

# MT ROUSE NEWS & VIEWS



## A Project of the Penshurst Mens Shed Inc

### **MOUNT ROUSE STEPS - AN UPDATE**

The new steps on Mt Rouse were supposed to be completed in March this year. The Contractor experienced difficulties mainly due to his existing workload on jobs in Melbourne. He had allocated a day or two per week to complete the task but this has been exacerbated further by unforeseen circumstances including the fact that we have experienced rainy days that coincided with the contractor's assigned work days.

A visit to check on progress last week revealed that the steps are very close to completion with only the top flight to be completed along with a number of hand rails. We were able to access the summit via the Telstra track and a couple of photos we took from the new viewing platform are included here.



**Vista from the new viewing platform looking North towards the Grampians**

The construction of the steps and viewing platform looks substantial with solid steel used for the frames and a non-slip, rubber-like material used for all risers and platforms. The step sections are

(continued page 11)

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

Also available online at

<http://www.penshurstvictoria.com.au/Penshurst&20Newsletter.html>

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**Opening hours**

Monday 6 am - 7 pm    Tuesday 6 am - 5 pm

Wednesday & Thursday 6 am - 7 pm

Friday & Saturday 7 am - 8pm    Sunday 8 am - 7 pm

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

**DEADLINE FOR SUBMISSIONS - 10th August 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](mailto:mtrousenewsletter@gmail.com)

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

## ENCOUNTER AT YATMERONE

by Dave Munro



Are snakes all cold-blooded? Yes. This means that they need to absorb heat from the sun to keep active. So how surprising is it to find a metre long Lowland Copperhead lying on the grass when the air temperature was around 13 degrees?

I got a surprise at Yatmerone Wildlife Reserve earlier this month when I came across this beautifully coloured individual while walking through an area of tussock grass. Although it was obviously aware of us it barely moved for the 10 minutes we were observing and photographing it.

**Copperhead seen at Yatmerone**

A few minutes later, when trying to show it to some visitors from the Camperdown Bushwalking Club, it had moved off. The walkers seemed disappointed.

A bit of research taught me a few things. Firstly snakes don't actually hibernate. That is they don't go into a deep sleep in the cooler months and wake up when the temperature rises. Instead their body processes slow down and they become semi-dormant, but still awake. Our Copperheads are well known to be active in weather usually considered to be too cold for snakes and indeed can sometimes be found above the snow line.

According to the Australian Geographic web site, "they are shy and prefer to avoid humans. If cornered they will hiss loudly, flatten their body and flick or thrash about, usually without biting. With further provocation they may lash out, though they are slow to strike and can be inaccurate."

Their main food items are lizards, frogs and smaller snakes with examples of cannibalism reported. They will rarely take mammals or birds, unlike Tiger Snakes.

While researching this note I came across the following account of a snake bite victim in the 1890's and attempts to revive him.

"In spite of the ordinary remedies of excision of the bitten part, rubbing ammonia on the wound, ligatures, and sucking the wound, doses of brandy, galvanism and being walked about by assistants he was so completely at the point of death the two surgeons attending him gave him up, his sight being gone, his lower limbs being completely paralysed having dilated pupils, swollen face and neck, and coma from which he could not be roused." Those attending the victim then "considered the dangerous remedy of injecting strong liquor of ammonia into the vein, as advocated by Professor Halford.", "on this being done, the man instantly regained consciousness...and sitting up recognised his wife and child and friends .... After being cold, incapable of seeing, hearing, speaking, or moving and almost pulseless for hours".

[It is interesting to note that Dr Halford was a strong opponent of Charles Darwin's Theory of Evolution.]

Thank goodness these days we have antivenom and Tiger Snake antivenom works for Copperheads as well.



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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Post Office Boxes available – To keep your mail safe

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Saturday 9am - 5pm

Sunday 10am - 4pm

**Open 7 days**

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Beer, Wine & Spirits



## CARAMUT AND DISTRICT GARDEN CLUB

Many potted plants die from over watering. If left to sit in a saucer of water, the roots can end up rotting and killing the plant. Older pot plants can become water repellent. You think you have watered the pot well as you see the water running over the top, down the sides and out the bottom then you wonder why the plant is looking sick. The trouble has been that the water has not been reaching the plant. Soil wetters will help the water penetrate. The easiest would be to



plunge the smaller pots in a container of water to allow a good soaking. On doing this, it is amazing to see air bubbles appear as the water gradually soaks into the pot. A suitable plant will probably survive in the same pot for years if a suitable size pot has been chosen as the container.

