

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

PENSHURST PONY CLUB

Penshurst Pony Club held their annual camp at Dergholm recently. The weather was perfect and everyone enjoyed the bush tracks. Roast lamb and pork cooked in the camp oven was also enjoyed.



Above: Lauren Rentsch on her horse Skeeta

Far Right: Jenni Kinnealy atop the stump on Mehmet

The July rally will be
a bush ride at
Victoria Point.



Middle: Enjoying campfire breakfast are Narelle Rentsch, Ava Kinnealy, Rachel Cameron, Alex Kinnealy and Ella Cameron

DEADLINE FOR SUBMISSIONS - 13th July 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

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

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store



Opening Hours:

Mon - Friday 7am - 6pm

Saturday 9am - 5pm

Sunday 10am - 4pm

Open 7 days

Groceries, Bread, Meat, Frozen Food, Fresh Fruit & Vegetables

Beer, Wine & Spirits

Caramut and District Garden Club



Helleborus: Are also known as Winter Rose or Christmas Rose. Helleborus are native to Europe and parts of East Asia and look great massed under deciduous trees. These plants have very poisonous properties.

Helleborus are mostly evergreen, winter and spring flowering perennials with cup-shaped blooms rather like simple roses.

They need at least partial shade in moist, rich soil with plenty of organic material added. Fertilise in autumn and allow a year for new plants to become established. Once established, they are tolerant of drought and root competition but don't like dense shade.

Cut the old foliage to the ground at the end of flowering to make a better display of flowers and allow for fresh new growth.

The more common pale green flowered Helleborus seeds very freely. They can also be propagated by dividing the plant. There are many different colours ranging from soft green, white, many shades of pink, deep purple and almost black. Many have prominent markings on the flower. With extensive breeding been done to develop new colours and forms and there are now double flowered forms available at a high price. If you want a specific colour, select them while they are in flower.

Continue to plant bare-rooted roses, deciduous fruit trees and ornamental trees this month so as they can have a chance to settle before they start to shoot in late winter. The never ending job of pruning rose bushes can be completed now. (That's the way it seems to me.) Once pruned, feed them and while it is easy to get in and around them, mulch the plants ready for the summer. Keep on top of the weeds if at all possible. I think I've done a good job of weeding, look around and some seem to say, "Ha ha. You missed me." Once the beds have been tidied up, mulch well. Cut back, divide and replant dormant summer and autumn perennials.

In a raised, well-drained vegetable bed, plant seedlings of Endive, Spinach, Cabbage, Leek, Strawberries and Cress. Asparagus can also be planted in a bed by itself. Add plenty of compost before planting as the asparagus will stay in the same spot for many years and gradually multiply. Mulch the plants well after planting.

At the June meeting the competition winners were:

An Autumn Posy: 1st Helen Brown 2nd Lorraine Schefferle

Bloom: 1st Lorraine Schefferle 2nd Mary Underwood

Produce: 1st Marita Smith 2nd Lorraine Schefferle

Our July Meeting will be held on Tuesday 9th July at 10 am will be in the All-purpose room in the Woolsthorpe School. Our guest speaker is a physiotherapist.

The special competition for the month is A plant in an unusual container.

Visitors are most welcome.

Definition of an Optimist: The gardener who expects the flowers to look as good as those pictured on the seed packet.



SOCIAL SUPPORT GROUP PROGRAM – July 2019

DATE	PROGRAM	LOCATION
July 4 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am---- <i>Followed by morning tea----</i> 11.20am-12:30- <i>Scrapbooking Demo with Aileen</i> PM: BINGO/QUIZZES/WHITEBOARD/GAMES/TABLE GAMES	Sheppard Centre
July 11 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by morning tea----</i> 11:20am-12:30. <i>Guest Speaker: Continence nurse</i> PM: 1.30pm- <i>Indoor bowls</i>	Sheppard Centre
July 18 th	No exercises or social gathering at Sheppard Centre COMMUNITY BUS TRIP-ALL DAY to <i>Lake Bolac Parupa Art</i> BOOK YOUR SEAT BY <u>TUESDAY 9th July</u>	Meet at PDHS Carpark Leaving: 10am Arrive home: 3pm
July 25 th	START STAYING STRONGER EXERCISE CLASS 10am – 11am ---- <i>Followed by Morning tea—</i> Bohemian Rhapsody movie all day	Sheppard Centre

