

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

ATTRACTING VISITORS

I was privileged to attend a meeting with various council subject matter experts last week in which, amongst other things, we discussed tourism initiatives within the region. The comment was made that Penshurst is only a place on the way to either the Grampians or the Great Ocean Road and there was no real reason to stop in town. This got me thinking of ways to entice visitors to stop and spend some time (and money) in our town. I thought of other towns in Victoria where I personally have been enticed to stop and investigate and it suddenly occurred to me that they all had one thing in common, well-maintained heritage buildings that were painted and obviously valued by the locals.

I believe we need to encourage owners of heritage (and other) shops and buildings in our town to keep them painted and maintained generally. It was brought to my attention recently that Corangamite Shire has an initiative whereby they will match dollar for dollar with those who want to clean and paint facades, repair and reinstate elements and awnings and generally improve streetscapes. On further investigation I discovered that Southern Grampians Shire Heritage policy supports this too and they encourage owners of buildings to seek grants for that purpose.

I believe we would attract many visitors to spend time in our town if we improved our facades and especially recommend building owners seek council assistance in this regard.

Editor



Bell Street facades

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

Also available in colour 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 - 24th 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

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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.

As winter wraps its chilly arms around me, my thoughts are of the home fire and keeping warm, while visions of snow fall down in front of me, on the television and internet. Many people have told me about when it snowed on Mt Rouse, so each morning I jump up and look through my study window and wonder if today will be the day I see it too .. according to our sources it's a couple of years overdue.

The Progress Association is going to be buying a subscription to 'Our Community', which is a great resource for the many and varied grants available to organisations in Australia. If you would like to see what is available please contact me.

A small group from the Committee met with Council on various subjects this week, including repurposing 98 Watton Street, and while we are not going to be able to open a different Information Centre, the VDC is going to be increasing its capacity to host brochures from across the region, and the Council has other plans it is discussing with them, that they will share with us at a later date. In the meantime, the Camp Kitchen, for the old Tennis Court building, is now in sight, so we'll be working on the planning process for that project shortly.

In other news

A grant application, from the Men's Shed, has gone to Australia Post Grants for funding to build some of the garden beds in the Community Garden at the Public School.

The Hall will shortly begin the Planning process with the Council to have repaired, and/or replaced, some of the windows on both sides. After discussion with the Heritage Advisor it is all more complicated than we imagined, but we will persevere until it is done.

Ama Cooke

October Community Market

Would you, or any of your friends, be interested in having a table at the next Community Market on **Saturday 5th October**. You can communicate book your place through the Facebook site <https://www.facebook.com/groups/penshurstmarket/> or by ringing Elisabeth on 0499533480.

The Hospital Ladies Auxiliary will be providing a lovely morning tea, and the market will also include a Car Boot Sale, which worked well at the March Market.

We will have a couple of raffles and part of the proceeds from the day will be given to the Hall to help with the intended renovations. There's a lot to do there.

Penshurst Art Exhibition 2020

After an inspiring AGM/meeting, the Art Exhibition is once again on track and growing with a new Photography section. While it is not until March next year, we are always on the lookout for good ideas, and volunteers on the weekend of the Exhibition itself. There'll be more information as the year progresses. Book out the weekend of the Opening Night on Friday 20th March, until Sunday 22nd. It's always an interesting adventure.



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Facebook: Christines Healing Retreat



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Caramut and District Garden Club

"Spring has Sprung." Flowers of bulbs, wattles, blossom trees, paddocks of yellow canola, flowering annuals and perennials all herald spring and new life after the dullness of winter.

What flowers want is reasonably good soil which is easy to dig, fairly dark in colour and not boggy after lots of rain. Improve average garden soil by adding organic matter - compost and well-rotted manure.

Scatter a little controlled-release fertilizer around plants after planting and water over with a soluble fertilizer each month, starting two or three weeks after planting. Me? I'm too lazy to do this and find the plants do ok. Perhaps not well enough to win any prizes at a show, but they look alright in the garden or vase. When planting any new plants whether it be trees, shrubs or seedlings, it is most important to water in well as it helps to settle the soil around the roots. Full sun for six hours a day is required as few flowers bloom well in shade.



