

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



to the Botanic Gardens.

The Memorial Hall is undergoing its own “dreaming” (planning) process, as is the Men’s Shed. The Botanic Gardens will see some changes as well, as the Council begins to develop certain projects in the Master Plan.

What dreams are you working on?

2019 is a year for building new projects in Penshurst

Here are two photos of long-awaited constructions that will make a difference. The first is the steps up to the viewing platform on top of Mt Rouse, almost ready for visitors. The other is the main entrance



DEADLINE FOR SUBMISSIONS - 29th June 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.

Editor : Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com



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

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AVOIDING ILLNESS THIS FLU SEASON

No one wants to get sick and there are a number of things you can do to protect yourself. Use our Influenza Tips as a guide throughout the season.



SYMPTOMS

Typical influenza symptoms include:

- High fever
- Chills
- Severe cough
- Headaches
- Muscle aches or pain
- Sore throat

Influenza symptoms can start to subside in as little as two to five days, but you're more likely to be out of commission for at least a week, and up to two weeks.

TREATMENT

- Stay home
- Rest and keep warm
- Consume plenty of liquids
- Do not consume alcohol
- Wash hands regularly
- Cover nose and mouth when coughing or sneezing
- Avoid physical contact with others
- Avoid mixing with other people, particularly those in a high-risk category, while contagious
- Stop smoking or cut your consumption down as much as you can
- Ensure someone checks on you and does your shopping



PROTECTING YOURSELF AND OTHERS

- Clean your hands frequently using an alcohol-based hand rub or soap and water
- Cough and sneeze into a tissue, not your hand. Throw the tissue out right away and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm
- Don't share things that go in the mouth.
- Stay home if you are ill and do not return to group activities until you are feeling well enough to take part again.



SOCIAL SUPPORT GROUP PROGRAM – June 2019

DATE	PROGRAM	LOCATION
June 6 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am---- <i>Followed by morning tea</i> ---- 11.20am-12:30-table games/scrabble/whiteboard games/cards/jigsaw puzzles PM: Queen's birthday activities	Sheppard Centre
June 13 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by morning tea</i> ---- 11:20am-12:30. <i>Cooking lunch, fish, chips and salad, dessert and afternoon tea</i> PM: 1.30pm- <i>We visit Primary school</i>	Sheppard Centre
20 th June	No exercises or social gathering at Sheppard Centre COMMUNITY BUS TRIP-ALL DAY <i>Parupa Metal Art</i> <i>Lunch at Lake Bolac Hotel</i> <u>BOOK YOUR SEAT BY TUESDAY 9th June</u>	Meet at PDHS Carpark Leaving: 10am Arrive home: 3pm
June 27 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by Anti-Cancer Councils Biggest Morning tea</i> --- 11.20am-Guest Speaker 1:30PM: MUSIC afternoon	Sheppard Centre

Please note:

- Community members are welcome to attend Exercise Group only
from 10am – 11am at Sheppard Centre
- 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 to be in by Tuesday of each week

Phone Social Support Group 55518381 / 0417017728

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

Next Meeting: Wednesday 26th June, 7.30pm in the Supper Room, Penshurst Hall.

Changing Hats

You'll forgive me if I change 'hat' and talk to you about some of the other projects that I believe are important to the sustainability of Penshurst. New residents and more visitors means more income for our businesses. It allows people to investigate the town, in the same way Tom and I did when we first explored the Western District looking for a new 'home'. That was over eight years ago, though it doesn't seem that long. It was because of the welcome that we decided to move here, that and the Mount I see outside my study window during the day, and the Spring in the Botanic Gardens.

So .. on goes the Hall hat, though this is tied in with PPA too. Most of you will have heard that a group of us are working towards opening a non - accredited Information Centre in the foyer of the Hall. It is part of our ongoing strategy to fund and upgrade the building. We have a visit from the Heritage Adviser this week and then it will be off to the Council, to go through the Planning process, to have approved those ideas I told everyone about earlier in the year when we went for the Pick my Project grant. While we didn't get that one, there are other grants now coming available and we are investigating.