Please note:

- Community members are welcome to attend Exercise Group only from 10am – 11am at Sheppard Centre. Morning tea to follow
- 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

“Be yourself; everyone else is already taken. “

Oscar Wilde



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

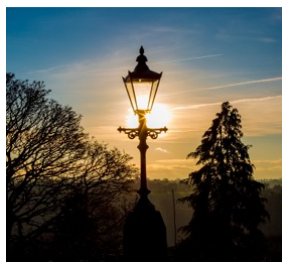
Nigel Pyne

Treasurer – Marjorie Dalla Costa

Don Adamson

Next Meeting: Wednesday 24th July, 7.30pm in the Supper Room, Penshurst Hall.

Right now my mind is full of Lights .. there's the grant application sitting with Dan Tehan's office for Solar Lanterns in the Gardens, and the grant application with the Council for Christmas Lights to decorate those same Gardens for a town Christmas Party.



At the last Progress Association meeting we signed off on the Draft Community Plan, that will now be sent out to community groups for their opinions, additions and corrections. The meeting continued with a great discussion about the Botanic Gardens Master Plan. We, with input from many people in town, made a few decisions on what we would like the Council to prioritise in this financial year. I'll be emailing David Moloney with a brief list, starting with upgrading the barbeque facilities and replacing its building, and from the plan, their idea of a kitchen garden for people to use when cooking. They price this upgrade at \$61,000. Then there's improving the lighting in the Gardens (hopefully through that Solar grant), though the Council has allocated \$10,000 for that, and upgrading the hot water service and caravan sites in the caravan park. We also want to discuss the signs in the Gardens with the Council before they decide what is good for us. In the meantime, the Entrance continues to grow, and while it was not what we asked for, it does look very nice. The Association will be creating a time capsule to be placed in the third wall on Chesswas Street. Have you anything you would like to be placed in it? Contact me ...

Ama Cooke 0402 870 738

Progress Association Projects

Tourism

- volunteer in the Information Centre
- promote Penshurst as a tourism location
- update town historical information - signs and brochures
- improve directional signage around the town
 - create Branding for the town
- find and apply for Grants to fund our projects
 - encourage increased Accommodation including cabins at the Caravan Park (in the Gardens Master Plan)
- audit numbers of visitors & road traffic (VicRoads)

Translate our brochures into another language

Host an Annual Event

At present we have

- Penshurst Art Exhibition
- Christmas Market
- Boxing Day Races

Other events

Hall Markets (2)

- and one more in discussion

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.

“Live as if you were to die tomorrow.
Learn as if you were to live forever.”

Mahatma Gandhi

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



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

A PAGE TO SHARE RECIPES

The following recipe will war the whole family this winter

Slow Cooker Beef Paprikash—Serves 6 to 8

Prep: 20 Mins Cooking 8 hours

INGREDIENTS

- | | |
|--|--|
| 1 medium onion, sliced | 1/2 cup low-sodium beef broth |
| 1 Kg cubed beef stew meat (about
1- to 1 1/2-inch pieces) | 2 tablespoons sweet paprika |
| 2 tablespoons all-purpose flour | 2 tablespoons tomato paste |
| Salt and freshly ground black pepper | 1 teaspoon caraway seeds, crushed |
| 2 red bell peppers, stemmed, seeded and
coarsely chopped | 1/2 cup sour cream |
| 2 cloves garlic, minced | 1/4 cup freshly chopped dill and/or parsley |
| | Hot boiled egg noodles or potatoes, for
serving |

METHOD

Step 1 Spread the onions in the bottom of an 8-cup slow cooker. Toss the beef with the flour, 1 teaspoon salt and 1/4 teaspoon pepper and place on top of the onions. Top with the bell peppers and garlic. Stir together the broth, paprika, tomato paste and caraway and pour over the beef. Cover and cook until the meat is very tender, either on high for 4 to 5 hours or on low for 7 to 8 hours.

Step 2 Uncover and let stand at least 10 minutes. Stir in the sour cream and dill and season to taste with salt and pepper. Serve over egg noodles or potatoes.



Answers to Riddles: 1. Letter 'T', 2. Peel,
3. A Kangaroo, 4. A corn field, 5. keyboard,
6. A secret, 7. Grass.