Regular pruning may be necessary and it may be necessary to replace the potting soil every two or three years. Remove the plant from the pot cutting off excess roots, re-potting with fresh soil. Loosen the roots if they have become root-bound. Hanging plants need renovating more frequently as they have less soil space. They will also need more watering especially on hot, windy days. Large pots can have the top soil removed and perhaps down the sides a short distance, then refilled with new soil. I use compost. Or if you prefer, use a fertilizer. Large pots can also have mulch placed on top.



For indoor plants, the appropriate plant needs to be selected as houses vary in the amount of sun, light and heat available. Don't position in a draughty area. Some indoor plants are hardier than others - ask at a nursery or garden centre for suitable plants. Healthy indoor plants have great benefits on air quality in the home.



Apart from early spring flowering roses, such as Banksia rose, finish pruning others as soon as possible.

Camellias are best pruned and shaped after flowering. You can also prune fuchsias but newly pruned plants will need protection from frost so possibly better to wait until the danger of frost is over.

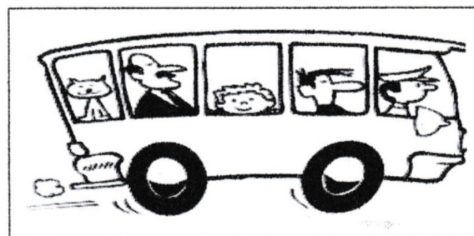
Feed poppies, pansies and other spring annuals with liquid fertiliser to encourage a good show. I don't, just rely on good compost or mulch, especially sheep manure.

In the vegie garden, seeds of summer vegetables such as tomato, pepper, eggplant, can be planted in a glasshouse or indoors. I found on a sheltered, sunny veranda great. Potato seeds, broad beans, peas, cabbage, broccoli and asparagus can all be planted now.

At our last meeting of the Garden Club the special competition was for a plant in an unusual container. The photos show some of the different entries. As can be seen, "anything goes".



*(continued page 8)*



### SOCIAL SUPPORT GROUP PROGRAM – August 2019

DATE	PROGRAM	LOCATION
August 1st	<b>START STAYING STRONGER EXERCISE CLASS 10am – 11am----</b> <i>Followed by morning tea----</i>  Whale watching in Portland and lunch <b>*PLEASE NOTE: THIS IS FOR SOCIAL SUPPORT GROUP MEMBERS ONLY</b>	Portland Whale Watching Fish & Chips for lunch
August 8th	<b>START STAYING STRONGER EXERCISE CLASS 10am – 11am ----</b> <i>Followed by morning tea----</i> <b>11:30am-Guest Speaker</b> <b>1pm-Collage stories</b>	Sheppard Centre
August 15th	No exercises or social gathering at Sheppard Centre Cheese and Butter Factory Allansford-all day community outing	Meet at PDHS Carpark Leaving: 10am Arrive home: 3pm
August 22nd	<b>START STAYING STRONGER EXERCISE CLASS 10am – 11am ----</b> <i>Followed by Morning tea—</i> <b>All day movie day</b>	Sheppard Centre
August 29th	<b>START STAYING STRONGER EXERCISE CLASS 10am – 11am ----</b> <i>Followed by morning tea----</i> <b>Bowls and board games</b>	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

# 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 28th August, 7.30pm in the Supper Room, Penshurst Hall.**

G'day, everyone,

The committee of the Penshurst Progress Association would like to thank the committee of the Volcanoes Discovery Centre for their support in our application to Council to open a pop-up non-accredited information centre in the foyer of the Hall. So many people thought it was a good idea, but no, the location is unsuitable, so we continue to discuss the subject with the Council, meeting with them in the next couple of weeks, and will advise you when we have sorted it all out.