Then .. changing hats again. The **Penshurst Art Exhibition** would like some new committee members. As a Not-for-Profit we require five, but more makes for lighter work. Next year will be Exhibition No 5 and we are discussing expanding to include a photography section. **Our meeting is on the Saturday 29th June, 3.00pm, at the Penshurst Men's Shed, because it warmer.**

Ama Cooke

From the Community Plan

Sustainability

Business or Retail

Penshurst Post Office & Gift Store
Pharmacy Depot
Penshurst Grocery & Liquor Store
Kelly's Hardware and Rural Supplies
Penshurst Newsagent & Takeaway
Mandy's Hair Salon
Fuel Station
Rurik's Book Store
Penshurst Hotel
'The Penny' Wine Bar
Agricultural equipment and small motors sales
Motors Car Repairer
Trade, engineering, transport and agricultural services
Madigans AirB&B
Penshurst Caravan Park
Builders - Electricians - Plumbers

Communication

Useful Town website & Facebook page
Encourage the growth of readership of Mt Rouse Newsletter as a form of town communication
Encourage better communication with Southern Grampians Shire Council & State and Federal Government & Between all Associations, groups and Clubs within Penshurst

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

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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.

Do every act of your life
as if it were your last.

Marcus Aurelius (Roman Emperor)

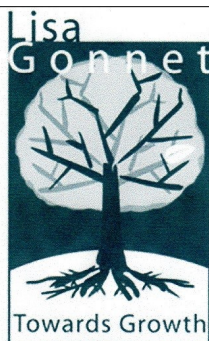
The shed is open:

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



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A PAGE TO SHARE RECIPES

The following recipe will war the whole family this winter

Mustard chicken with winter vegetables—**Serves 4 to 6**

Prep: 40 Mins Cooking 2 hours

1 chicken, about 1.8kg/4lb in weight	50 gms butter
2 onions	100 gms bacon bits
6 celery sticks	3 small turnips, peeled and cut into wedges
6 Carrots	1 tbspn plain flour
2 bay leaves	2 tbspn wholegrain mustard
2 thyme sprigs	3 rounded tbspcrème fraîche
1 tsp black peppercorn	Good handful of parsley, chopped

METHOD

Step 1 Put the chicken in a large pot. Halve 1 onion, 1 celery stick and 1 carrot. Add to the pot with the herbs, peppercorns and a sprinkling of salt. Add water to come halfway up the chicken, bring to the boil, then cover tightly and simmer for 1½ hrs. Cool slightly, remove the chicken to a dish, then strain the stock into a bowl.

Step 2 When the chicken is cool enough to handle, strip the meat from the bones and tear into pieces with your hands.

Step 3 Chop the remaining onion, and cut the celery and carrots into thick slices. Heat the butter in the same pot, add the onion and bacon bits, then gently fry for 5 mins until just starting to brown. Add the remaining veg, then fry for 2 mins. Stir in the flour, then cook for 1 min. Measure 900ml stock (if you don't have enough, make it up with water), then gradually add to the pan, stirring. Cover, then simmer for 20-25 mins until vegetables are tender.

Step 4 Return the chicken to the pan with the mustard and crème fraîche, then return to a simmer, stirring gently. Season and sprinkle with parsley.



Watch this spot



Dunkeld & District **Community Bank®** Branch **Bendigo Bank**

Welcome Sherryn

We wish to welcome Sherryn Jennings as a new Board member of the Grampians Regional Community Enterprises. Sherryn lives on beef farm at Karabeal with her husband Chris. Sherryn is an Accountant, working at both C.I.T.S Training and Findex (formerly Crowe Horwath). As Sherryn grew up in Dunkeld, she is familiar with the area, which assisted in her decision to join the Board. She sees our Bank as a valuable asset to the Community.

Welcome Sherryn! We are very pleased to have you as part of our Board and look forward to working with you.



Farm Management Deposits

June 30 is fast approaching and now is the time for farmers to be thinking about a Farm Management Deposit. With an FMD, you can set aside pre-tax income from profitable years, so you have it available when you need it most. At Bendigo Bank, we're proud to offer you Rural Bank's range of competitive FMD options, as well as professional, convenient, local banking services. For details, drop in and see us at the branch, or we can visit you to discuss a finance solution that will help grow your farm business.

Disclaimer: Individual circumstances may vary, legislative requirements must be adhered to and you should consult your taxation advisor. Terms, conditions, fees, charges and eligibility criteria may apply. Rural Bank AFSL 238042. Bendigo and Adelaide Bank AFSL 237879

Asylum Seeker SOUPer Saturday

The 3rd Annual SOUPer Saturday, conducted by the Dunkeld Refugee & Asylum Seeker Support Group, has again been hailed a success. Delicious home-made soup accompanied by a bread roll, was well supported by locals and visitors to the town, with the Group's initiative being to fundraise, educate and effect change to grow compassion for refugees.

We were pleased to support the morning with the use of our Community Pos machine. Group members, Maree Willey and Linda Clark are pictured below with the Community Pos bag, which assists greatly with the purchase of goods.