SUPPORT FOR THOSE NEWLY DIAGNOSED WITH PARKINSON'S

18 June 2019

Diagnosed with Parkinson's in the past 5 years? A Parkinson's Victoria Recently Diagnosed Seminar at Hamilton Base Hospital on Thursday 4 July is designed to help you better understand and manage your condition.

With more than 27,000 people living with Parkinson's in Victoria alone, it is critical for people living with the condition to receive support and information.

The Recently Diagnosed Seminar will provide people diagnosed with Parkinson's in the last five years, and their families, with vital information about living with the complex, progressive neurological condition.

"Being diagnosed with Parkinson's is a life-changing experience," says Victor McConvey, Parkinson's Victoria Clinical Nurse Consultant and speaker at the Recently Diagnosed Seminar.

Victor will provide practical tips for managing Parkinson's, including options for treatment and medication and how to access local services.

"Individual reactions to diagnosis can be as varied as the symptoms of the condition. There is no blueprint for how to deal with the changes and adjustments that come with living with a chronic health condition," he said.

The Recently Diagnosed Seminar in Hamilton will provide an opportunity for people living with Parkinson's to have their questions answered by the experts and find out what services are available to them. It is also a great way to meet others who share similar experiences, situations and challenges.

"We know that conditions like Parkinson's can be isolating. No one should have to face Parkinson's alone. That's why seminars like these are so important," Victor said.

Seminar details:

Thursday 4 July

10am – 2pm

Hamilton Base Hospital Auditorium

20 Foster St, Hamilton

Attendance complimentary for Parkinson's Victoria members (plus one accompanying guest) or \$20 per person for non-members.

For more information and to register for the event visit www.parkinsonsvic.org.au/events

A PAGE FOR THE CHILDREN

Diving, climbing, growing, flying with the letter P

Peacocks

Peacocks sweep the fairies' rooms;
They use their folded tails for brooms;
But fairy dust in brighter far
Than any mortal colours are;
And all about their tails it clings
In strange designs of rounds and rings;
And that is why they strut about
And proudly spread their feathers out.

- Rose Fyleman

Panda Jokes

Did you know that you only need two letters to spell Panda?

You just need P and A.

What goes black, white, black, white, black, white?

A panda rolling down a hill.



The giant panda, also known as panda bear or simply panda, is a bear native to



south central China. It is easily recognized by the large, distinctive black patches around its eyes, over the ears, and across its round body. The name "giant panda" is sometimes used to distinguish it from the red panda. A *panda's* daily diet consists almost entirely of the leaves, stems and shoots of various bamboo species. Bamboo contains very little nutritional value so *pandas* must eat 12-38kg every day to meet their energy needs. But they do branch out, with about 1% of their *diet* comprising other plants and even meat.



- ✓ Agronomy Services
- ✓ Farm Production and Planning Management
- ✓ Seed and Fertiliser Supply
- ✓ Crop and Pasture Protection Products
- ✓ Animal Health and Nutrition
- ✓ General Merchandise

On farm delivery available

Western AG Hamilton

236 Coleraine Road

Hamilton VIC 3300

T: 03 5579 5900

Mark Lomas (Manager): 0429 609 666

www.westernag.com.au



Penshurst Men's Shed Inc

Annual General Meeting

Saturday 20th July 2019

3.00pm at the Shed

103 Cobb Street.

Everyone welcome.

Getting ready for an exciting
new year.

PLACES OF INTEREST IN PENS HurST

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.

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
---	--	--	---

Mt Rouse Puzzler Winter 3

Conventional wisdom teaches that, if a scrambled word has its first and last letter in place, most people can tell what the word is without having to unscramble it.