The Council would like us to repurpose the 98 Watton Street (old Newsletter) building, so if anyone has a good idea, we would love to hear from you. We are also discussing with Council creating a camp kitchen in the old Tennis Court building in the Botanic Gardens. Mind you, that might be a great site for our Info centre. Speaking of change, it is not good for a town to have a variety of empty, or collapsing buildings, so the change in Martin Street is being appreciated by a great many people, as the removal of the old building has opened up the vista between Madigans and the Volcano Centre. It looks beautiful.

That brings us to the Streetscape project, something that we are dedicating the next Progress Association meeting to (Wednesday 28th August). From discussion around town we know that VicRoads wants to remove some of the many signs at the entrances to the town, the shops and sidewalks need a facelift and our glorious elm lined streets are looking rather tatty in the winter chill. What do you suggest we do to improve the appearance of our town, to make it more welcoming to visitors and new residents as we begin the process of review of what we all consider makes Penshurst a great place to visit and a wonderful place to live.

Ama Cooke

Some things are worth sharing ...

**The Road Not Taken - Robert Frost**

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I -  
I took the one less traveled by,  
And that has made all the difference.

**Penshurst Art Exhibition 2020 -**

**Penshurst Creative Arts Inc**

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



Dunkeld & District **Community Bank®** Branch



### Office Hours

Confirming that our office hours are 10am to 4pm, Monday to Friday.



### Flags flying at Mooralla



It was our pleasure recently to support the Mooralla Golf Club with the purchase of new flags for their course.

The Club hosts many events during the year and we are sure the new flags will go a long way in assisting to beautify the already lovely golf course.

Club members displayed some of the flags, which do look great.

Best wishes for continued 'good hitting' at Mooralla Golf Club.

### Simulator stops in town.

There was an interesting distraction in town recently,



with the Royal Flying Doctor Service Aeromedical Simulator, stopping for a quick break before returning home after a week visiting schools in the area. The program "Look up in the Sky" is an interactive and engaging session, featuring a life sized model of a real Flying Doctor plane.

### Overseas Trip – Let's FXGO

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## A PAGE TO SHARE RECIPES

The following recipe will warm the whole family this winter

***Bombay Beef - Serves 6***

Prep: 20 Mins Cooking 2 hours

**INGREDIENTS**

1 kg chuck beef steak, cut into large pieces  
 2 tbs ghee  
 2 onions chopped  
 1 garlic clove crushed  
 2 green chillies chopped  
 1 tbs ginger grated  
 1 tbs ground cumin  
 1 tbs ground coriander

1 tsp paprika  
 1 tsp ground turmeric  
 1/2 tsp chilli powder optional \*to taste  
 1 tsp salt  
 1 black pepper  
 400 g canned crushed tomatoes  
 1 cup coconut milk

**METHOD**

**Step 1** Heat ghee or oil in a large saucepan and sauté onions until translucent.

**Step 2** Add garlic, chillies, ginger, cumin, coriander, turmeric and chilli powder, if using.

**Step 3** Stir for a couple of minutes until fragrant.

**Step 4** Add beef and cook, stirring over high heat, until well coated with spice mixture.

**Step 5** Add salt, pepper and tomatoes. Simmer, covered, for 1½-2 hours or until beef is tender.

**Step 6** Stir in coconut milk and simmer, uncovered for a further 5-10 minutes.

**Step 7** Garnish with freshly chopped coriander.

You can use oil instead of ghee. Serve with boiled rice.



Watch this spot





Penshurst Pre-School  
71A Watton Street, Penshurst 3289. Ph:5576 5298

# *Penshurst Pre School Open Day*

*Tuesday 13th August  
9.30-11.00*

*2020 Registration Forms available on  
this day or anytime at the Kinder*

# *All welcome*



"Children are apt to live up to what you  
believe of them. "

**Bird Johnson**

**Mt Rouse Steps - continued from page 1**

reasonably short with substantial, flat landings inserted regularly to ensure the climb is now relatively easy compared with the way it was. We noticed the viewing platform has a solar panel erected in the South East corner, however we are not sure why it is there and look forward to the finding out.

I, for one, am looking forward to being able to view the glorious carpet of golden canola crops again this Spring.