I do de-head the individual blooms on annuals as required as this keeps the plant looking good and the flowers keep on coming. Plants flower in order to produce seeds to keep the species producing, hence de-heading means the plant has to keep producing more flowers to keep the species thriving.



Camellia "Brigadoon"

"How deeply seated in the human heart is the liking for gardens and gardening."

Alexander Smith (Scottish Poet and Author)

Penshurst Campus

Advises interested women
of a

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With
Community Health Nurse
Sue Watt

Attending Penshurst Campus of Western District Health Service
Consulting Rooms - Sheppard Community Health Centre

Friday 21st September

10:00 am to 3.00 pm
Cost - Nil - all clients Bulk billed

Please see PDHS Reception Staff to make an
Appointment or phone 55523001



September Social Support Group

Every Thursday except 3rd Thursday of each
month at the SHEPPARD CENTRE

START STAYING STRONGER EXERCISE CLASS

10am – 11am..... *followed by.....*

SOCIAL GATHERING a variety of activities,
outings & lunch – all welcome

Monthly program available at
Sheppard Centre

**19TH SEPTEMBER: COMMUNITY OUTING TO
HALLS GAP FOR BBQ LUNCH**

Meet at PDHS Carpark:

Leaving: 10am Arrive home: 3pm

Bookings essential, by Tuesday of each week

Phone Social Support Group

55518381 / 0417017728



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

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Mon - Friday 7am - 6pm

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Sunday 10am - 4pm

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Beer, Wine & Spirits

A PAGE TO SHARE RECIPES

The following recipe is perfect for Sunday night

Slow Cooked Beef & Bean Chilli - Serves 6

Prep: 20 Mins Cooking 4 hours

INGREDIENTS

4 onions, chopped	1 tbs ground cumin
3 carrots, chopped	1 tbs ground coriander
4 celery stalks, trimmed, chopped	1 tbs smoked paprika (pimenton)
4 garlic cloves, chopped	1 tbs cocoa powder
1/4 cup (60ml) olive oil	3 x 400g cans chopped tomatoes
2 each red and yellow capsicums, seeds removed, chopped	400g can adzuki beans (from delis – substitute extra kidney beans)
1 each red and yellow chillies, chopped, plus extra sliced red and yellow chilli to serve	2 x 400g cans kidney beans
600g beef brisket or chuck steak, cut into 3cm cubes	6 small sweet potatoes
	Coriander sprigs, lime wedges and guacamole, to serve

METHOD

Step 1 Preheat oven to 170°C. Grease a baking tray and line with baking paper.

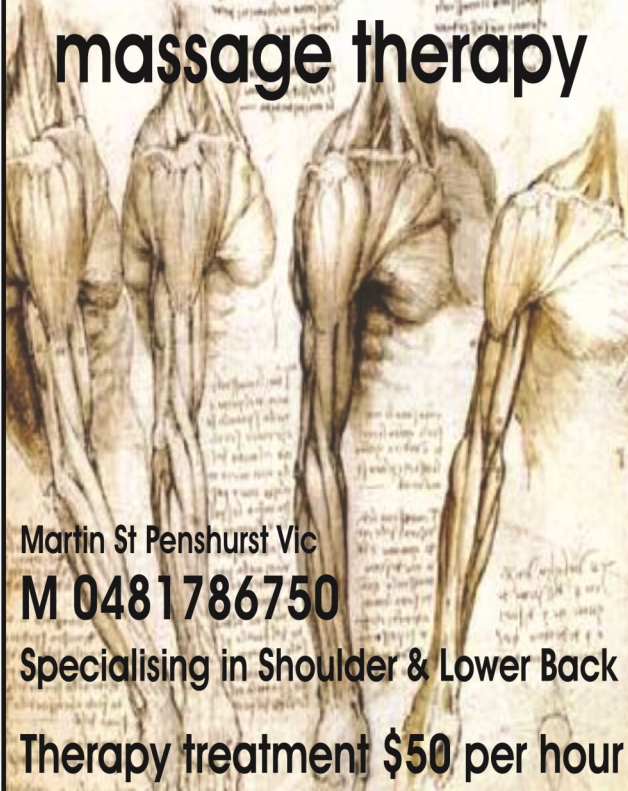
Step 2 Place the onion, carrot, celery and garlic in a food processor and whiz until finely chopped.