Answers to
last fortnight's
crossword

Across

- 3 travelled
- 5 same
- 6 morning
- 8 different
- 13 fairness
- 15 yellow
- 16 wear
- 19 back
- 20 trodden
- 21 claim
- 22 sigh

Down

- 1 leaves
- 2 undergrowth
- 4 another
- 7 diverged
- 9 ages
- 10 passing
- 11 black
- 12 frost
- 14 sorry
- 17 wood
- 18 knowing

iocridutnton

enxomiatian

kwglneode

igiamoanitn

imlluonatiin

laobertiin

Bfrakaest

lmaniate

wsmdio

nhitnog

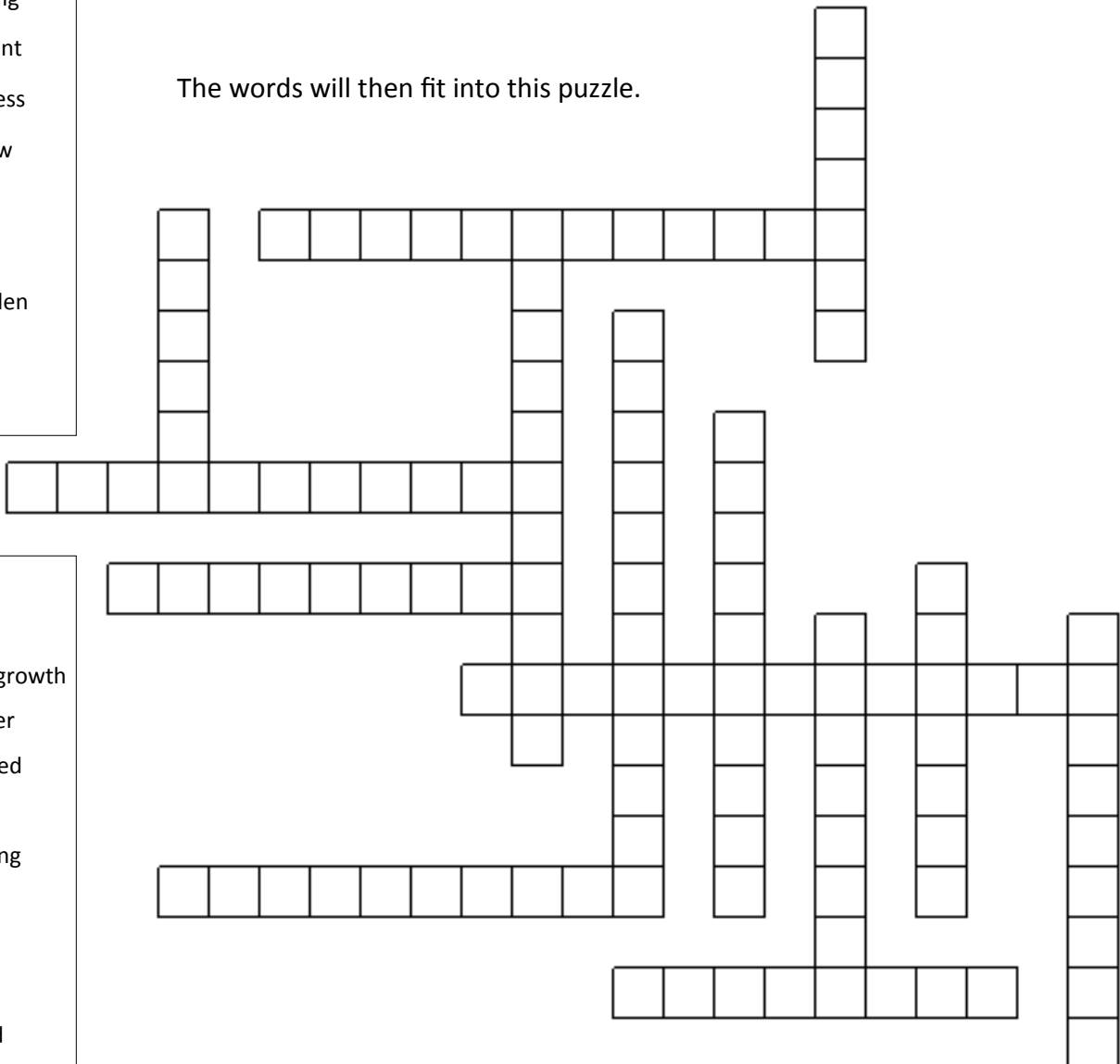
cterioan

juernoy

ctnconoraticen

cvtoneinon

The words will then fit into this puzzle.