**Caramut & District Garden Club - continued from page 7**

The competition winners for our July meeting were:

Plant in an unusual container: 1<sup>st</sup> Janet Shalders 2<sup>nd</sup> Lorraine Schefferle

Bloom: 1<sup>st</sup> Helen Brown 2<sup>nd</sup> Janet Shalders

Produce: 1<sup>st</sup> Lorraine Schefferle 2<sup>nd</sup> Helen Brown.

Our next meeting is the Annual Meeting on Tuesday 13<sup>th</sup> August at 10.30 am at the Penshurst Senior Citizens Clubrooms. There will be no competitions. A soup and finger food luncheon follows.

*Someone full of words and not deeds, is like a garden full of weeds.*

**Arthur Boyd**

"I stress the uniqueness of the Australian landscape and its metaphysical and mythic content."

**Mervyn Peake**

"Each day I live in a glass room unless I break it with the thrusting of my senses and pass through the splintered walls to the great landscape."

"The universe is wider than our views of it." **Henry David Thoreau**

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.





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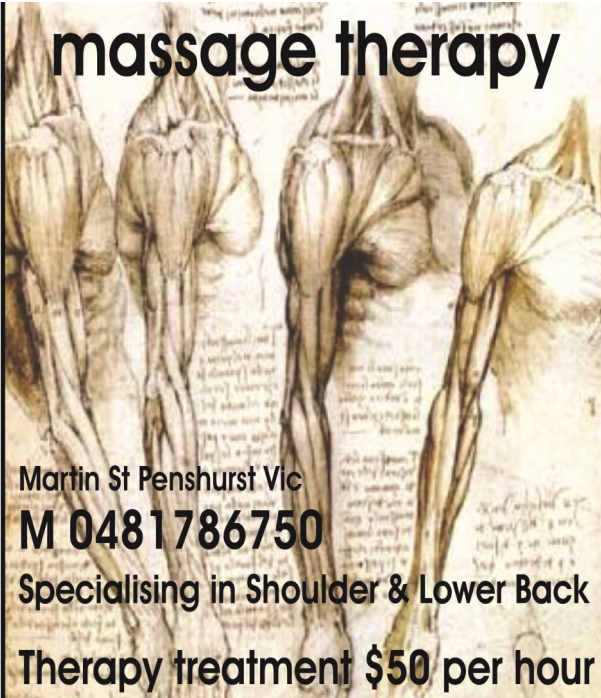
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### PLACES OF INTEREST IN PENShurst

**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**

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

#### Penshurst Church Services

<p>Bethlehem Lutheran Church Tabor</p> <p>Service every Sunday 10.00am</p>	<p>Penshurst Anglican Church</p> <p>5pm Mass 3rd Sunday each month</p> <p>For further details contact Janet Kelly on 5576 5247</p>	<p>St Andrew's Uniting Church Penshurst</p> <p>2nd &amp; 4th Sunday</p> <p>11am Service</p>	<p>St Joseph's Catholic Church Penshurst</p> <p>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</p>
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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 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](mailto:mtrousenewsletter@gmail.com)

**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



**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)**



**Mandy's  
Hair Design**

**80A BELL ST  
PENSURST**

**Bookings by appointment  
Tuesday & Thursday**

For appointments please ring

**Mobile: 0417 511 177**

**Thank you**

Away on holiday from  
Tues 13th Aug to Thurs 22nd Aug

Please note change of hours



**PENSURST MENS SHED**

**103 Cobb Street Penshurst**

**The shed is open:**

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

**Winter hours:**

**Tuesday Social afternoon  
1:00 pm to 4:00 pm**

*Everyone Welcome*

**Riddles**

1. What is Medusa's favourite cheese?
2. Who is the meanest goat in the west?
3. What didn't Adam and Eve have that everyone else has?
4. What islands should have good singers?
5. On which side of a church is the graveyard always situated?
6. Why is a bubble like a bruise?
7. Which is the oldest tree?