Available to groups and organisations, call into the branch to discuss further, if this appeals for your next function.





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or contact Hamilton & Grampians Visitor Information Centre
Limited subsidised childcare places available - contact by June 19

For more information:



sthgrampians.vic.gov.au/eventsforum
events@sthgrampians.vic.gov.au
1800 807 056



Words to the Wise

"Neither a wise nor a brave man lies down on the tracks of history to wait for the train of the future to run over him."

Dwight D. Eisenhower

"An artist's concern is to capture beauty wherever he finds it." **Kazuo Ishiguro**

"How few there are who have courage enough to own their faults, or resolution enough to mend them." **Benjamin Franklin**

"How many lessons of faith and beauty we should lose, if there were no winter in our year!"
Thomas Wentworth Higginson

**PLACES OF INTEREST IN
PENSURST**

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

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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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PENSURST SENIOR CITIZENS

Games & Social Day

At Clubrooms



Sunday 23rd June at 12 Noon

Lunch \$5.00

Soup & Finger Food

Please Book with

Margie Eales 5576 5276

Mobile 0419571276

By Tuesday 18 June 2019

ALL WELCOME

PAGE 11 MT ROUSE NEWS & VIEWS

A PAGE FOR THE CHILDREN

Diving, climbing, growing, flying with the letter O

**O IS FOR
OLD OWL**

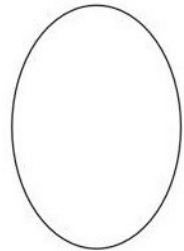
*A wise old owl lived in an oak.
The more he saw the less he*

spoke.

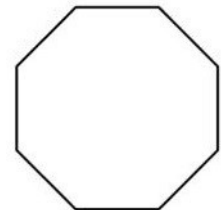
*The less he spoke the more
he heard.*

*Why can't we be like
that wise old bird?*

Oval



Octagon



Two 'O' words that sound the same
but mean something entirely differ-
ent

An orange orange

& an oval oval

Can you think of any other words
that do the same -

E.g. Hear here ...

**O IS FOR ON TOP OF
SPAGHETTI
(TO THE TUNE OF "ON TOP OF
OLD SMOKEY")**

*On top of spaghetti,
All covered with cheese,
I lost my poor meatball,
When somebody sneezed.*

*It rolled off the table,
And on to the floor,*

*And then my poor meatball,
Rolled out of the door.*

*It rolled in the garden,
And under a bush,
And then my poor meatball,
Was nothing but mush.*

The meatball song, a
childhood favourite, from
two different generations



Ostrich Feather



Owl
Feather

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 play-group 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

Why do people doodle?

Doodling helps relieve boredom and frustration and the urge to **doodle** gets stronger as stress levels rise.

Doodling is like a safety valve that allows pressure to be dispelled in a playful and creative way.

You can share that with someone the next time they comment on your doodles ...