Step 3 Heat 2 tbs oil in a large flameproof casserole with a lid over high heat. Add capsicum and chilli, and cook, stirring, for 3-4 minutes or until softened. Add beef and cook, stirring occasionally, for 5 minutes or until browned all over. Add chopped vegetable mixture, spices and cocoa powder. Season, and cook, stirring regularly, for 15 minutes or until the vegetables have softened.

Step 4 Add the tomatoes and beans along with their canning liquid. Bring to the boil and cover, then transfer to the oven. Cook for 3 hours 30 minutes or until meat is tender and the sauce is dark and rich. In the final 1 hour 45 minutes of cooking, prick sweet potatoes all over with a fork and place on the prepared baking tray. Drizzle with remaining 1 tbs oil and roast for 1 hour 30 minutes or until tender.

Step 5 Remove chilli con carne and sweet potato from oven. (If chilli has not reduced enough, bring to the boil over high heat for 15 minutes or until reduced.)

Step 6 Make an incision along the length of each sweet potato and carefully squeeze open. Divide half the chilli con carne among sweet potatoes. Sprinkle with coriander and sliced chilli, and serve with lime wedges and guacamole.



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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.

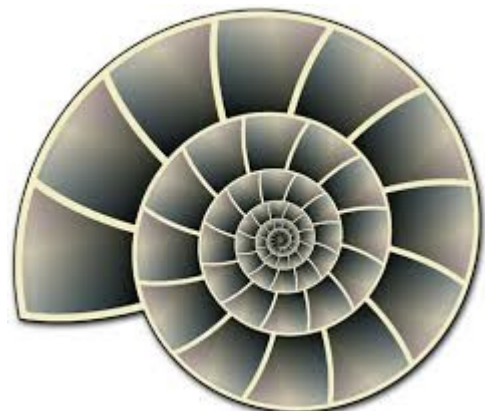
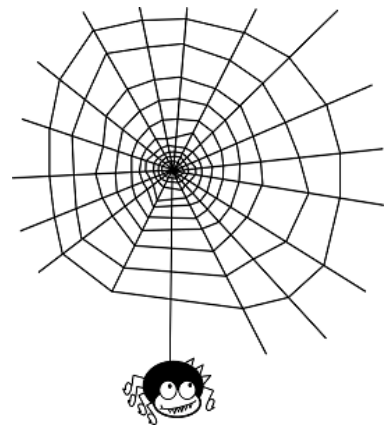
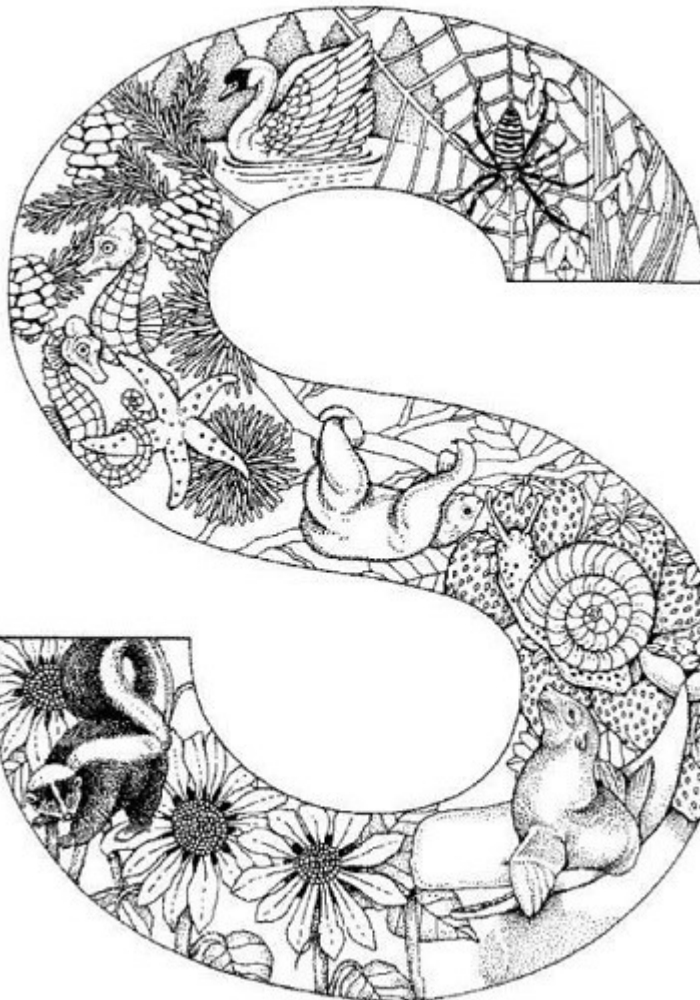
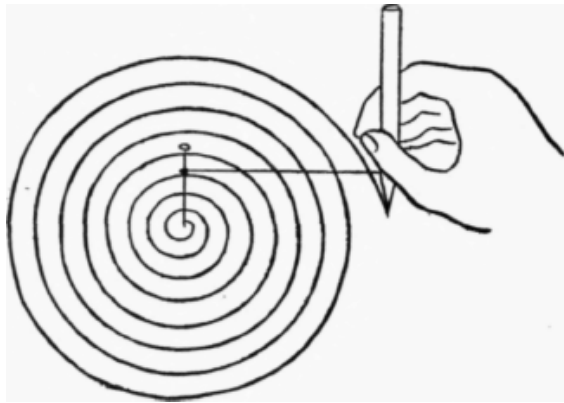
Penshurst Church Services