**Words to the Wise**

"The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm." **Charles Caleb Colton**

"Fire and swords are slow engines of destruction, compared to the tongue of a Gossip. "

**Sir Richard Steele 1672-1729**



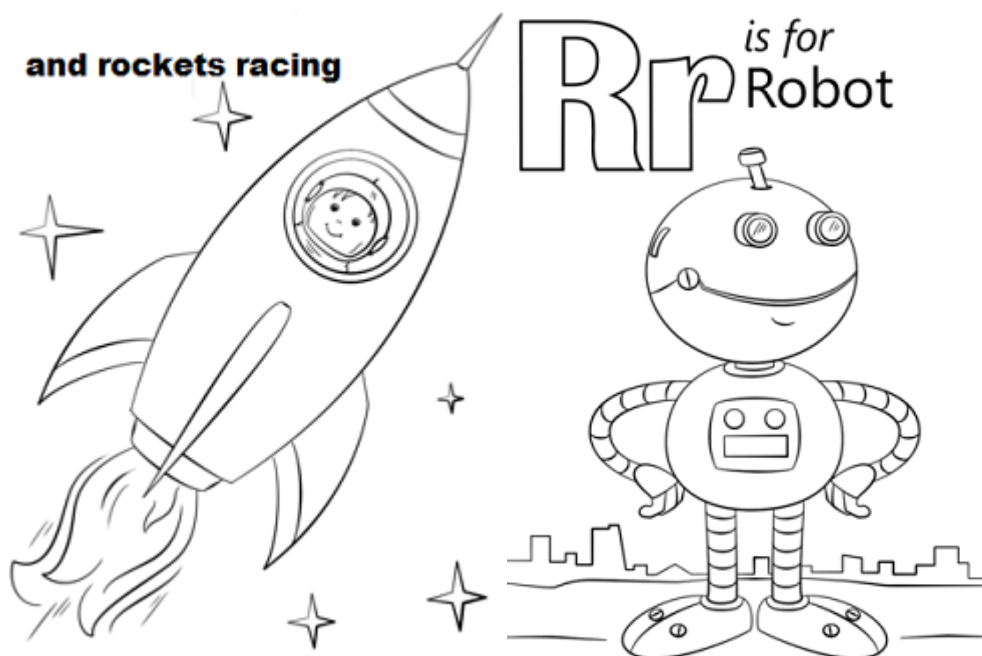


R \_ \_

Three plants are:

R very tall trees

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PENSHURST & DISTRICT HEALTH SERVICE

Invites you to a  
COMMUNITY LUNCH

WITH

A PRESENTATION BY Megan McLeish (WDHS  
Diabetes Educator)



"It's About Time" Diabetes Australia campaign to  
learn the early signs of both Type 1 and Type 2  
Diabetes and cycle of care

ON

MONDAY 12<sup>th</sup> AUGUST

12.30 PM AT THE

SHEPPARD CENTRE

(Penshurst Hospital)

COST \$10

RSVP: 7<sup>th</sup> August by 12 Noon Phone 55523001







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By appointment only

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

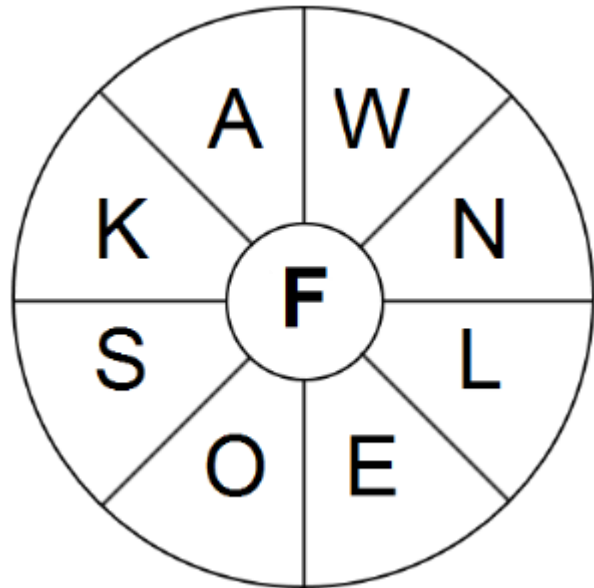
Mt Rouse Puzzler - Just how puzzled can you get

			4		3			
	4						6	
2		6	1	9	7	4		3
		2		5		1		
4		5		8		9		6
				3				
		3				6		
6				4				5
	5	4	3		6	8	1	

Sudoku are a fun challenge. The object is to fit the numbers from 1 to 9 in each square, but only have them once in each line of the puzzle.

