Men's Shed Inc



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

### See you at the Shed.

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



**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](mailto:mtrousenewsletter@gmail.com).**

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

Dear Editor,

**PENSHURST HAIR DAY**

We have received a response from both the Leukemia Foundation and the Cancer Council following our donations which were raised on Penshurst Hair day. They both expressed gratitude for the donation and our efforts in collecting it. I would like to express my thanks for all the support we received and especially to those who joined us for a hair colour or shave.

It was the first year we have done this in our community and all who attended had an enjoyable time. Special thanks go to Mandy of Mandy's Hair Design for her volunteering to skillfully execute the shaves and colouring.

The Biggest Morning tea event raised \$181 on the day and the total raised for the Hair Shaving and colouring was \$498. Altogether a great result.

Let's build on this next year so mark your diaries for March 2020.

Thank you,

Marjorie Dalla Costa  
Events Committee  
Penshurst Progress association

**Published by Penshurst Mens Shed Incorporated**

ABN 56 257 756 133 VMSA No: 301039

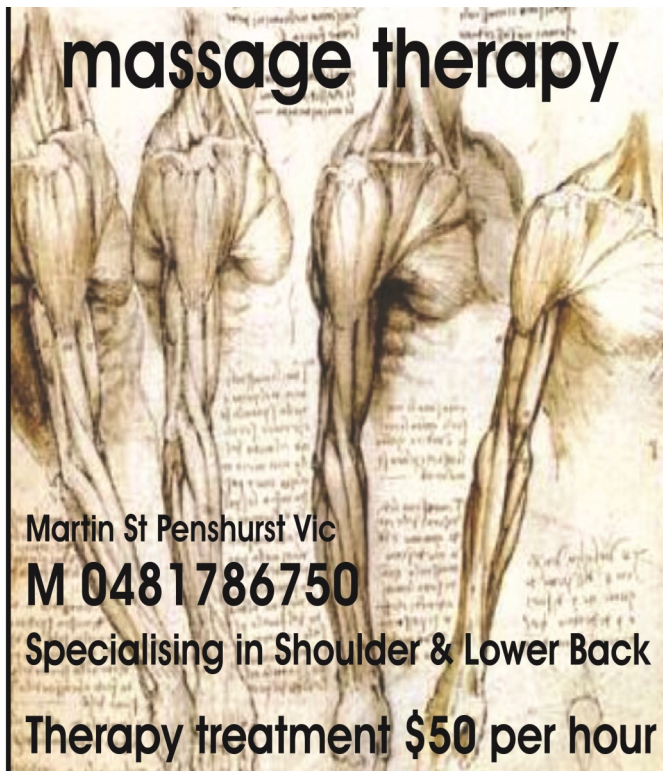
**"Mt Rouse News & Views Community Newsletter"**

**Is the registered business name of the Penshurst Mens Shed Newsletter**

**Registered Address: 46 Watton Street, Penshurst 3289**

**Email: [mtrousenewsletter@gmail.com](mailto:mtrousenewsletter@gmail.com)**

## massage therapy



Martin St Penshurst Vic

**M 0481786750**

Specialising in Shoulder & Lower Back

Therapy treatment \$50 per hour



### **Mandy's Hair Design**

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PENSURST**

**Bookings by appointment**

**For appointments please ring**

**Mobile: 0417 511 177**

**Thankyou**

## Mostly Aussie Nursery

Australian Ornamental Tubestock

Good selection of Grevilleas & Eremophilas including Grafted plants & Grevillea standards.

**Finding us...**  
From the Visitors Information Centre take the road to Victoria Valley & Halls Gap to Woodburn St.

Visitor Information Centre

Find us on facebook.

Please phone before visiting.  
**Bernie 0478227639**  
23 Woodburn Street, Dunkeld, VIC 3294

### **Penshurst Memorial Hall**

To hire the Hall please contact the booking agent, Thomas Cooke 0488 557 345 or Email [penshurstmemorialhall@gmail.com](mailto:penshurstmemorialhall@gmail.com).  
Contact Tom Cooke for key collection.