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
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A PAGE FOR THE CHILDREN

Diving, climbing, growing, flying with the letter S

Spirals appear all through nature. From slithering snakes to spider's webs. In the sea there are many types of spiral shells. Here we show you how to draw a spiral. What can you expand the drawing into from here ...



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.

Riddles

1. Whoever makes it, tells it not. Whoever takes it, knows it not. And whoever knows it wants it not
2. What is black when you buy it, red when you use it, and gray when you throw it away?
3. What is more useful when it is broken ?
4. This is as light as a feather, yet no man can hold it for long. What am I ?
5. What do you call two witches who live together ?
6. I am full of holes but I can still hold water. What am I?
7. When is a doctor most annoyed ?



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Q. What lies at the bottom of the ocean and twitches?

A. A nervous wreck.

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

"The difference between a boss and a leader: a boss says, 'Go!' - a leader says, 'Let's go!' "

E M Kelly

"Darkness can not drive out darkness; only light can do that.

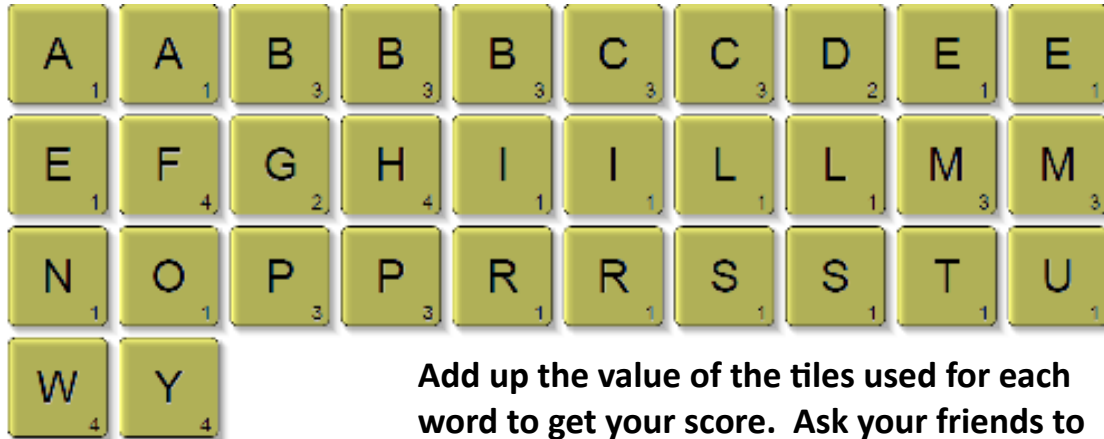
Hate cannot drive out hate; only love can do that. "