Answers to everything in next fortnight's puzzler.

Winter Word Wheel

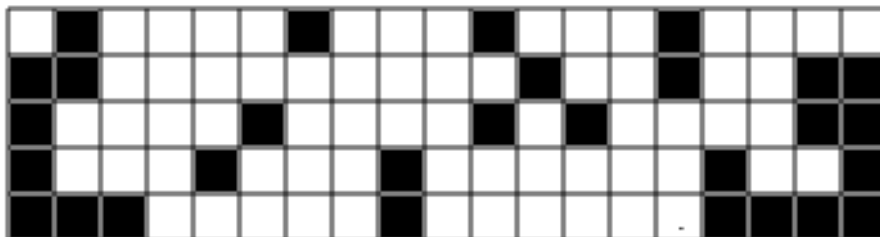


Winter is the coldest season of the year. Winter to many means snow, short days and extra clothes to keep us warm. Did you know that no two snowflakes are alike?

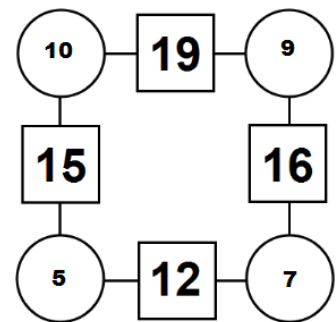
This Winter themed word wheel is made from a 9 letter Winter themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once and each word must include the letter F.

Fallen Phrase Puzzle

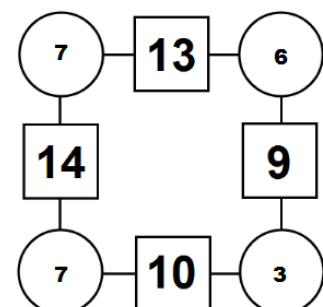
The object is to replace the letters below in their right squares to create a phrase that most people might agree with.



S H Y S  
O O E L E N Y A S N N  
A U E S T N A N S A W W S I  
H Q U R C T I O A E S I E I A E R  
A M F N O V A M A N N A R K R M O N E



Answers to Winter Arithmagons



## TAIL END TALES

## PENSHURST—MAJOR MITCHELL AND THE ABORIGINES

Some notes from the archives of the Sydney Morning Herald

The land around Mt Rouse was once occupied by the Nareeb Nareeb and Kolor Aborigines who garnered plenty of food from the local environment and water from natural springs and creeks. The Kolor people took their name from the mountain which they called 'Collorrer'. They built substantial huts for their shelter in the winter, preferring the open countryside in the warmer months. Major Mitchell, who sighted Mount Rouse during his Australia Felix expedition of 1837, also encountered two of the aforementioned dwellings which he described as 'two very substantial huts'. On a rainy day he expressed a desire to 'return if possible, to pass the night there, for I began to learn that such huts, with a good fire between them, made comfortable quarters in bad weather.' From atop Mount Napier he noted: 'Smoke arose from many parts of the lower country, and showed that the inhabitants were very generally scattered over its surface. We could now look on such fires with indifference, so harmless were these natives, compared with those of the Darling, and the smoke, now ascended in equal abundance from the furthest verge of the horizon.'



**Kolor Homestead**

As many as 20 tribes would attend meetings at a large marsh to the south-east of Peshurst in order to barter, feast, hunt and socialise. Intricate laws governing sexual relations were designed to prevent interbreeding. A local squatter remarked: 'The aborigines are everywhere divided into classes, and everyone is considered to belong to his mother's class, and cannot marry into it in any tribe, as all of the same class are considered brothers and sisters.'

The first settler to take up land at Mount Rouse was John Cox who had established a sheep station by 1840. Others held leases on land in the surrounding district. The indigenous people soon found their food sources destroyed or driven out by clearing and the introduction of European stock. When, of necessity, they turned to that stock for food they found themselves subject to retaliatory raids by white landowners. There were numerous episodes of killing and bloodshed with the Aborigines the inevitable losers.

**Major Mitchell**



Answers to Riddles: 1. Gorgonzola, 2. Billy the Kid, 3. Parents (or maybe a belly button), 4. the Canary Islands, 5. the outside, 6. because it comes from a blow, 7. the Elder.