Daily charges for Hall hire:

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

Conditions apply





## NEW OPPORTUNITIES FOR PENSHURST RESIDENTS

*Brought to you by*

### **Western District Health Service Social Support Group**

In response to your feedback we are offering the following new programs supporting you to live well, remain independent and enjoying being part of the community.

**Commencing THURSDAY 2<sup>ND</sup> MAY 2019**

New features include:

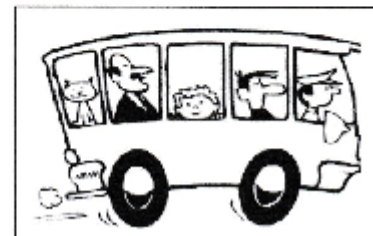
1. START STAYING STRONGER EXERCISE CLASS AT THE SHEPPARD CENTRE – weekly
2. SOCIAL GATHERING AT THE SHEPPARD CENTRE - weekly
3. COMMUNITY BUS TRIP – (3<sup>rd</sup> Thursday of each month)

Please note:

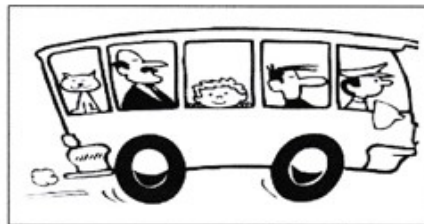
- Community members are welcome to attend Exercise Group only from 10am – 11am
- Inclusive of cost of Exercise Class should you wish to attend the Social gathering
- Bookings essential , please phone to discuss interest
- Weekly costs vary depending on what you wish to participate in

*We look forward to seeing you*

Brenda Uebergang  
Social Support Group Manager  
Ph 55518472  
Brenda.Uebergang@wdhs.net







### SOCIAL SUPPORT GROUP PROGRAM – MAY 2019

DATE	PROGRAM	LOCATION
May 2 <sup>nd</sup>	START STAYING STRONGER EXERCISE CLASS 10am – 11am---- <i>Followed by morning tea</i> ---- Brenda joining us for morning tea Welcome/ introduction and what activities provide you with SPARK. Quizzes/ Bingo after lunch	Sheppard Centre
May 9 <sup>th</sup>	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by morning tea</i> ---- GUEST SPEAKER for Mother's day Mother's day activities. Primary school visit after lunch	Sheppard Centre
May 16 <sup>th</sup>	No exercises or social gathering at Sheppard Centre COMMUNITY BUS TRIP to PORT FAIRY via tower Hill for Fish & chips lunch & Op Shopping – <b><u>BOOK YOUR SEAT BY TUESDAY 7TH MAY</u></b>	Meet at PDHS Carpark Leaving: 10am Arrive home: 3pm
May 23 <sup>rd</sup>	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by Anti-Cancer Councils Biggest Morning tea</i> -- MUSIC with Max Rees after lunch	Sheppard Centre
May 30 <sup>th</sup>	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by morning tea</i> ---- News Discussions, Picnic Lunch and coffee outing	Sheppard Centre

Please note:

- Community members are welcome to attend Exercise Group only from 10am – 11am
- Bookings essential , please phone to discuss and register attendance
- Inclusive of cost of Exercise Class should you wish to attend the Social gathering
- Weekly costs vary depending on what you wish to participate in and what is on the program

All bookings by Tuesday of each week

Phone Social Support Group 55518381 / 0417017728



**Penshurst Art Exhibition 2019**

Before we sign off on the Exhibition for 2019, another couple of paintings that brought a thought or two to mind .....