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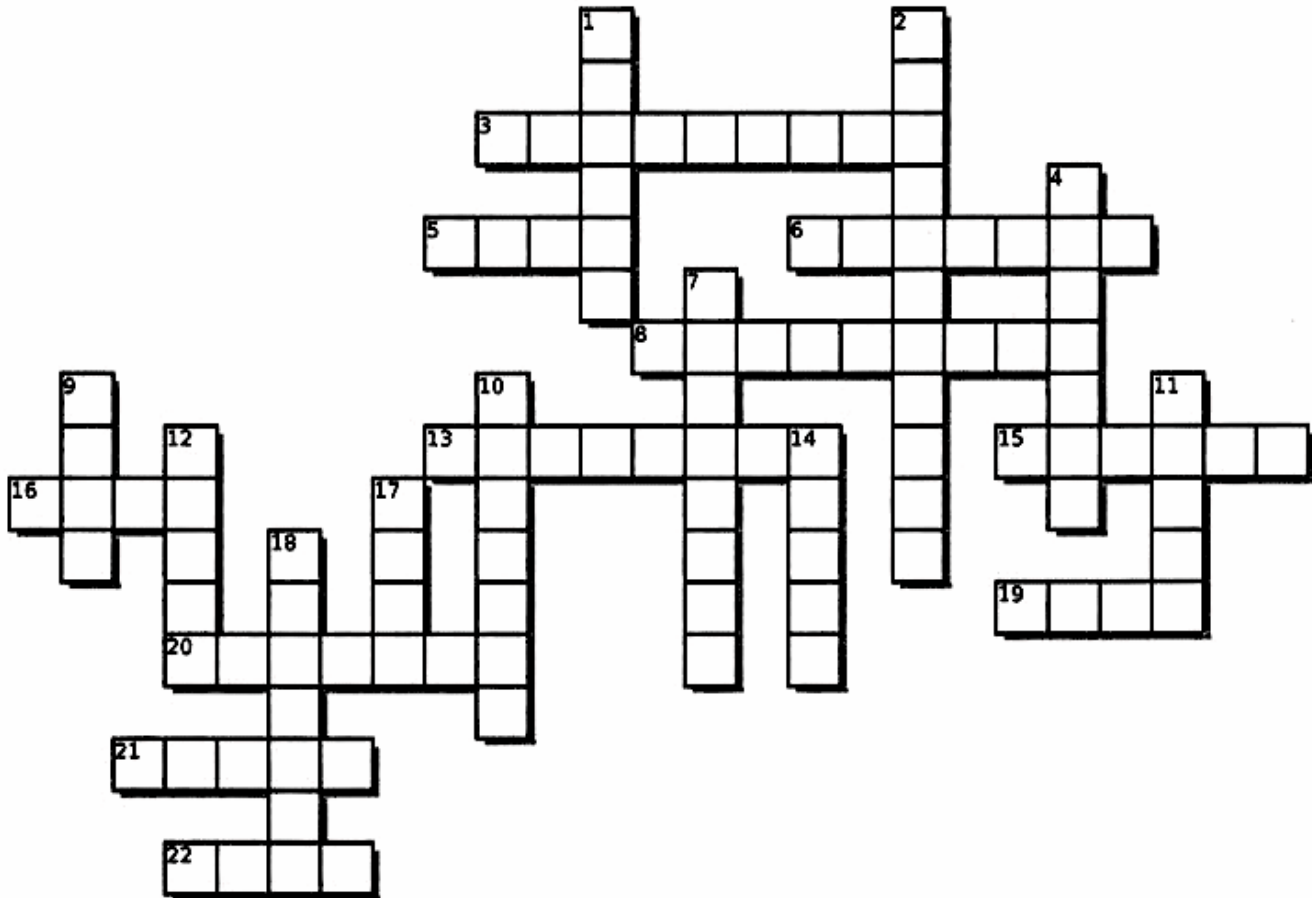
Visitor Information Centre

Find us on facebook.

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

Mt Rouse Puzzler Winter 1

Winter Puzzler 2



ACROSS

- 3 from one place to another
- 5 not different
- 6 time between midnight and noon
- 8 not the same
- 13 the opposite of discrimination
- 15 the sun and egg have this in common
- 16 damage or erode by friction
- 19 so as to return to an earlier position
- 20 stomped or walked
- 21 formally request or demand
- 22 exhale

DOWN

- 1 falling change of season
- 2 dense shrubs and plants
- 4 take one, take ...
- 7 go in a different direction
- 9 a measure of time
- 10 going by
- 11 eyes and night have this in common
- 12 winter's morning bounty
- 14 feeling regret or penitence
- 17 where the trees live
- 18 an inner awareness

Answers to Riddles: 1. A Doctor, 2. Hi, 3. A gift, 4. Both need bailing out, 5. Your teeth, 6. An upright piano, 7. When it strikes one



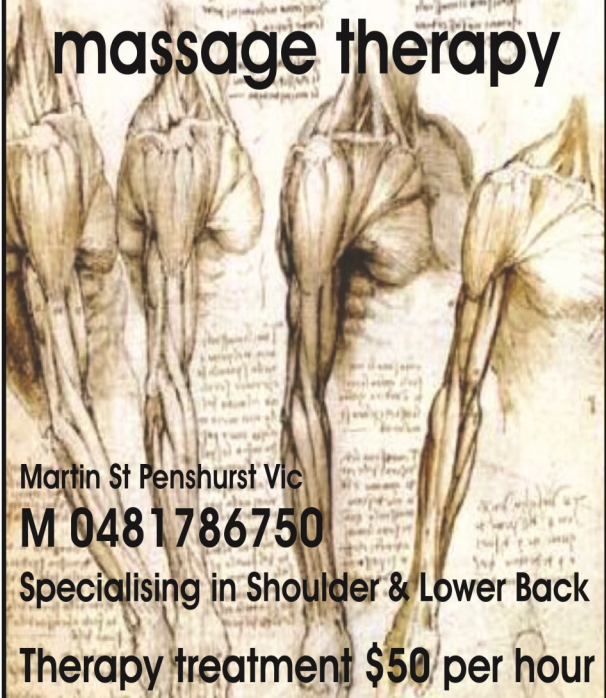
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Penshurst Memorial Hall

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Contact Tom Cooke for key collection.