Martin Luther King

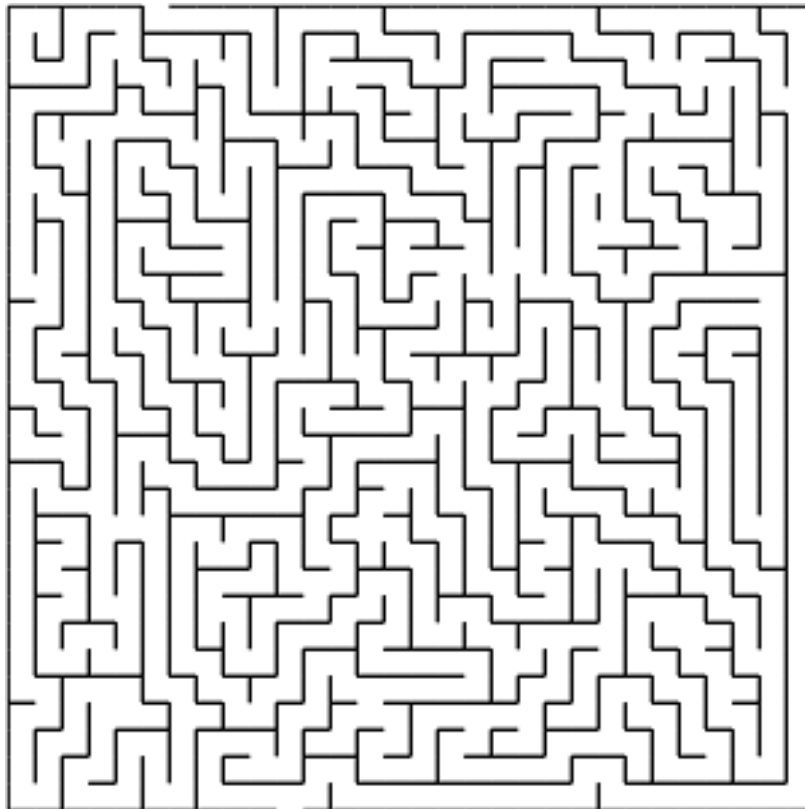
Don't interrupt someone working intently on a puzzle. Chances are, you'll hear some crosswords.

Mt Rouse Puzzler - Just how puzzled can you get 2

How to play scrabble - Create as many words with the letters on the tiles. You can use all the tiles for each word. You are not allowed to use any extra letters. If you have 2 tiles with the letter 'A', your word can not have more than 2 letter 'A' Good Luck!



Add up the value of the tiles used for each word to get your score. Ask your friends to give it a try.. There are at least 56 words.



And for our final puzzle for this year, changing one letter per word, can you move from puzzles to parties. Answer in next fortnight's newsletter.

Last issue's answers

- Fallen Phrase Puzzle -
"A fool may ask more questions
in an hour than a wise man can
answer in seven years'.

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

Puzzles
Furzier
Parties

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

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)



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**Bookings by appointment
Tuesday & Thursday**

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Mobile: 0417 511 177

Thank you

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

Please note change of hours



PENSHURST 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

Party with the Ponies
Celebrating International Day of People with a Disability

SAVE THE DATE
Tuesday 3 December 2019
Hamilton Racecourse, Henty Highway.

Logos: People with Disability, Hamilton, ACE RADIO

Answers to Riddles: 1. counterfeit money, 2. Charcoal, 3. an egg, 4. your breath, 5. broom mates, 6. a sponge, 7. when he is out of patients

TAIL END TALES

A pleasure to read

<https://sites.google.com/view/mtrousehistorycentre/contents>

For those of us who spend far too long on the internet, sometimes you just stumble across a wonderful website that is certainly worth sharing - and so we wish to commend Ron Heffernan's new Mt Rouse & District Historical Society site. It's a pleasure to read, and/or be reminded about, the history of the town and district we all call home.

Thank you

The Mt Rouse News & Views Community Newsletter would like to thank all our contributors, sponsors and advertisers for an interesting, and often enlightening, first year of production.

We are always on the lookout for interesting stories, articles and photographs of town events that our residents in the town and district would like to share. We'll be seeing you.

Editorial Crew



Watch this spot

Help, help, our mountain is missing.



"For a moment at least, be a smile on someone else's face."

— Dejan Stojanovic, The Sun Watches the Sun