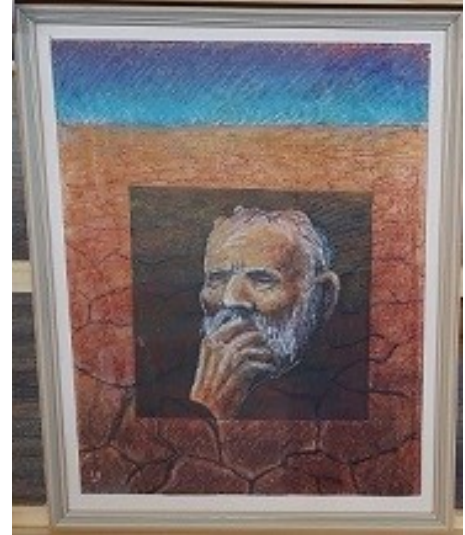
Rebecca Hill - Barn Owl

"We need more light about each other. Light creates understanding, understanding creates love, love creates patience, and patience creates unity."

Malcolm X

"To have striven, to have made an effort, to have been true to certain ideals -- this alone is worth the struggle. We are here to add what we can to, not to get what we can from, life."

Sir William Osler, 1849-1919  
Canadian Medical Historian



Lorraine Hope - Drought



**CHRISTOPHER COOK  
CONSTRUCTIONS**

**Ph: 0417 100 243**

**Fax: 5576 5267**

**112 Bell Street Penshurst Vic 3289**

**HIA Reg CB-U 6214 DB-U 5109**

**ADVERTISING RATES (Per Issue)**

**Full page \$20 1/2 page \$10**

**1/4 page \$5 Business Card \$3**

**PUD'S EYE (A cautionary tale)(or two)**

Pud was working as a surveyors assistant. They were driving a series one Land Rover and drove a long way off the beaten track before starting work.

The surveyor asked Pud to sharpen a few stakes so they could be driven into the ground easily.

Then a problem! The axe had been left behind. Either they had to make a long return trip for the axe or an alternative needed to be found.

Pud opened the bonnet on the Land Rover and started the engine. Then he proceeded to sharpen the sticks using the rotating blades on the cooling fan.

Which worked fine for a while until one of the fan blades broke off.

Rather than choosing almost any of 360 degrees to land safely, it flew straight into Pud's head and blinded him in one eye.

Pud was the sort of bloke who made his own luck but not necessarily good luck.

©Steve Koala

This story reminds me of a recent event in our house, when one of the cats brought in an unwelcome guest.

Thankfully, it was collected and tossed into the field next door ... from its hiding place in the couch.

**A Snake in a Drawing Room (from the Hamilton Spectator, Jan 22, 1878.)**

One of the most sensational snake stories we have yet heard comes to us from Penshurst, and is told by a gentleman whose veracity is unimpeachable. It appears that on the 15th inst. a number of ladies arrived to visit at Eden-house Penshurst, and were listening to a young lady playing on the piano, whilst an 18-month-old child ( a son of the Rev. Mr. Falconer, of Wagga Wagga, NSW) was left for a moment amusing itself on the floor of the hall, the front door being open. Suddenly the harmony was disturbed by the screaming of the little one, and on rushing out to ascertain the cause one of the ladies was horrified at seeing a tiger snake fully 5ft. Long within a few inches of the child. To snatch the infant away by its dress and retreat into the drawing room was the work of an instant, but before the door could be closed his snakeship had also secured admission. Then the more sensational portion of the episode commenced. In the room was a circular table, and round and round this (with the screaming child in her arms) ran the lady, followed by the snake. The other ladies in the room took refuge on chairs, and helplessly looked on at the painful and very exciting scene that was being enacted below them. One of them next essayed to open the door, which by some means had become closed, thereby creating a diversion, as the snake at once 'went for her', and nothing but a very active spring on to a chair saved her. Another lady tried a door on the opposite side of the room, but like lightning the venomous reptile went across the intervening space, and actually touched her dress as she sprang on to a sideboard. In the meantime the screaming had attracted the attention of a young man working in the garden, and on running into the house to ascertain the cause he heard cries of 'Snake! Snake!' proceeding from the drawing room, and prepared himself for the emergency. He rushed in, and presto! the maddened reptile face him, and fought savagely, until compelled (by frequent blows with a thistle hook) to take refuge under the sofa. There it espied a large doll, round which it twined itself as best it could and bit it several times. Eventually the sofa was removed, and the intruder received a quick dispatch. (<https://westerndistrictfamilies.com/tag/penshurst/>)