Daily charges for Hall hire:

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

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Mobile Library

Internet, audio books, dvd's, fiction & non-fiction, children's section,

If we don't have it we can get it free!

It currently visits Penshurst every

THURSDAY FORTNIGHT 3.00 - 4.00 pm
outside the Hall in Martin St



The Mobile will not operate on extreme and Code Red fire declared days.

Phone 5573 0470

[Www.sthgrampians.vic.gov.au/library](http://www.sthgrampians.vic.gov.au/library)

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.

Greater Hamilton Localised Now Live

Local businesses in the Greater Hamilton region now have access to a new online network designed to help them find and win more work locally.

An initiative of Southern Grampians Shire Council and Hamilton Regional Business Association, Localised is free for local businesses to register and set up their business profile.

Businesses can sign up to Localised for free and use it to:

- Create a profile and advertise their goods and services
- Get recommendations, introductions and quotes from local suppliers
- Access a pipeline of future procurements across the region
- Promote a business event they're running
- Access a regional calendar of business networking and professional development opportunities.

We encourage anyone who is in business or works for a local business, to jump online to <https://greatsouthcoast.localised.com.au/greaterhamilton/> and register their details

Riddles

1. Who always enjoys poor health?
2. What word is used to greet, and also used to describe something taller than you?
3. The one who has it does not keep it. It is large and small. It is any shape?
4. How is a person in jail like a sinking ship?
5. What is the best thing to put into pies?
6. What is the noblest musical instrument?
7. When is a bright idea like a clock?





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Full page \$20 1/2 page \$10 1/3 page \$7.50 1/4 page \$5 Business Card \$3

Just for a Laugh

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!" A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!" A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!" The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"



Penshurst Men's Shed Inc

Annual General Meeting

Saturday 20th July 2019

3.00pm at the Shed

103 Cobb Street.

Everyone welcome.



Left - Small
Planters \$35.00
(unstained)
(stained \$45.00)

Coffee Tables made
to your specifications.
Prices - enquire
at the Shed.



Large Planters - above right
\$55.00 (unstained)
(stained \$75.00)

Large Café Table \$150

Small Café Table \$100
(pictured)

Also bird & possum boxes

**For Sale at the
Penshurst Men's Shed
103 Cobb Street**



Published by Penshurst Mens Shed Incorporated

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"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

TAIL END TALES

THE MEN'S SHED... BEGINNINGS

"The Shed" first came into being in Goolwa, South Australia 20 years ago. Next was Tongala, Victoria and five years later Lane Cove, NSW. The Founder, Dick McGowan, saw the Men's Shed inaugurated in 2007. The Association oversees 1000 Sheds and 125,000 plus Members. In Victoria there are 325 Sheds and, on average, four new sheds start weekly. The phenomenon is international, with sheds spread over Canada, Ireland, the UK, Denmark, Sweden and the USA.

Well known lore is that women, over various activities, talk about health and other life impacting issues. Men communicate differently (or not at all) and this understanding led to the creation of The Shed, where men can hang out, maybe discuss problems, build things, have a cuppa and use their skills to benefit the community.

In August 2017 Nigel Pyne, having lived in the Penshurst community some time, asked about a Shed. Finding there wasn't one he set about getting one. He contacted the Association for assistance, then Southern Grampians Shire Council (which was right behind the project). The Apex building, long empty, seemed a suitable venue and, after contacting Andrew Rentsch, agreement was reached for a ten years lease.

Arrangements were made for local identities to

become Secretary and Treasurer and, in January 2018 the Penshurst Men's Shed was inaugurated into the Victorian Men' Shed Association as a fully paid up Member. A Grant to extend the building was sought, approved and funds received. Final Council approval is anticipated ...



The Men's Shed is grateful to Nigel (currently its President) for his vision and efforts to bring the project to fruition. It is a valuable contribution to the Penshurst community. The Shed would not be what it is without the efforts of its Members, who generously give their time and efforts to raise funds (so many sausage sizzles!) and make items for sale.

Women are most welcome to attend Tuesday social afternoons and, should they want to learn to use the

the various pieces of equipment, there are always Members willing to assist.

OPENING DAYS: Monday, Wednesday & Saturday, 10:00 AM - 4:00 PM

SOCIAL: Tuesdays 2:00 - 5:00 PM All Welcome

AGM: 20th July 2019 @ 3:00 PM, 103 Cobb Street, Penshurst. All welcome.