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

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

Words to the Wise

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein



Mostly Aussie Nursery

Australian Ornamental Tubestock

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

WOODBURN ST (Dirt Road) X Mostly Aussie Nursery

← Grampians

VICTORIA VALLEY RD

MACARTHUR ST

GLENELG HWY

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



**Mandy's
Hair Design**

**80A BELL ST
PENSHURST**

Bookings by appointment

For appointments please ring

**Mobile: 0417 511 177
Thankyou**

massage therapy

Martin St Penshurst Vic
M 0481786750
Specialising in Shoulder & Lower Back
Therapy treatment \$50 per hour

Penshurst Memorial Hall

To hire the Hall please contact the booking agent, Thomas Cooke 0488 557 345 or Email 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



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.

Penshurst Art Exhibition 2020 - Penshurst Creative Arts Inc - Penshurst Art Exhibition 2020

The **AGM** for Penshurst Creative Arts Inc is on **Saturday 3rd August at 3.00pm**
at the Memorial Hall Supper Room, 21 Martin Street.

Come and hear the plans for our 2020 Art Exhibition

For further information contact Tom Cooke 0488 557 345

REMINDER**Don't forget the Greater Hamilton School Holiday Program**

Council has organized activities and performances for school-aged children during the school holidays the holidays

Some of the activities available include:

- Tuesday 2nd July—Kids Fire Safety
- Wednesday 3rd July—Movie/craft
- Tuesday 9th July—Trinket the Robot
- Friday 12th July—Yarn Trees

Venues: Hamilton Performing Arts Centre, Greater Hamilton Library, HILAC,
The Hamilton Cinema and Gallery.

Times: Various

Cost: Free, low cost and ticketed events.

Call 03 5572 4911, email events@sthgrampians.vic.gov.au or visit
www.sthgrampians.gov.vic.au for further details and to book your children into an activity.

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



CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267

112 Bell Street Penshurst Vic 3289

HIA Reg CB-U 6214 DB-U 5109

CHRISTINES HEALING RETREAT

Other treatments:

Indian Head Massage 45 mins \$65

AROMATHERAPY 60 mins \$80 - 30 mins \$65

***Facials Deluxe 60 mins \$85 - Mini 30 Mins \$70
includes head, neck, shoulders and foot massage***

Ear Candling 45 mins \$65

Very gentle. Good for removing excess wax, ear infections, sinus relief, swimmers ear, headaches and Tinnitus. Includes Facial & Neck Massage

Gift Vouchers & Pensioner Discounts Apply

Taking appointments now 0431 300 378

Email: chrisonport@gmail.com

Facebook: Christines Healing Retreat



July Special

**HOT STONE MASSAGE 90 mins
with Sauna Therapy included or
have a FREE MINI FACIAL \$125**

Open Mon - Friday

By appointment only

In store now: New Skin Care, essential oils, soya candles (locally made). Yummy soaps, jewellery items, scarves, gift cards, diffusers and electric oil burners.

Newsletter Advertising Rates (Per Issue)

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

TAIL END TALES

Just for a Laugh

A man was driving and saw a truck stalled on the side of the highway that had ten penguins standing next to it. The man pulled over and asked the truck driver if he needed any help. The truck driver replied, "If you can take these penguins to the zoo while I wait for AAA that will be great!" The man agreed and the penguins hopped into the back of his car. Two hours later, the trucker was back on the road again and decided to check on the penguins. He showed up at the zoo and they weren't there! He headed back into his truck and started driving around the town, looking for any sign of the penguins, the man, or his car. While driving past a movie theatre, the truck driver spotted the guy walking out with the ten penguins. The truck driver yelled, "What are you doing? You were supposed to take them to the zoo!" The man replied, "I did and then I had some extra money so I took them to go see a movie."

Riddles

1. I am in everything and in nothing, what am I ?
2. Act in my name, and thus remove me. What am I ?
3. What jumps when it walks and sits when it stands ?
4. What has thousands of ears but can't hear a thing ?
5. Which kind of board can you use to insert letters ?
6. What can one not keep, two hold, and three destroy ?
7. What's higher than mountains, Smaller than trees?



Shall I tell you a secret. The Shed has been working away on many projects around town, and now we are on the home stretch for a project of our own.



Kilroy here will be
announcing the
news



Watch this spot

Another thought that comes from
comments in town ...

**The Men's Shed is open to Men Only
on Monday, Wednesday & Friday.**

The Community is welcome on Tuesday
afternoon for our Social gathering.